Master's Programme

Master Occupational Health and Sustainable Work

Fac. Health, Medicine and Life Sciences

Determinants of Health and Labour Participation

Full course description

The promotion of sustainable work requires a detailed insight in the complex interplay between all the determinants affecting workers' health and labour participation. Using the ICF model as a framework, the different determinants of labour participation will be studied and discussed. Determinants include the chemical, physical, biological and psychosocial work environment as well as health, health behaviour and functioning, personal characteristics and social environment. Barriers or limiting factors as well as facilitating factors for labour participation will be distinguished, and studied on different levels, e.g. individual, organizational, national and/or international level.

In module OHS4001 the ICF framework is used for studying the determinants of sustainable work and their complex interplay.

Special attention will be paid to the different participation problems that may evolve during the course of a working career / different stages of life, e.g. combining work and family life, work engagement, and extended working careers. Moreover, relevant subgroups will be distinguished for whom the determinants of health and labour participation may differ and may cluster differentially, e.g. precarious workers, self-employed people and employees with a chronic illness. In line with the ICF framework the different perspectives and attitudes of both client and health professionals towards the participation problem will be incorporated as well.

Course objectives

By the end of module OHS4001, students:

Knowledge and understanding

- Know the extended definition of health (WHO);
- Know the frequency measures incidence and prevalence;
- Know the definition and elements of sustainable work across the work career and indifferent settings;
- Know and are able to describe the components of the ICF framework in relation to health and labour participation;
- Know the (major) determinants of health and labour participation, their interaction and changes across the work career;
- Know the association measures (odds ratio, relative risk) to describe the association between determinants and outcomes;
- Know the principles of evidence based occupational health in general and critical appraisal

regarding aetiological research in particular
- Know the principles of the major designs used in aetiological research;
- Know and are able to categorize determinants with respect to disease prevention, health protection and health promotion;
- Are able to categorize and translate determinants in terms of interventions / preventive measures on the individual, organisational, national and international level;
- Know the legislation on working conditions;

Applying knowledge and understanding

- Are able to identify evidence based determinants of health and labour participation;
- Are able to classify and rank determinants according to the ICF framework;

Formation of a judgement

- Understand the surplus value of the ICF approach in relation to health and labour participation;
- Critically judge the evidence base on determinants of health and labour participation;
- Critically evaluate the role of a certain determinant with respect to the type and level of prevention;
- Are able to critically evaluate on what level a determinant should ideally be tackled (individual, organisational and/or (inter)national level);

Communication

- Use the ICF framework as an important communication tool;
- Are able to communicate in a professional way with policymakers, employers and clients in the field of occupational health, by consistently using the ICF approach and tools to enhance communication;

Learning skills

- Are able to appraise a health and/or labour participation problem in terms of ICF;
- Are able to build an adequate literature search with respect to determinants of health and labour participation problems;
- Are able to critically appraise the evidence base on determinants of health and labour participation;
- Are able to investigate the determinants of health and labour participation on different levels.

Recommended reading

This is the link to Keylinks, our online reference list.

OHS4001
Period 1
2 Sep 2024
25 Oct 2024
Print course description
ECTS credits:
6.0
Instruction language:
English

Master Occupational Health and Sustainable Work

Coordinator:

- N.W.H. Jansen

Teaching methods:
Assignment(s), Work in subgroups, Lecture(s), Paper(s), PBL, Presentation(s), Skills, Training(s)
Assessment methods:
Assignment, Attendance, Computer test, Participation, Presentation, Take home exam, Written exam
Keywords:
(mental) health, labour participation, causality, sustainable work, determinants, subgroups (e.g aging workers)
Fac. Health, Medicine and Life Sciences

