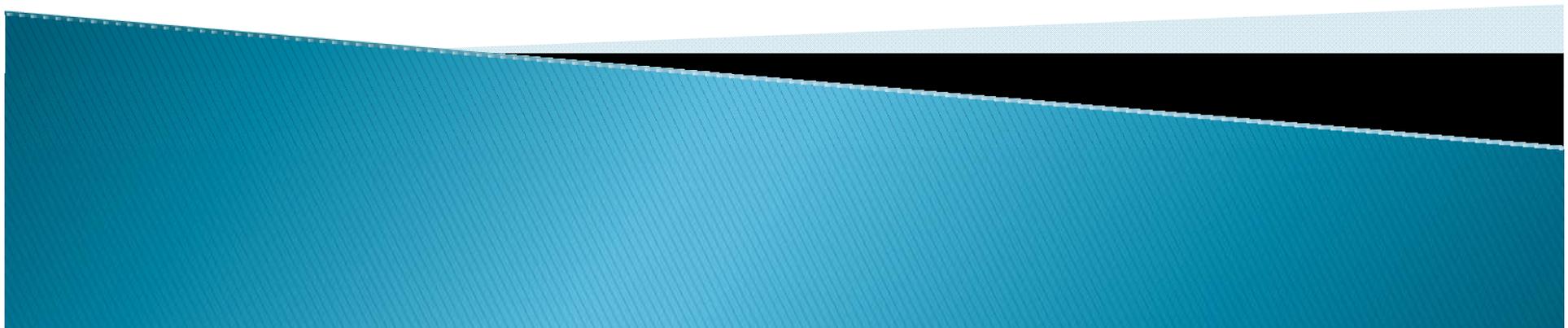


Arbeitsmedizin in Europa

Jacques van der Vliet, occupational physician

Bregenz

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Three important bodies

- ▶ UEMS: Union of European Medical Specialists
www.uems.net occupational medicine section: president: Dick Spreuwers (NL)
- ▶ EASOM: European Association of Schools of Occupational Medicine
www.easom.org president: Giso Schmeisser (G)
- ▶ CPME: Comite Permanent des Medecins Europeen
www.cpme.eu president: Katrin Fjeldsted (Is)

UEMS



- ▶ 39 independently recognized specialists
- ▶ Represents 34 countries through national associations of medical specialists
- ▶ Section of occupational medicine

Mission



- ▶ The UEMS, shall continuously maintain and develop the entire spectrum of professional interests of European medical specialists, with special emphasis on assuring the highest level of professional autonomy allowing medical specialists to ensure the highest possible quality of health care services for the benefit of all European citizens

Purposes of UEMS



1. optimum, high quality and safe healthcare for all EU citizens
2. maintenance and development of professional autonomy of medical specialists
3. study, promotion, harmonization and access to ongoing high quality education and training for medical specialists
4. promotion of free motion of medical specialists in EU
5. active participation and representation in all European agencies, authorities and organizations relevant to the medical profession

Key objectives

Section Occupational Medicine



1. Promotion and harmonization of high quality vocational and postgraduate training and education (together with EASOM),
2. Enhance the position of the section in political networks in the EU
3. Promotion of optimum, high quality and safe occupational healthcare for all EU citizens
4. Provide a vision and strategy for the profession toward the changing working environment and the position of workers in the EU

Official members of UEMS, section OM



- ▶ Austria
- ▶ Belgium
- ▶ Croatia
- ▶ Czech Republic
- ▶ Denmark
- ▶ Finland
- ▶ France
- ▶ Germany
- ▶ Hungary
- ▶ Ireland
- ▶ Italy
- ▶ Netherlands
- ▶ Norway
- ▶ Poland
- ▶ Portugal
- ▶ Romania
- ▶ Serbia
- ▶ Slovenia
- ▶ Spain
- ▶ Sweden
- ▶ Switzerland
- ▶ United Kingdom
- ▶ (Bosnia–Herzegovina)
- ▶ (Macedonia)
- ▶ (Montenegro)

