

Course guide

240815 - 240815 - Health Surveillance

Last modified: 14/01/2025

Unit in charge: Barcelona School of Building Construction
Teaching unit: 1039 - UPF - Universitat Pompeu Fabra.

Degree: MASTER'S DEGREE IN OCCUPATIONAL HEALTH AND SAFETY (Syllabus 2016). (Compulsory subject).

Academic year: 2024 **ECTS Credits:** 3.0 **Languages:** Catalan, Spanish

LECTURER

Coordinating lecturer: Ramada Rodilla, José María

Others: JOSÉ MARÍA RAMADA

DEGREE COMPETENCES TO WHICH THE SUBJECT CONTRIBUTES

Specific:

1. Know the relation between occupational and health safeties.
2. Obtain the capacity to prevent and detect psicosocial problems, adapt the job and coordinate with the medical services to analyse these cases.
3. Be able to analyse the main health problems related to work.
4. Be able to distinguish between labour accidents, professional diseases and diseases related to work.
5. Be able to recognise action measures in front of emergencies and disasters. Recognise the specific problems in health security at work in sensitive workers such as young and elder workers, disabled people or pregnant women, and identify and recognise the main instrumentation techniques to assess the fatigue and not the comfort at work.

TEACHING METHODOLOGY

Of the 70 hours of work dedicated by the student in this subject, 28 hours will be with the presence of the teacher, with the following distribution:

14 sessions of 1.5 h where the presentation of the basic information of the topics included in the program will alternate with the presentation and discussion of practical cases.

6 sessions, also lasting 1.5 hours, where students will present their group work to other classmates.

0.5 h weekly of individualized tutoring with students to clarify doubts and monitor their learning process (15-15: 30 h)

The remaining time foreseen, 42 h, the student will have to read the materials provided in the dossier of the subject, solve the practical problems and the individual and group work.

LEARNING OBJECTIVES OF THE SUBJECT

Occupational risk prevention is essentially a multidisciplinary activity so that technicians and health workers must be able to exchange and communicate knowledge and experiences that allow them to plan and develop effective and efficient preventive programs. Therefore, the different professionals involved need to speak a common language.

The main objective of this subject is to facilitate the conceptual bases, characteristics and criteria of health surveillance and to identify its main instruments.

At the end of this course the student should be able to:

Describe the basic concepts of occupational health surveillance and the relationship between work and health.

Know the main health problems related to work and their consequences in terms of incapacity for work.

Differentiate between occupational diseases and work-related diseases.

Define the concept of health surveillance and especially sensitive worker.

Use a common language that favors communication between the technical and health areas in order to plan and develop effective and efficient preventive programs.

STUDY LOAD

Type	Hours	Percentage
Self study	48,0	64.00
Hours large group	27,0	36.00

Total learning time: 75 h

CONTENTS

-COURSE EXPLANATION. INTRODUCTION.

Description:

Explanation of the subject. Health and Occupational Health concept. Determinants of health. Working conditions, job insecurity and conceptual models related to job stress. Health Indicators.

Full-or-part-time: 4h

Theory classes: 4h

-RELATIONSHIP BETWEEN WORK AND HEALTH. HEALTH EFFECTS OF WORKING CONDITIONS.

Description:

Relationship between Work and Health. Effects on health of working conditions: injuries from work accidents, occupational diseases, work-related diseases, temporary and permanent disability.

Full-or-part-time: 6h

Theory classes: 6h

Presentation and discussion in group work class

Description:

Presentation and discussion in class of group work - Effects of work on health.

Chart of occupational diseases. Diseases caused by chemical and physical agents. respiratory system and skin, musculoskeletal disorder

Related activities:

PRESENTATION AND DISCUSSION OF PRACTICAL CASES.

Full-or-part-time: 10h

Theory classes: 10h

-HEALTH EXAMS: TYPES AND CHARACTERISTICS. HEALTH SURVEILLANCE PROTOCOLS. USEFUL SOURCES OF INFORMATION.

Description:

Basic concepts of health surveillance, individual and collective. Ethical aspects of health surveillance. Health exams: types and characteristics. Information surveillance protocols useful in health surveillance. Occupational risks during pregnancy and lactation. Especially sensitive workers: suitability of the workplace.

Full-or-part-time: 6h

Theory classes: 6h

-PRESENTATION SECOND GROUP WORK

Description:

-PRESENTATION OF THE SECOND GROUP WORK

Full-or-part-time: 2h

Theory classes: 2h

GRADING SYSTEM

The evaluation will be carried out through:

1. Group seminar in class. 20% final grade.
2. Group work on the effects of work on health (based on the proposal of a practical case, a series of questions will have to be resolved in a reasoned and documented way). 5 sessions, with independent presentations per group in each session. 25% of the final grade.
3. Group work on health surveillance (the group will have to prioritize the main problems detected, identify the groups for priority action and propose a work plan). The work will be presented, in a specific session, to the other colleagues. 25% of the final grade.
4. Final exam (multiple answer) 30% of the final grade.

EXAMINATION RULES.

It is mandatory to take all the activities for the evaluation of the student in the subject.

BIBLIOGRAPHY

Basic:

- Serra C; Company A.. "Vigilancia de la Salud". Ruiz Frutos, Carlos. Salud laboral : conceptos y técnicas para la prevención de riesgos laborales. Barcelona: Masson, 2014.