Health and Labour Participation: Past, Present and Future

Full course description

This course OHS4004 runs in period 1, parallel to course OHS4001 Determinants of health and labour participation. In this course, that will start in the second week of the first course period, we will lay the foundation for the understanding of the historical context, basic principles, current and future challenges in health and labour partipation, as well as for various research methods and their underlying paradigms. Historically, labour started to be regarded as a public health issue during the industrialization that took place in Western countries in the 19th century. Students will learn that during that time, governments began to regard work as a risk, and that legislation was introduced, e.g. on working times. Next, a more humanistic view on issues of health and labour participation was adopted in the first half of the previous century. Students will study how this humanistic view has inspired current views on what the International Labour Organizations has labeled ‘decent work’ and the EU ‘job quality framework’ (Eurofound, 2021). Next, students will study how the aim for decent work is being challenged or even attacked by recent global developments at workplaces, the labour market and social welfare. Current developments challenge or even attack this humanistic strive for decent work, high job quality, self-growth and sustainable employability. Due to technologization, digitalization, work force demographics, globalization, climate change, COVID-19, economic conditions and urbanization, three developments can be distinguished (OECD, 2020; Schulte et al. 2020; WRR, 2020): labour market changes, societal value changes and changes in manual vs cognitive work. New hazards are recognized in the areas of psychosocial, physical, chemical and biological hazards. Finally, the implications of current developments for national occupational health and welfare policies will be addressed.

Course objectives

Expert

By the end of the module, students should be able to:

1. Describe and summarize the history of attention for health in relation to labour participation and public health;
2. Describe decent work, and relate this to the ICF model;
3. Describe Maslow’s pyramid of needs and apply this
4. Describe contemporary challenges in work (technologization, robotization, digitalization) and in de labor force/demographics (migration; aging workforce; caring duties) and their impact

on health and labor participation.
5. Describe the increased vulnerabilities in terms of health and social protection of different groups in the labour force due to these contemporary challenges;
6. Define and use major theories for Health behaviour, motivation and Berlin's theory on positive freedom in the context of contemporary challenges;
7. Describe the implications of the contemporary developments for national and corporate policy and work & health consultancy;

Investigator

1. Search academic scientific literature (more in-depth search skills to what learned in WHC4001);
2. Relate facts and moral judgement to formulate conclusions;

Communicator

1. Discuss effectively with fellow students and teaching staff with various backgrounds during online and on campus meetings (including asking questions, answering questions, presenting);
2. Be able to communicate effectively in written, academic English;

Professional

1. Explain which contemporary developments still require national and corporate policy;
2. Explain the implications of contemporary challenges, and the normative frameworks for work & health consultancy;
3. Take part in advocacy for healthy labour participation for the various groups in the labour market;
4. Understand & reflect about the merits and shortcomings of the different contemporary developments in relation to healty labour participation, for the different groups in the labour force;
5. Judge about the extent to which psychological needs of different groups and the society as a whole are affected by the contemorary challenges (moral compass).

Recommended reading

This is the link to Keylinks, our online reference list.

OHS4004
Period 1
2 Sep 2024
25 Oct 2024
Print course description
ECTS credits:
5.0
Instruction language:
English
Coordinator:

- A.E. de Rijk

Teaching methods:
Assignment(s), Lecture(s), Work in subgroups, Paper(s), PBL, Skills, Training(s)

Master Occupational Health and Sustainable Work

Assessment methods:
Assignment, Attendance, Computer test, Final paper, Written exam
Keywords:
Research methods, Public health, industrialization, pyramid of human needs, self-determination theory, contemporary challenges in work, decent work, sustainable employability, the future of work, vulnerable workers
Fac. Health, Medicine and Life Sciences

Introduction to Occupational Health Rese

Full course description

In week 1 (OHS4014), students will be introduced into three basic types of occupational health research methods: empirical analytical research (with etiologic research and experimental designs using questionnaires, observations and health measurements), interpretative research (focusing on stakeholder perspectives) and policy research (using diverse methods such as document analysis, interviews, surveys). These research methods will be discussed in the context of developments in health and labour participation, which have various implications for research methodology. As the working population becomes more diverse, we need new measures for new exposures, and we need to change the focus to outcomes beyond labour participation and disease, e.g. (positive) health, financial situation, work-life balance, and type of contract.

