

# TEACHING MANAGEMENT OF MENTAL HEALTH PROBLEMS:

*HOW?*

# HOW

- How to teach Mental health and mental health management to occupational health physicians ?
- What instruction methods are available and appropriate for teaching ?

# **Required professional competencies for Occupational Health Physician**

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- **WHAT and WHY as a starting point**
- “**to identify and to deal with mental health and mental health problems in workers at the workplace and in enterprises, within the context of the organisation of health, safety and well-being organisation”**

# Educational methods

- Depend on :
  - The type and the level of the training program (short, master academic, clinical)
  - The curriculum structure and the position of the course within the curriculum
  - The educational concept and the learning context
  - The availability of educational technology
  - The organisation of OHS (multidisciplinarity)

# TRAINING FOR REQUIRED COMPETENCIES

- **Based on:**
- **KNOWLEDGE**
- **SKILLS**
- **PRACTICAL EXPERIENCE**

# METHODS FOR KNOWLEDGE TRAINING

- Lectures
- Guided self study:
  - Literature ( Books, scientific literature, e-learning)
  - Participation in expert meetings,
  - Participation in CME activities

# Training methods for skills training

- Use of methods and tools for detection and diagnosis of work related hazards and risks for mental health problems (work history, questionnaires)
- Use of methods for screening of risk factors and problems in workers (history, questionnaires, tests)
- Basic methods for intervention (advising worker and employer, referring strategies, evaluation of work (in-)capacity)
- Methods for primary prevention

# Methods for practical experience

- Hazard and risk evaluation in enterprises and workplaces
- Case studies, case discussions with colleagues, interdisciplinary discussions of cases
- Case simulations (role play)
- Project learning, problem based learning

# Assessment methods

- Knowledge :examination (oral, written, assignment)
- Skills: performance testing, assignments
- Practice: case studies, case discussions with experts, project evaluation