



ENDEAVOUR MEDICAL



Enhance Generalism Courses

Dartmoor 2024

What we aim to achieve

The Enhance Generalism Course will deliver training as part of the Enhance Programme set out by Health Education England.

Generalism encompasses holistic approaches to health and wellbeing of the individual, and also the entire population. As healthcare professionals, we need to be confident in managing care across multiple and overlapping services to improve patient experiences and quality of care.



How we deliver

The course is delivered through a highly experienced faculty using simulation, workshops, lectures and open discussions, all taking place in a beautiful outdoor setting.

Wellbeing is woven in throughout the course and open discussions are encouraged during every session. The course is held off site over two days with an evening meal, campfire chats, and optional hiking trips.

DETAILS

OUTCOME

If you want to get a sense of how we deliver, then watch this [video](#).

Note that this is based on our Remote and Restorative courses, that have different aims but similar settings and vibe.

Why this matters

Our team is passionate about the many cultural, societal, and environmental overlaps that dictate our health. We hope you will come away with a useful and lasting skillset to better understand and care for your patients and people around you.

We deliver a course that is engaging, fosters connection and ensures all participants feel valued and heard.

What you will learn

Course content and intended learning outcomes

1 Population Health

Explore the many social determinants of health and how they overlap.

Discover how nutrition plays a vital role in both our physical and mental health.



2 Social Justice and Equity

Inspect the differences between health equity and equality, and why there are still barriers to achieving this in the UK.

3 Environmental Sustainability

Consider how our environment and climate change has a lasting impact on our wellbeing, and what can be done to tackle this. Discover the Sustainable Development Goals and how they relate and overlap with one another.



4 Health Systems

Discover how our systems that determine our health connect together both in the UK and globally.

5 Mental Health and Wellbeing

Understand our own holistic wellbeing.

Reconnecting with our colleagues, laughing together over an evening meal.

Supported discussions of how to move forwards.

Spend time outdoors in a beautiful setting.



Information and logistics

Location and Dates

Courses are held in remote locations in Dartmoor.
The dates for 2024 are:
20–21st March and 11–12th April

Accommodation

The course runs over two days with overnight accommodation provided the night before and the night of the course. All meals are included.

Outdoors

Each course includes outdoor elements alongside the course curriculum. These include options to hike and wild swim on the moor.





Readers appreciate accurate information

ENDEAVOUR MEDICAL

Readers appreciate accurate information



www.endeavourmedical.co.uk



hello@endeavourmedical.co.uk



[@endeavourmedical](https://www.instagram.com/endeavourmedical)