Course objectives

Investigator

1. Describe the basic research methodologies (empirical-analytical research; interpretative research and policy research) and basic knowledge on when to use which methodology;
2. Describe the implications of the contemporary developments for choosing the right research population and data collection methods;
3. Search academic scientific literature (more in-depth search skills to what learned in WHC4001);
4. Relate facts and moral judgement to formulate conclusions;
5. Have basic ability to align research topic and research method;

Communicator

1. iscuss effectively with fellow students and teaching staff with various backgrounds during online and on campus meetings (including asking questions, answering questions, presenting);

Recommended reading

This is the link to Keylinks, our online reference list.

OHS4104
Period 1
2 Sep 2024
25 Oct 2024
Print course description
ECTS credits:

Master Occupational Health and Sustainable Work

1.0
Instruction language:
English
Coordinator:

- A.E. de Rijk

Teaching methods:
Assignment(s), Lecture(s), Work in subgroups, Research, Skills, Training(s)
Assessment methods:
Assignment, Attendance, Portfolio
Keywords:
research methods, Quantitative research, qualitative research, empirical-analytical research, interpretative research and policy research
Fac. Health, Medicine and Life Sciences

Strategies for Health Protection, Disease Prevention and Re-integration into Work

Full course description

Insight in the determinants of labor participation, as covered in OHS4001, is the basis for choosing effective strategies in tackling potential threats to workers' health and wellbeing, foster labor participation and as such promote sustainable work. Building on this information, this module aims to teach how to select and develop strategies to

- protect employee health (general and selective prevention);
- promote employee health and wellbeing and prevent diseases (indicated prevention and early intervention);
- support workers with a chronic illness and return to work (tertiary prevention)

This transdisciplinary module is structured around strategies that vary in terms of levels in terms of and types of prevention (macro, organizational, individual). Students learn about the different strategies by an integrated mix of tutorials, skills trainingsessions and lectures. Examination consists of presentations, an individual portfolio and individual examination with essay questions. The longitudinal trajectories ‘ICF trajectory’ and ‘EBOH trajectory’, that have been started in OHS4001 are continued during this module; the ‘communication and intervention skills trajectory’ is added.

Course objectives

The module aims at requiring knowledge about the different strategies that are available to protect and promote employee health and support return to work at macro, meso and micro level. Further students learn how to select the best strategy on the basis of scientific evidence and communication with those involved. Students are trained to communicate in the multidisciplinary work settings that characterize the field of work, health and career and in practical use of the ICF-model. The topics of work-life(-study) balance and burnout prevention are applied to their own situation.

Recommended reading

This is the link to Keylinks, our online reference list.

OHS4002
Period 2
28 Oct 2024
20 Dec 2024
Print course description
ECTS credits:
6.0
Instruction language:
English
Coordinator:

- L.G.P.M. van Amelsvoort

Teaching methods:
Assignment(s), Lecture(s), Work in subgroups, Paper(s), PBL, Presentation(s), Skills, Training(s), Working visit(s)
Assessment methods:
Portfolio, Presentation, Written exam
Keywords:
interventions, measures, policies, sustainable work, health protection for employees, health promotion in the workplace, disease prevention among employees, return to work, levels of prevention, macro-level, meso-level and micro level, ICF-model, evidence-based, transdisciplinary communication, chronic illness and work, hearing loss, burnout, mental illness, cardiovascular disease, work-life-study balance.
Fac. Health, Medicine and Life Sciences

Intervention Development

Full course description

The focus of this course will be on Intervention Mapping (IM). IM is an approach for developing theory- and evidence-based behaviour change interventions. IM can guide intervention planners through program development, implementation and evaluation, thereby demystifying and monitoring the development process and increasing the likelihood of intervention success.

IM comprises six steps:

1. conducting a needs assessment and drafting a logic model of the problem,
2. determining program outcomes and objectives,
3. designing the program with theoretical methods and practical applications,
4. producing the program,
5. planning for implementation, and
6. planning program evaluations.

