



ROYAL
COLLEGE OF
PHYSICIANS
OF IRELAND

Licentiate of the Faculty of Occupational Medicine (LFOM)

Examination Syllabus, 2016

Licentiate of the Faculty of Occupational Medicine Syllabus

If you are planning to sit this exam, you should be familiar with the following points:

General Principles of Assessment & Management of Occupational Hazards to Health

Objective:

Demonstrate basic assessment and management of occupational hazards to health in a range of working environments

KNOWLEDGE

1. Identify major physical, chemical, biological, ergonomic and psychosocial hazards to health in the workplace
2. Diagnose work related ill health and provide advice on prognosis, prevention and management
3. Perform emergency treatment of acute poisoning and injury at work
4. Recognise and seek appropriate advice in situations where specialist assessment of the working environment is needed
5. Outline the epidemiology of occupational illness and injury and interpretation of applied statistical analysis
6. List sources of information and methods of evaluating and controlling risk
7. Utilise appropriate information sources including information technology
8. Evaluate and advise on first aid facilities in the workplace.
9. Liaise with occupational hygienists, ergonomists and other specialists in the assessment of working environments

SKILLS

1. Take a clinical history, including a detailed occupational history, and perform an appropriate clinical examination in an occupational health setting
2. Interpret basic health surveillance and biological monitoring data for workers exposed to occupational hazards

ASSESSMENT & LEARNING METHODS

1. Licentiate Examination of the Faculty of Occupational Medicine
2. Basic Life Support skills course
3. Self-directed learning

Toxicology

Objective:

Identify the major principles of human toxicology in the practice of occupational medicine
Outline the basic concepts underlying health surveillance, biological monitoring and biological effect monitoring including: types of surveillance/monitoring, frequency, quality assurance, results, records and legislation

KNOWLEDGE

1. Classify and diagnose effects of major toxic agents, including organic chemicals, non-organic compounds, heavy metals and reproductive toxicology
2. Outline the basic concepts underlying health surveillance, biological monitoring and biological effect monitoring including: types of surveillance/monitoring, frequency, quality assurance, results, records and legislation
3. Describe factors affecting clinical response to a toxic agent
4. List basic management of toxic effects
5. Identify carcinogens in the workplace
6. Perform a toxicological risk assessment

SKILLS

1. Assessment of potential risk to human health

ASSESSMENT & LEARNING METHODS

1. Licentiate Examination of the Faculty of Occupational Medicine
2. Interpretation of information source e.g. Material Safety Data Sheet
3. Risk assessment for common toxicological exposure
4. Self-directed learning

Occupational Hygiene

Objective:

Outline the major principles of occupational hygiene and apply principles to the practice of occupational medicine

KNOWLEDGE

1. Anticipation of hazards in the workplace
2. Recognition of hazards
3. Evaluation of hazards
4. Control of hazards
5. Identify sources of further information

SKILLS

1. Perform a workplace risk assessment

ASSESSMENT & LEARNING METHODS

1. Licentiate Examination of the Faculty of Occupational Medicine
2. Risk assessment of hazards, e.g. hygiene survey - walk through survey
3. Self-directed learning

Ergonomics

Objective:

Apply the basic principles of ergonomics to the practice of occupational and environmental medicine

KNOWLEDGE

1. Identify physical risk factors for musculoskeletal disorders
2. Outline workstation design principles
3. Basic knowledge of hand tool ergonomics
4. Apply correct ergonomic concepts of manual handling

SKILLS

1. Perform a basic ergonomic risk assessment

ASSESSMENT & LEARNING METHODS

1. Licentiate Examination of the Faculty of Occupational Medicine
2. Ergonomic assessment for computer workstation
3. Risk assessment of other workstations
4. Self-directed learning

Occupational Health Disorders

Objective:

Evaluate occupational health disorders to enable case management in accordance with the principles and best practices of occupational medicine

KNOWLEDGE

1. Describe the major clinical features and investigation of common occupational disease¹
2. Diagnose work related ill health and provide routine advice on prognosis, prevention and management
3. List the major effects of exposure to occupational radiation (ionizing and non- ionising)
4. List basic concepts in aviation and diving medicine as they pertain to occupational health practice
5. Outline basic concepts of occupational disease on female and male reproductive issues
6. Overview of common occupational physical injuries including: ophthalmic, auditory, vibration, heat/ cold and electrical

¹*Occupational diseases include: musculoskeletal disorders, cancer, mental health, infection, hearing loss, skin disorders, respiratory disorders, cardiovascular disorders, hepatic disorders, renal disorders, neurological disorders, haematology and immunology*

