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**MODULE TITLE:**

Health Intervention Programs at Workspace (Occupational Health Interventions)

**RESPONSIBLE FOR THE MODULE:**

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POSITION	Associate Professor	
SECTOR	Department of Practical, Physical and Aesthetic Education	
OFFICE	Exercise, nutrition and Health	
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CO-INSTRUCTORS	T. Thoresen, Assistant professor	

**HOURS :**

1

**LANGUAGE OF TEACHING:**

GREEK [ ]

ENGLISH [X]





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**AIM OF THE MODULE** (*content and acquired skills*)

The aim of this module is to give a presentation of the most frequent Occupational Health Intervention Programs with special emphasis on stress management training i.e exercise-, relaxation- and combined cognitive-behavioral programs. We give an analysis of the effectiveness on reducing- and/or changing pain perception related to musculoskeletal pain with special reference to neck pain. Finally, we analyze the success factors for Exercise intervention programs, with special focus on adherence factors.

**MODULE CONTENTS** (*outline – subtitles of the lectures*)

- An overview of current Occupational Health Intervention Programs. Descriptions and definitions.
- Frequency and effectiveness
- Health interventions with physical exercise: theoretical foundations – how to explain the effects.
- Determinants related to adherence/drop out.

**TEACHING METHOD** (*lectures – labs – practice etc*)

Lectures

**LEARNING OUTCOMES**

Upon the completion of this module the student will be able:

- To know and understand the difference and effectiveness of Occupational Health Intervention Programs.
- To see the HEI’s role in health interventions: skills needed and different expectations to be met.
- To understand the consequences and costs of low adherence / high drop out from health intervention programmes
- To identify success factors.

**LEARNING OUTCOMES - CONTINUED**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load ( hours)</i>
<ul style="list-style-type: none"> <li>• To know and understand the difference and effectiveness of the most frequent used Occupational Health intervention programs.</li> <li>• To see HEI’s role in Occupational health intervention: skills needed and expectations directed towards them</li> <li>• To understand the consequences and costs of low adherence / high drop out from Occupational health intervention programmes</li> <li>• To identify the success factors.</li> </ul>	Lectures, slides, discussion, study at home Presentation and practical application from the students	Intermediate control tests with written assessment of cognitive appraisal	10





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**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. PALMER, KT, HARRIS, EC, LINAKER C ET AL (2012): EFFECTIVENESS OF COMMUNITY- AND WORKPLACE-BASED INTERVENTIONS TO MANAGE MUSCULOSKELETAL-RELATED SICKNESS ABSENCE AND JOB-LOSS: A SYSTEMIC REVIEW. RHEUMATOLOGY; 51:230-242.
2. Cancelliere, C., Cassidy, JD., Ammendolia, C and Cotè, P. (2011): Are workplace health promotion programs effective at improving presenteeism in workers? A systematic review and best evidence synthesis of the literature. BMC Public Health 2011, 11:395



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