The protocol guides intervention developers through each of these steps via specific tasks, which are all included in the workbook that students complete in the context of this course. The tasks in each step generates a product that, in turn, provides the basis for subsequent steps. Throughout this

course, you will conduct these tasks and go through the first five steps of Intervention Mapping.

Course objectives

Knowledge and understanding

- describe the Intervention Mapping approach;
- develop a theory-based health promotion program using the Intervention Mapping approach;
- integrate individual and environmental level explanations and theories.

Application of knowledge and understanding

- integrate their knowledge of theories and evidence concerning health behaviors in the Intervention Mapping approach;
- translate general health promotion goals into specific program objectives;
- integrate ideas, theories and evidence in a new, realistic and promising health promotion program;
- adequately justify the decisions they made in the subsequent steps of the Intervention Mapping approach.

Making judgments

- acknowledge the utility and necessity of using a planned development approach like Intervention Mapping for the development of theory- and evidence-based health promotion programs.
- select determinants using appropriate methodology and statistics.

Communication

- communicate own opinion and ideas;
- critically discuss their own and other’s opinions, ideas, and work.

Learning skills

- effectively cooperate in small groups with persons of different background and initial level;
- apply the Intervention Mapping approach to other health problems.

Recommended reading

This is the link to Keylinks, our online reference list.

HEP4213
Period 2
28 Oct 2024
20 Dec 2024
Print course description
ECTS credits:
6.0
Instruction language:
English
Coordinator:

Master Occupational Health and Sustainable Work

- S. Stutterheim

Teaching methods:
Assignment(s), Work in subgroups, Lecture(s), Paper(s), PBL
Assessment methods:
Assignment, Final paper, Written exam
Keywords:
interventions, health promotion, development, Theory, Evidence, Behaviour change
Fac. Health, Medicine and Life Sciences

Preparation for the Scientific Research

Full course description

During this module you will write your own research proposal (assignment) and a group paper consisting of a review report about another research proposal.

To enable you to successfully fulfill the assignments, we will offer you opportunities to gain knowledge and skills through the following learning activities: lectures and workshops, self-study guidelines for writing your research proposal, group meetings to practice proposal review, an interactive meeting on reproducible research, a symposium, and individual meetings with your faculty supervisor.

Key learning methods include: reading and assessing the quality of published articles (self-study guidelines), feedback from and to fellow students (group meetings), coaching by a senior researcher (individual meetings with your supervisor), and literature study (self-study guidelines and literature suggestions). You will also use relevant knowledge and skills regarding theories, research methodology and statistics that you gained in the earlier modules.

Full-time students: lectures, group meetings, symposium, interactive meeting and take home exam on Tuesdays and Fridays.

For part-time students this module is offered as an 8-week module and only on Tuesdays; the first 4 weeks (together with the full-time students) in period 3 and the final 4 weeks after period 4.

Course objectives

Knowledge and understanding

You are able to

1. Demonstrate understanding of fundamental issues concerning the methodology and ethics of science, and the use of theory
2. Demonstrate knowledge of preparing and conducting research
3. Demonstrate knowledge of writing a research proposal
4. Demonstrate knowledge of writing a publishable scientific article

Apply knowledge and understanding

You are able to

1. Prepare your own research
2. Write a proposal for your own research
3. Write a review report
4. Present your research proposal in an oral presentation

Making judgements

You are able to

1. Judge the quality of published articles
2. Discuss your own progress and your fellow students' progress with respect to the research preparation
3. Judge the quality of the research proposals of other students

Communication skills

You are able to

1. Write and present a research proposal
2. Write a review report
3. Present results of individual work to other students
4. Present results of individual and group work to supervisor

Learning skills

You are able to

1. Critically comment on scientific research
2. Collaborate with other students to improve each other's work
3. Provide constructive feedback to fellow students
4. Respond adequately on oral and written feedback

Recommended reading

This is the link to Keylinks, our online reference list.