Working groups



- ▶ WG 1: Training and Continuous Medical Education (chair: Nikki Cordell)
- ▶ WG2: Politics and relationship European Commission / CPME (chair: Jacques van der Vliet)
- ▶ WG 3: Quality of Practice (chair: Pedro Reis)
- ▶ WG4: Rules of Procedures (chair: Dick Spreeuwers)

Milestone



- ▶ Innovation Award for promoting Occupational Health and Occupational Medicine

EASOM

- ▶ European Association of Schools of Occupational Medicine
- ▶ Please ask Dr. Giso Schmeisser



CPME Mission Statement

- ▶ CPME is the representative organisation of around 1,3 million European doctors through the national medical associations from 27 full member countries, and 5 further associate and observer countries.
- ▶ Founded in 1959, CPME has been promoting for more than half a century the highest standards of medical training and medical practice in order to achieve the highest quality of healthcare for all patients in Europe.
- ▶ CPME is also concerned with the promotion of public health, the relationship between patients and doctors and the free movement of doctors within the European Union.



- ▶ Four areas of activity
 - Ethics
 - Organisation of health care
 - Education
 - Prevention



- ▶ Most important topic for occupational physicians in coming decade:
- ▶ **Healthy Ageing:**
- ▶ European Innovation Partnership for Active and Healthy Ageing
- ▶ Doctor's role in healthy ageing / prevention of functional decline and frailty:
- ▶ Maintain, restore and promote functional capacity



- ▶ 1) Physical component
 - Expert knowledge on physical fitness, on nutrition and on chronic conditions management including polypharmacy and over medication, also including functional capacity assessment and evaluation

- ▶ 2) Psychological component
 - Expert knowledge on social and psychological well-being including meaningful activity and healthy life style, also including physical support and easy transportation when necessary

- ▶ 3) Health literacy programme
 - Dissemination of knowledge into capillaries of population through doctors and other stakeholders, also through educational programmes, e-learning, all of which must be focused on the caregiving network and the patients / public



▶ 1) Maintaining Functional Capacity

- Healthy eating and physical activity
- Healthy work and Lifestyle, work–life balance, smoking cessation
- Avoidance of drugs
- Controlled drinking
- Coping skills and resilience to live with pressure and or stress
- Respect heterogeneity, autonomy and differences in people



▶ 2) Participation and Social Inclusion

- Stay active in society, either in work or in social environment
- Prevent from getting in isolated position or lonely
- Entitled to meaningful place in society
- Most people want to continue to contribute having lifetime of knowledge and experience
- Employment or learning
- Keep older people stimulated and engaged
- Promote fiscal benefits and cheap transportation



- ▶ 3) Independent living and Caring environment
 - Promote independence and offer support in the community
 - Stay in own environment as long as possible
 - Create network of formal and informal carers
 - Physical support (vacuuming the house, repair work) and transportation or
cooking meals
 - Organise shopping services (transportation and support)



▶ 4) Working conditions

- Demographics lead to working longer
- Work is good for (mental) health (evidence), provided good conditions are in place
- Healthy working environment through:
- Stimulating and inspiring management styles (special attention for seniors)
- A stable psycho-social environment and good working atmosphere including clear communication and clarity about goals and objectives, changes and results



▶ 4) Working conditions (continued)

- HRM must be active, enabling senior employees to use their potential and contribute to their ability including permanent education
- Skills and experience must be passed on (senior employees as coaches)

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- ▶ Blue zones:
 - Still at work
 - Physical activity
 - Healthy nutrition
 - Participation and social inclusion
 - Purpose in life

11 steps to healthy working

- ▶ Take the stairs
- ▶ Drink more water
- ▶ Eat a big breakfast
- ▶ Snack on fruit
- ▶ Have cup of coffee
- ▶ Breath more deeply
- ▶ Exercize your eyes
- ▶ Stretch regularly
- ▶ Take a walk after lunch
- ▶ Take a powernap
- ▶ Be more optimistic.....and smile at your neighbour

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- ▶ Thank you very much for your attention
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