



Musculoskeletal Health: A Public Health Approach

This course is for anyone who is interested in learning about the importance of maintaining good musculoskeletal health, and how conditions can be detected early and prevented

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| Course available from: | 31 May 2021 |
| Study time: | 2 hours/week |
| Duration: | 3 weeks |



Course developed and delivered by Public Health England's leading experts on musculoskeletal health

Topics covered:

- musculoskeletal health across the life course
- predisposing factors associated with musculoskeletal conditions
- actions that can help prevent and manage musculoskeletal conditions

On completion the student will:

- appreciate the whole system approach to MSK Health
- recognise MSK conditions as prevalent across the life-course not just a condition of older age
- explore the impact of MSK conditions on the health system and wider society
- understand how collaborative partnerships can lead to improved outcomes
- identify MSK health risk factors and interventions to mitigate the risks
- recognise the value of early intervention
- understand the relationship between MSK health, mental wellbeing and wider multi-morbidity

An optional CPD certificate is available for those who wish to obtain this for a fee of £32

Registration: <https://www.futurelearn.com/courses/musculoskeletal-health/1>