



# Teaching Workplace Health Promotion

Alenka Škerjanc  
Tanja Urdih Lazar

*EASOM Summer School, Timisoara, 30.08.2013*

## Teaching the Trainers

- Duration: 2 years (2011-2012)
- Financing: Life-long learning programme / Leonardo da Vinci – Transfer of innovation
- Content: transfer of an existing WHP Training Course (ELWHP) to Slovenia (from Romania)
- Target group: occupational health physicians and trainees

# Partners



## Specific objectives

- To **assess the needs** for such knowledge in Slovenia
- To develop **curriculum** of the course
- To prepare the **e-learning platform**
- To **organize lectures and workshops** (6 full days)
  
- To **adapt, to translate and to publish the manual**
- To **train Slovenian occupational health physicians**
  
- **Content – 10 modules**

## Needs assessment framework

1. The occupational health system in Slovenia
  - Legislation – WHP - obligatory
  - Training OM – one month WHP out of three years
  
2. Survey within the target group
  - to include the course in the licensing system
  - certificate would enhance participation
  - obligatory for the trainees
  - topics meet the needs of the Slovenian OH physicians (no need for new modules)
  
3. Peer review of the training material

## Survey results - topics relevance

1. **Ergonomics and mental health**
2. **Risk assessment and communication, work organization**
3. Project management
4. Other:
  - *healthy lifestyle (healthy diet, physical activity)*
  - *team work*
  - *health economy*
  - *psychology, psychosocial competences*
  - *motivation of employees and employers*
  - *safety*
  - *workers with disabilities, vulnerable groups and older employees*
  - *prevention of work-related diseases / disability*

## Survey results – experience & knowledge

1. Lectures and workshops
2. Other initiatives:
  - immunization
  - Fit for Work Programme
  - workplace improvement measures
  - cardiovascular diseases prevention
  - active breaks implementation
  - suggestions for ergonomic improvements
  - industrial hygiene
  - annual presentation of the health status
3. > 70 % use computer at work

## Main conclusion of the course

- Limited interest
- More interactive - discussion with other participants and the lecturers VERY WEAK
- More workshops
- E-learning not interesting (what to do?)
- Include public health physicians?
- Focus on business case and communication with employers





Situation - a hospital

- High absenteeism rates
- Questionnaire on work-related stress
- Identified several problems
- Highest levels: nurses, working the night shift
- But, also among other target groups