OHS4214
Period 3
6 Jan 2025
31 Jan 2025
Print course description
ECTS credits:
6.0
Instruction language:
English
Coordinator:

- J.S. Gubbels

Teaching methods:
Assignment(s), Lecture(s), Work in subgroups, PBL, Presentation(s)
Assessment methods:
Assignment, Attendance, Final paper, Presentation

Master Occupational Health and Sustainable Work

Keywords:
Fundamental issues of science: ethics, integrity, Theory, Methodology, scientific reasoning; preparing research, writing a research proposal and review report.
Fac. Health, Medicine and Life Sciences

Occupational Health Management

OHS4003
Period 4
3 Feb 2025
4 Apr 2025
Print course description
ECTS credits:
6.0
Instruction language:
English
Coordinator:

- C.H.G. Heuts - Bastiaenen

Fac. Health, Medicine and Life Sciences

Implementation and Evaluation

Full course description

To what extent are evidence-based interventions (EBI) that are developed and tested according to scientific standards, practically useful and effective? How should policy makers take costs into account when deciding on the implementation of health promotion interventions? These are some of the key questions in the field of Dissemination and Implementation (D&I) that are addressed in this module. The first step in the intervention process is the development and small-scaled evaluation of EBIs. In this evaluation phase, scientists are concerned with efficacy and internal validity, often by using randomized controlled trials. Internal validity is important for the interpretation of the intervention effects in the experiment. Even though this first step is crucial, using small-scaled experiments is not sufficient for achieving an impact on public health. Besides testing the effects of an intervention under ideal circumstances, it is also important to assess its effect in a ‘real world’ setting. The second step is therefore to study conditions for the effectiveness of the interventions and the actual use in practice. During this stage of real life intervention implementation, different aspects of external validity should be addressed to facilitate large-scale dissemination and implementation to other settings in the final third stage. This provides information about the settings and populations to which the observed intervention effects can be generalized. In addition, researchers may try to replicate effects in different settings. This aspect of external validity is very important; after all, why should one invest time and money into D&I if the intervention is unlikely to work in the settings of concern? For health promoters and policy makers, interventions that are not used and implemented in practice, are not only a waste of valuable time and money, but they can also seriously impede effective health promotion.

Course objectives

The first aim of this unit is that students acquire knowledge about the factors and strategies that

influence the successful D&I of EBIs in relevant settings and target populations. Of concern here are theories of dissemination, implementation and change, effective communication and marketing, persuasion, reach, adoption, retention, and the tension between fidelity and adaptation if the intervention is implemented in a new context. Related to this, the unit focuses on the importance of cooperation among stakeholders, the sensitivity to local values, and their perceptions of, and responses to the interventions. Second, student will get insight in how to evaluate the effectiveness of an intervention and of the appreciation by its users and target group in real life settings. Health technology assessment associated with the development, testing and successful implementation of EBIs is also treated.

Recommended reading

This is the link to Keylinks, our online reference list.

HEP4205
Period 4
3 Feb 2025
4 Apr 2025
Print course description
ECTS credits:
6.0
Instruction language:
English
Coordinator:

- S.M.P.L. Gerards

Teaching methods:
Work in subgroups, Lecture(s), PBL, Training(s), Paper(s), Presentation(s)
Assessment methods:
Assignment, Final paper, Written exam, Attendance, Participation
Keywords:
Dissemination, Implementation process, internal&external validity, evaluation designs, health technology assessment
Fac. Health, Medicine and Life Sciences

Scientific Research and Article

Full course description

In this final course (12 weeks) students perform the research they prepared in period 3 and analyse data and write their scientific thesis or article. Depending on the research, students also collect data themselves and in case of interview data, transcribe these interviews during the placement period. The placement is centred around independent planning and conducting of scientific research, which means that students gain experience in conducting independent academic research under supervision. This research forms the basis for the thesis. The subject of the thesis should be in line with the master programme Occupational Health and Sustainable Work. Thesis is written in the format of a scientific article (including abstract, introduction, methods, results, discussion and references); guidelines for writing a thesis will be made available to the students. Each student has a supervisor and second examiner from the Faculty. The student will meet their supervisor

frequently and are requested to send him/her your work before the meeting. The second examiner is only involved in grading unless other agreements are made. The grade for this course included assessment of the process (how are your planning skills, do you use the feedback given?) and the content of the thesis.