SKILLS

1. Diagnosis and management of major occupational health disorders
2. Arrange onward referral for other medical specialist investigation and opinion if indicated
3. Undertake and interpret risk assessments of working environment

ASSESSMENT & LEARNING METHODS

1. Licentiate Examination of the Faculty of Occupational Medicine
2. Routine occupational investigations including: audiometry, spirometry etc.
3. Immunisation
4. Work site assessments and recognition of occupational disorders
5. Self-directed learning

Principles of Health Surveillance

Objective:

Outline the principles of health surveillance and its basic application to the practice of occupational medicine

KNOWLEDGE

1. Outline the basic concepts underlying health surveillance, biological monitoring and biological effect monitoring, including: types of surveillance/monitoring, frequency, quality assurance, results, records and legislation

SKILLS

1. Participate in health surveillance, biological monitoring or effect programme
2. Interpretation of results
3. Communication of results and risks to the worker

ASSESSMENT & LEARNING METHODS

1. Licentiate Examination of the Faculty of Occupational Medicine
2. Interpretation of information source e.g. health surveillance result
3. Self-directed learning

Assessment of Disability, Rehabilitation and Fitness for Work

Objective:

Assess functional capacity and evaluate fitness for work

KNOWLEDGE

1. Apply the principles of assessing fitness for work
2. Outline concepts of restriction, capacity and tolerance of individual versus requirements of job
3. Identify the statutory requirements of fitness for specific jobs
4. Apply the principles of rehabilitation and redeployment at work
5. Identify the major factors affecting sickness absence
6. Overview of vocational rehabilitation: healthcare, personal and work factors
7. Outline the major principles in Ill health retirement and pension schemes and their role
8. Recognise the impact and scope of disability legislation in the workplace
9. Assess capability for work in those with a disablement / impairment

SKILLS

1. Assessing fitness for work
2. Ergonomics
3. Perform clinical assessment of disability and fitness for work at pre-employment and post-illness/injury

ASSESSMENT & LEARNING METHODS

1. Licentiate Examination of the Faculty of Occupational Medicine
2. Self-directed learning

Occupational Health Law and Ethics

Objective:

Utilise occupational health law and ethical principles to advise employers in a workplace setting

KNOWLEDGE

1. Understanding of the legislative framework of occupational health in Ireland, and EU including industrial compensation schemes
2. Understanding acts, regulations, codes of practice and guidance governing occupational health and safety including the reporting of occupational injury and disease
3. Ensure professional practice is compliant with relevant disability, health and safety, data protection and employment law
4. Recognise the interaction between the law and ethics in occupational health practice
5. Comply with ethical guidelines for communication between occupational physicians, doctors, managers and others
6. Communicate with employee, employers, managers and other health professionals in an appropriate manner

SKILLS

1. Adhere to legal ethical principles in management of occupational health professional practice
2. Testing for drugs/alcohol in the workplace

ASSESSMENT & LEARNING METHODS

1. Licentiate Examination of the Faculty of Occupational Medicine
2. Drug testing procedures
3. Self-directed learning

Environmental Issues Related to Work Practice

Objective:

To be able to identify major health risks in the general environment arising from industrial activities and other sources of environmental emissions

KNOWLEDGE

1. Classify biological agents
2. Overview of physical, chemical and biological hazards to health arising in the environment from industrial activities
3. Apply the principles of infection prevention and control as applied to employee safety and health and fitness for work
4. Outline the basic toxicology of common environmental pollutants and major environmental contaminants including: asbestos, lead, mercury, arsenic, dioxin and furans, polychlorinated biphenyls, pesticides, ionizing radiation, outdoor air pollution, water pollution, building associated problems and smoking and the workplace
5. Identify dangerous substances (storage, packaging, labelling and conveyance)
6. List the major health effects of waste (hazardous, non-hazardous, medical and radiological)

SKILLS

1. identify health risks from, and the control of hazardous exposure, in the general environment arising from industrial activities
2. Identify sources of information on environmental hazards and their control

ASSESSMENT & LEARNING METHODS

1. Licentiate Examination of the Faculty of Occupational Medicine
2. self-directed learning

Workplace Health Promotion

Objectives:

To participate in health promotion in a range of work environments

KNOWLEDGE

1. Definition, rationale and principles for successful workplace health promotion

SKILLS

1. Participate in the delivery of health promotion in a range of settings

ASSESSMENT & LEARNING METHODS

1. Licentiate Examination of the Faculty of Occupational Medicine
2. Use of standard tools to measure health risk e.g. cardiovascular, physical activity levels, BMI, screen for alcohol related risk, and determine appropriate smoking cessation intervention / assistance
3. Self-directed learning