



RACP
Specialists. Together
EDUCATE ADVOCATE INNOVATE



Australasian Faculty of
Occupational and Environmental Medicine

How may an Occupational Physician support You and your Patients?

Dr Alexandra Muthu

Audience



Australasian Faculty of
Occupational and Environmental Medicine

- Fellows vs Trainees?
- Other Physicians vs Occupational Physicians?
- Anyone else?

Occupational Medicine



Australasian Faculty of
Occupational and Environmental Medicine

“Occupational medicine involves the study and practice of medicine related to the effects of work on health and health on work. It has clinical, preventive and population based aspects.

Occupational physicians practise to ensure:

- *effective prevention and appropriate management of people with illness and injury due to work and industry; and*
 - *the appropriate rehabilitation of people to facilitate their return to work.”*

Occupational Medicine



Australasian Faculty of
Occupational and Environmental Medicine

- Effects on work of health and effects of health on work
- Holistic expert assessment and management of workers, workplaces, and work to ensure Healthy Work
- Work with allied health, nurses, hygienists, psychologists, treating GPs and specialists, whanau, management, insurers...

Occupational Medicine



Australasian Faculty of
Occupational and Environmental Medicine

Therefore, Occupational Physicians:

- 1) Look for and manage old and new occupational-related diseases and risks
- 2) Population-based / Workplace initiatives
- 3) Specialist care for individuals
- 4) Negotiation with stakeholders

Health Benefits of Good Work



Australasian Faculty of
Occupational and Environmental Medicine

- Based on compelling Australasian and international evidence that good work is beneficial to people's health and wellbeing and that long term work absence, work disability and unemployment generally have a negative impact on health and wellbeing

“Good work is engaging, fair, respectful and balances job demands, autonomy and job security. Good work accepts the importance of culture and traditional beliefs. It is characterised by safe and healthy work practices and it strikes a balance between the interests of individuals, employers and society. It requires effective change management, clear and realistic performance indicators, matches the work to the individual and uses transparent productivity metrics”

<http://bit.ly/2VNQWDm>

Occupational Medicine Services



Australasian Faculty of
Occupational and Environmental Medicine

- Preventative initiatives / Upstream services
- Culture, work practices, policy support
- Pre-employment assessment and consideration of effects of work/workplaces on health
- Workplace assessments
- Hazard assessment and risk management
- Environmental monitoring
- Occupational health monitoring and surveillance
- Drug and alcohol programs
- Management of absenteeism – and presenteeism
- Investigation and root cause analysis
- Vocational medical services:
 - Individual assessment, management, rehabilitation support
 - Return to work planning, negotiation with stakeholders
- Medicolegal opinions etc...

Considerations



Australasian Faculty of
Occupational and Environmental Medicine

- Privacy: Confidential specialist services, some caveats
- Legislation / regulatory environment: Clear understanding
- Funding:
 - ACC / Workers Compensation
 - Private insurance
 - No free OEM services for non-ACC patients
 - No inpatient or outpatient OEM services for the general public

Support for YOU and your H&W



Australasian Faculty of
Occupational and Environmental Medicine

- As always, your first stop should be your own GP
- You'd see a cardiologist if you had chest pain...

Why wouldn't you see an Occupational Physician if you have a condition that is impacted by your career or impacts on your ability to work?!

Support for YOU and your H&W



Australasian Faculty of
Occupational and Environmental Medicine

- Any doctor who is unwell or has poor wellbeing may benefit from the support of an Occupational Physician
 - Reasons to seek expert support include: your health & wellbeing affects your performance, job satisfaction, morbidity/mortality – and patient outcomes
- Support to negotiate the healthcare system
- Occupational Physicians influence work longevity
- If you're not sure if your work or workplace is adversely impacting on your health or wellbeing
 - OEPs have in-depth knowledge of potential workplace exposures and identify, assess, manage and review management of risks
- If you're not sure if an illness, injury, or your current level of stressors will impact on your work – or if you have been placed off work
 - OEPs can support you to remain or safely return to work

Support for YOUR PATIENTS



Australasian Faculty of
Occupational and Environmental Medicine

- For the same reasons
- Acknowledgment: funding and access are issues

How to Find an Occupational Physician



Australasian Faculty of
Occupational and Environmental Medicine

- RACP: AFOEM
- ANZSOM (NZ)
- ANZSOM (Australia)
- If you have an occupational health unit
- Doctors Health Services
- MCNZ / AHPRA
- Medical Associations



Become a Physician

Trainees

Fellows

search

About

About the RACP

What is a physician or paediatrician?

Membership

College structure

Adult Medicine Division

Paediatrics & Child Health Division

Australasian Faculty of Public Health Medicine

Australasian Faculty of Occupational and Environmental Medicine

History of AFOEM

Ferguson-Glass Oration

Find a Consultant

Home > About > College structure > Australasian Faculty of Occupational and Environmental Medicine > Find a Consultant

Find a Consultant

Search by State: [ACT](#) | [NSW](#) | [NT](#) | [QLD](#) | [SA](#) | [VIC](#) | [WA](#)

Search Others: [NZ](#) | [Overseas](#)

Australian Capital Territory (ACT)

Dr Ian R Gardner

GPO Box 2344, Canberra ACT 2601
+61 419 236 228
iangard@bigpond.net.au

Dr Catherine Kelaher

PO Box 279, Curtin 2605



[About Us](#)

[Find an Occ Med Practitioner](#)

[HASANZ](#)

[Membership Info](#)

[Related links](#)

[Conferences](#)

[Members Only 2019](#) [Contact Us](#) [Legis](#)



[NORTH Island](#)

[SOUTH Island](#)



ANZSOM
The Australian and New Zealand
Society of Occupational Medicine Inc

Welcome!

Type to search...

MEMBER LOGIN

LOG OUT



Find a Member

To search for an ANZSOM member, simply select from the options below and click 'submit'. In Search Results, click on the member's name for contact details.

State

-- Select an answer --

Name

Occupation category

- Doctor
- Nurse

Business name

Industry Expertise

- Aviation
- Transport other
- Underwater diving
- Oil, gas and mining

Screenshot



Doctors' health advisory services in each state and territory are manned by doctors who volunteer their time as a help and resource.

How to get immediate help

WELCOME!

This website is designed to bring together doctors and medical students who share an interest in the health and wellbeing of their colleagues. You'll also find contact details for doctors' health services which operate 24/7 around Australia.

Contact a doctors' health advisory service in your state or territory

Australian Capital Territory
02 9437 6552

> [Australian Capital Territory](#)

An Improved Future State

- Increasing the profile and visibility of the Speciality
 - Sufficient numbers of competent doctors training as FAFOEMs
 - Increased teamwork between OEPs and other clinicians
- Funding changes
 - To create training positions within DHBs and industry
 - To allow referrals of non-ACC-covered public from colleagues e.g. specialist support for inpatients, referral for outpatients
 - Imagine how this would change productivity due to faster return to work alone in NZ & Australia



RACP
Specialists. Together
EDUCATE ADVOCATE INNOVATE