Course objectives

Apply knowledge and understanding

Students are able to:

- Conduct their own research;
- Write a scientific article about their research.

Making judgements

Students are able to:

- Discuss their own progress with their supervisors and possible internship organization with respect to the research process and article writing.

Communication skills

Students are able to:

- Write an article;
- Present results of individual work to supervisors and internship organization.

Learning skills

Students are able to:

- Critically comment on their own scientific research;
- Collaborate with other partners involved in the study;
- Respond adequately on oral and written feedback.

Recommended reading

This is the link to Keylinks, our online reference list.

OHS4250
Year
2 Sep 2024
31 Aug 2025
Print course description
ECTS credits:
18.0
Instruction language:
English
Coordinator:

- A.E. de Rijk

Master Occupational Health and Sustainable Work

Teaching methods:
Patientcontact, Research
Assessment methods:
Final paper
Keywords:
Thesis Research
Fac. Health, Medicine and Life Sciences

Preparation for Scientific Research

Full course description

During this module you will write your own research proposal (assignment) and a group paper consisting of a review report about another research proposal.

To enable you to successfully fulfill the assignments, we will offer you opportunities to gain knowledge and skills through the following learning activities: lectures and workshops, self-study guidelines for writing your research proposal, group meetings to practice proposal review, an interactive meeting on reproducible research, a symposium, and individual meetings with your faculty supervisor.

Key learning methods include: reading and assessing the quality of published articles (self-study guidelines), feedback from and to fellow students (group meetings), coaching by a senior researcher (individual meetings with your supervisor), and literature study (self-study guidelines and literature suggestions). You will also use relevant knowledge and skills regarding theories, research methodology and statistics that you gained in the earlier modules.

Full-time students: lectures, group meetings, symposium, interactive meeting and take home exam on Tuesdays and Fridays.

For part-time students this module is offered as an 8-week module and only on Tuesdays; the first 4 weeks (together with the full-time students) in period 3 and the final 4 weeks after period 4.

Course objectives

Knowledge and understanding

You are able to

- Demonstrate understanding of fundamental issues concerning the methodology and ethics of science, and the use of theory
- Demonstrate knowledge of preparing and conducting research
- Demonstrate knowledge of writing a research proposal
- Demonstrate knowledge of writing a publishable scientific article

Apply knowledge and understanding

You are able to

- Prepare your own research
- Write a proposal for your own research

- Write a review report
- Present your research proposal in an oral presentation

Making judgements

You are able to

- Judge the quality of published articles
- Discuss your own progress and your fellow students' progress with respect to the research preparation
- Judge the quality of the research proposals of other students

Communication skills

You are able to

- Write and present a research proposal
- Write a review report
- Present results of individual work to other students
- Present results of individual and group work to supervisor

Learning skills

You are able to

- Critically comment on scientific research
- Collaborate with other students to improve each other's work
- Provide constructive feedback to fellow students
- Respond adequately on oral and written feedback

Recommended reading

This is the link to Keylinks, our online reference list.

HEP4214
Period 3
6 Jan 2025
31 Jan 2025
Print course description
ECTS credits:
6.0
Instruction language:
English
Coordinator:

- J.S. Gubbels

Teaching methods:
Assignment(s), Work in subgroups, Lecture(s), Presentation(s), Paper(s)
Assessment methods:
Assignment, Attendance, Presentation, Final paper

Master Occupational Health and Sustainable Work

Keywords:
Fundamental issues of science: ethics, integrity, Theory, Methodology, scientific reasoning; preparing research, writing a research proposal and review report.