

Disease and Condition Management and Health Promotion Highlights

Diagnosing Occupational Lung Disease

Imperial College's **Professor Paul Cullinan** provides a practical and critical summary of available methods for the investigation of occupational lung diseases. Focusing mainly on asthma, he examines the range and relative efficiencies of diagnostic methods.

A Change of Lifestyle for Employees with Diabetes

Several studies have identified that lifestyle intervention can lower HbA1c in people with diabetes and slow down and prevent progression. Diabetes Specialist Nurse **Karen Jones** examines whether lifestyle can be an effective intervention in the 'real' world where many neglect physical activity, and obesity is becoming an epidemic. She explains why lifestyle is important and how to motivate and support change within the workplace.

Preparing for a Pandemic

Pandemic Influenza Lead for NHS London, **Dr Chloe Sellwood**, looks back at the key lessons from the 2009 H1N1v pandemic. Focusing on the impact on the local business community, she considers its implications for future pandemics and how organisations can be better prepared.

Weight Loss at Work

Professor David McCarthy profiles the London Metropolitan University weight loss model. The worksite-based weight management clinic has been running at the University for several years and David describes its components, delivery and successful outcomes and how this model could be effectively transferred into other places of work.

Staying Healthy Post-Recession

The ability of UK organisations to attract and retain good people is key to remaining competitive in the current economic climate. The Chartered Management Institute's **Ruth Spellman** discusses the integral link between workplace wellbeing, motivation and productivity, drawing upon CMI's *Quality of Working Life* research and international comparisons.



Prof. Paul Cullinan



Ruth Spellman



Prof. David McCarthy



Dr Chloe Sellwood

- Diagnosing Occupational Lung Disease *Tues 9.30am*
- Preparing for a Pandemic *Tues 2.45pm*
- Motivating Employees with Diabetes to Improve Their Lifestyle *Tues 4.00pm*
- Helping Employees to Lose Weight *Wed 11.30am*
- Nursing Us Back to Health: Why Workplace Wellbeing is Essential to Britain's Post-Recession Recovery *Wed 3.45pm*