



COURSE SPECIFICATION

Faculty of Medicine- Mansoura University

(A) Administrative information

(1) Programme offering the course.	Master Science Degree of Industrial Medicine and Occupational Health
(2) Department offering the programme.	Public health and community medicine department
(3) Department responsible for teaching the course.	Public health and community medicine department
(4) Part of the programme.	First Part
(5) Date of approval by the Department's council	
(6) Date of last approval of programme specification by Faculty council	9/8/2016
(7) Course title.	Occupational Mental & Psychological Health
(8) Course code.	PHPM 518 OMH
(9) Credit hours	1 Cr. hour
(10) Total teaching hours.	15h lectures

(B) Professional information

(1) Course Aims.

The broad aims of the course are as follows: (either to be written in items or as a paragraph)

To recognize the relationship between the integrity of mental health of the worker and the productive performance at work and to what extent it may affect their fitness for work.

(2) **Intended Learning Outcomes (ILOs):**

Intended learning outcomes (ILOs); Are four main categories: knowledge & understanding to be gained, intellectual qualities, professional/practical and transferable skills.

On successful completion of the course, the candidate will be able to:

(1) A- Knowledge and Understanding

- A1: Describe the mental health of workers at workplace (WHO).
- A2: Recognize psychological hazards and effects upon health of employees/workers.
- A3: State guidelines for prevention and control of job stress, drug abuse and workplace violence.
- A4: Classify Occupational risk factors (organic and non-organic) for psychiatric disorders.
- A5: Describe fitness-for-duty assessments for workers with psychiatric disabilities.
- A6: Understand academic principles for Health risk assessments.

2- Intellectual activities (I)

The Postgraduate Degree provides opportunities for candidates to achieve and demonstrate the following intellectual qualities:

B- Intellectual skills

- B1: Audit mental health profile of workforce at a specific workplace.
- B2: Analyze causes of job stress at a specific workplace.
- B3: Propose guidelines for management of job stress.
- B4: Propose guidelines for management of other psychosocial hazards at a workplace.
- B5: Differentiate between Occupational organic and non-organic causes of psychiatric disorders.
- B6: Apply principles of Health Risk Assessment on Case studies.

C- Professional/practical skills

- C1: Measure general health of workers at a workplace using tools as GHQ.
- C2: Perform risk assessment of psychosocial work environment using HSE indicator tool.
- C3: Put a strategy for control of job stress and mental health complaints at a workplace.
- C4: Assist in implementation of strategic interventions at a workplace for combating job stress.
- C5: Manage sickness absence and ill health retirement.
- C6: Perform health risk assessment of a workplace or an industry.

D- Communication & Transferable skills

- D1: Learn teaching and learning skills.
- D2: Design and deliver a teaching event/ or short course.
- D3: Identify Intended learning outcomes of a teaching event.
- D4: Teach large and small groups effectively.
- D5: Select and use appropriate teaching resources.
- D6: Give constructive effective feedback.
- D7: Evaluate programs and events.
- D8: Learn how to work as a team member and as a team leader.
- D9: Develop critical thinking and peer-reviewing skills.

Course content.

Subjects	Lectures	Practical
<p>First Topic: Occupational Mental and Psychological Health.</p> <p>(1)Occupational Stress: Definitions and Models. (2)Occupational Stress: Occupational Stressors and Individual Factors. (3)Health Effects of Occupational Stress: Physical and Mental. (4)Risk assessment of Occupational Stress: Tools and Indicators. (5)Management of Occupational Stress. (6)Substance Dependence and Abuse in the Workplace. (7)Drug Testing in the Workplace. (8)Components of a Drug-free Workplace. (9)Shift Work and Effects on Health. (10)Sleep Disorders in the Workplace. (11)Workplace Violence. (12)Sickness Absenteeism in the Workplace. (13)Mental Health and Psychiatric Disorders in the Workplace (i). (14) Mental Health and Psychiatric Disorders in the Workplace (ii).</p> <p>Second Topic: Principles of Health Risk Assessment.</p> <p>(1) Academic Principles of Health Risk Assessment. (2) Case Studies.</p>	<p>12 hrs</p> <p>3 hrs</p>	

(2) Teaching methods:

- 4.1.... Lectures
- 4.2: ... Seminars
- 4.3: ... Tutorial
- 4.4: ... Workshops

(3) Assessment methods:

- 5.1 Written exam for assessment of knowledge and intellectual ILOs
- 5.2 Oral exam for assessment of knowledge and intellectual ILOs
- 5.3 Practical exam knowledge and intellectual ILOs
- 5.4 MCQ exam for assessment of intellectual ILOs

Assessment schedule:

Assessment 1: MCQ.....at the end of semester (15th week)

Assessment 2: Written exam after 6 months of the start of the job.

Assessment 3: Oral exam 6 months of the start of the job.

Assessment 4: Practical exam 6 months of the start of the job.

Percentage of each Assessment to the total mark.

Written: 144 Marks

MCQ 36 Marks

Oral: 60 Marks

OSCE Practical : 60 Marks

(4) References of the course.

6.1: Handouts of lectures and handbooks authorized by the department.

6.2: Text books:

- **Environmental and Occupational Medicine** (4th ed.) by William N. Rom.

- **Textbook of Clinical Occupational and Environmental Medicine** (2nd ed.) by Cullen M and Rosenstock L.
- **Pocket Consultant of Occupational Health**, UK.
- **Text book of Public Health**, Maxcy Roseneau (Wallace, 14th ed).

6.3: Journals... Publications of national and international Occupational and Environmental Medicine Associations: Egyptian Society of Occupational and Environmental Medicine Journal, American College of Occupational and Environmental Medicine Journal (OEM), OSHA and NIOSH publications, ILO publications.

6.4: Websites.

http://www.ilo.org/safework_bookshelf/english?d&nd=170000102&nh=0

<http://www.niosh.com> + <http://www.acoem.com>

(5) Facilities and resources mandatory for course completion.

Candidates and their learning are supported in a number of ways:

- Induction course introducing study skills
- Candidates logbook
- Programme Specification and Handbooks
- Extensive library and other learning resources
- Computer laboratories with a wide range of software
- Intranet with a wide range of learning support material
- Ph.D Dissertation Supervisor
- Others

Course coordinator: Prof. Emily kamel, Prof. Adel El-Weheidi, Dr. Nabil Joseph, Dr. Hala Samir

Head of the department: Prof. Abdel Hady El Gilany

Date.

P.S. This specification must be done for each course.