

AFOEM Annual Training Meeting
Friday, 3 May to Sunday, 5 May 2019
Auckland, New Zealand



RACP
Specialists. Together
EDUCATE ADVOCATE INNOVATE



Australasian Faculty of
Occupational and Environmental Medicine
The specialist work doctors

Answering Written Examination Questions

Exam Basics

- Keep calm and take a moment to think about what is being asked in each question.
- Look carefully at how much each section of the question is worth and apportion your time appropriately.
- Make sure you answer all aspects of the question.
- Don't spend too much time answering sections you know well at the expense of questions you may not know so well.
- Never just proffer generic facts about a broad subject area. Always carefully tie what you say to the scenario or issue at hand.
- Time is a big issue in the exams so practice writing answers under time pressure.

Epidemiology

- Epi makes up a large portion of the exam marks
- Know the basics well and this should be easy marks
 - p values, confidence intervals, relative risk, odds ratio, the study types and their relative pros and cons, levels of evidence and what they mean, 4 by 4 tables and all the things you can calculate from them, Bradford Hill criteria etc.
- Practice critical appraisal throughout the year so you become very familiar with the process.

Use the Curriculum

- The scope of occupational medicine and the examination is very broad and using the curriculum as a topic study guide will help you focus on what areas are important and not miss out on areas you might not consider as important.

Frameworks vs Specifics

- Frameworks for answering common types of questions can be very useful.
 - Structured answer
 - Helps you cover all aspects of a question
 - Helps with time
- But make sure you tie your answers to the scenario presented and you are not just writing down the generic framework!

Some common question scenarios

- Return to Work
- Fitness for Work
- Workplace Assessment
- Environmental Assessment / Risk Management

Develop your own frameworks for these then practice using them when practicing questions.

Risk Assessment / Management

- Within the workplace
- Environmental issues

I.A.M.A.

- Identify
- Assess
- Manage
- Audit/review

Identify

- Identification (of hazard)
 - historical
 - previous monitoring
 - hazard register
 - work site assessment
 - task / materials inventory
- Identification (of exposed population / individual)
 - ?particularly vulnerable individual / groups

Assess

- Exposure information
 - Route
 - Concentration
 - Duration
- Dose response information
 - Literature review
 - internet (NIOSH / TOXNET)
 - MSDS
- Risk characterisation
 - Relate points above
 - prioritize risks / form a risk matrix
 - consider risks to various populations
- Risk communication

Manage

- Hierarchy of controls
 - Eliminate
 - Substitute
 - Isolate
 - Minimise
 - engineering controls
 - organisation controls
 - PPE
- How to prioritize individual hazards (risk matrix)

Audit

- Effectiveness of controls
 - environmental monitoring
 - personal monitoring
- Whole system

Rehabilitation / RTW

- Balance between the demands of work and the capabilities of the person
- Interplay between medical factors - psychosocial factors - work factors

Assessments

- Workplace Assessment
- Occupational Medical Assessment
- Functional Capacity Assessment
- Psychosocial assessment

Key personnel

- Client
- GP
- Case manager
- Employer
- Assessors – Physio / OT / Social Worker / Occ Doc / psychologist
- Family

Aim to Identify and Address Barriers to RTW

- Injury factors
- Personal factors
 - medical, physical, psychological / transferrable skills
- Work/task factors
 - Job demands, alt duties, job satisfaction
- Workplace factors
 - Employer/supervisor attitudes, support, transport

Rehab Plan should involve:

- Signed contract
- Documented plan
- Clear short and long term goals
- Clearly established roles for key personnel (management, health workers, injured person, co-ordinator)
- Appointing overall coordinator
- outcome / end point
- strategies
- hours
- tasks / alternate duties
- monitoring – client / GP / ACC / co-ordinator / workplace
- co-ordination
- timeframes
- review protocol
- evaluation

Fitness for Work

Aim to ensure individual is fit to perform alternate work effectively and without risk to health and safety of others.

- The job
- The worker
- The workplace

Job task demands

- Physical requirements
 - movements and power required, ergonomics, duration or work / endurance required, rate of work and ability to take breaks, mobility and postures needed
- Availability of alternate duties / ability to make accommodations
- Aptitudes (dexterity / coordination)
- Sensory requirements
- Intellectual requirements
- Hazards

Individual Work Capacity

What are the workers functional capabilities?

- Capacity for specific tasks
- General fitness / stamina
- Mobility / posture / muscular / locomotor
- Coordination
- Cardio respiratory fitness
- Liability to unconsciousness
- Sensory
- Communication / speech
- Cognitive
- Mental state
- Motivation
- Treatment factors / special needs

Workplace / Environment Suitability

- Access to plant, work area, facilities, emergency exits
- Environment (lighting, noise etc)
- Specific hazards
- Organisational / social aspects
- Temporal aspects
- Travel