

Welcome to the Master's Open Day

Work, Health and Career

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Director

Prof. dr. Angelique de Rijk
Vice director

Bruna Rinaldi
MSchallenge student



MSc Work, Health & Career



Director:
Prof. dr. IJmert Kant



Vice director:
Dr. Inge Houkes



Vice director:
Prof. dr. Angelique de Rijk

Content

- Rationale and content of Master Work, Health and Career
- Meet Bruna Rinaldi, MSchallenge student
- Career perspectives



Dutch Headlines with respect to Work

productiviteit van oudere
werknemer: vooroordelen en
stereotypering?

Bijscholen? Nee joh, ben je gek!
Slechts 30% wil zichzelf bijscholen om langer door te werken

Hoe gezond is de werkvloer?

Meer werk voor
uitzendkrachten

Langer leven = langer werken?

Nummerdor: 'Ik heb een prachtige
carrière gehad'

Ambtenaar gelukkiger dan
andere werknemers

Combineren werk en zorg voor
een op vijf een probleem

Kritiek op langer doorwerken na AOW-leeftijd

ZZP-ers steeds meer en steeds geliefder

'Dik is duur'

Laten we ophouden met woorden
als 'papadagen'

Hoe het evenwicht vinden tussen
werk en privé?

Arbeidsgehandicapte twee keer vaker werkloos

Contemporary challenges labor force

- **Hazing and ageing of general population**
 - Extended working careers
 - Increased participation
 - Increased productivity



Need for sustainable work!

Definition

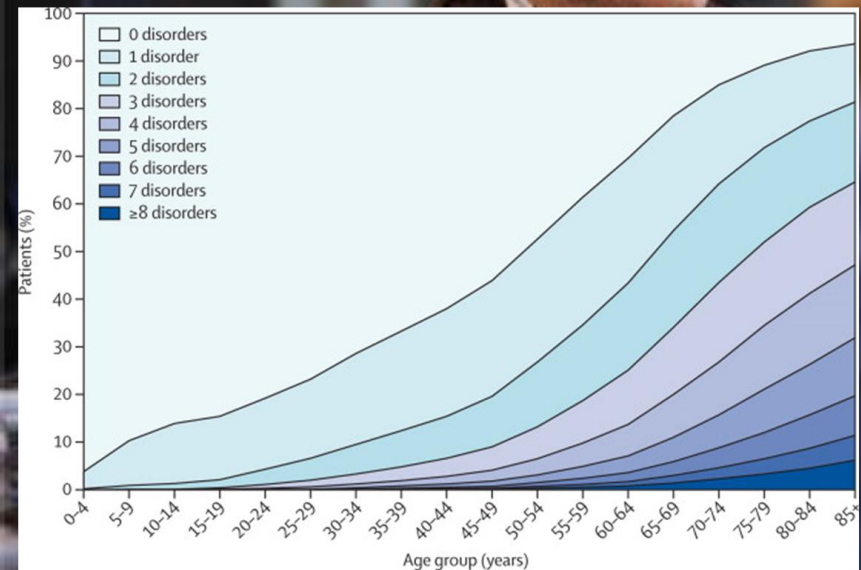
A sustainable work force is one where individuals are productively employed in jobs that sustain psychological and economic well-being over time as well as balance the diverse interests of employers, workers and families.



Sustainable work: possible threats

- Chemical, biological and physical exposures
- Psycho-social work environment
- Poor health
- Personal and social factors

Increase in multimorbidity



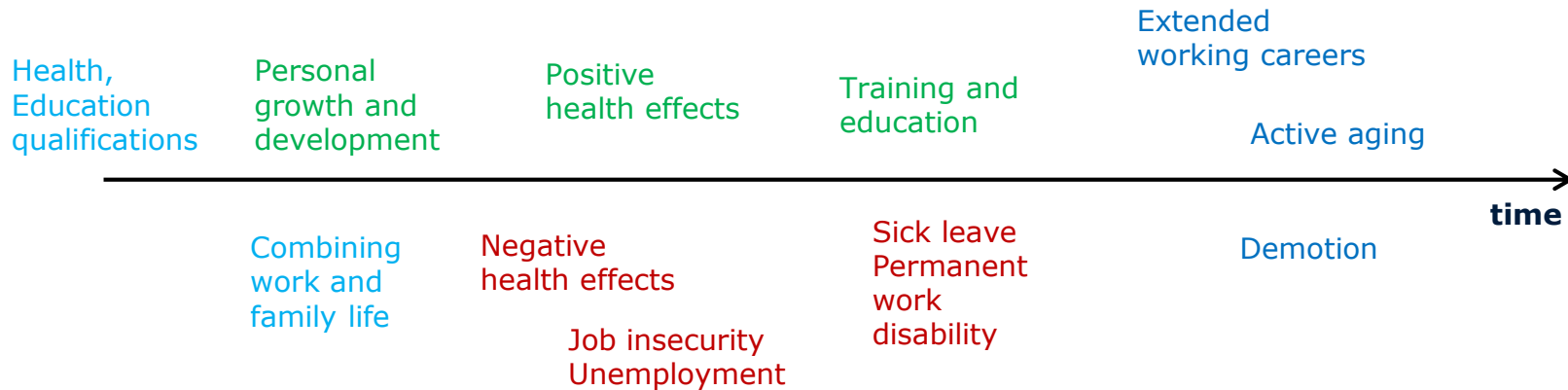
Number of chronic disorders by age-group

Sustainable work: promoting factors

- Job motivation/ career
- Competencies
- Structure, social support
- Growth and development
- Income



Sustainable work across working career



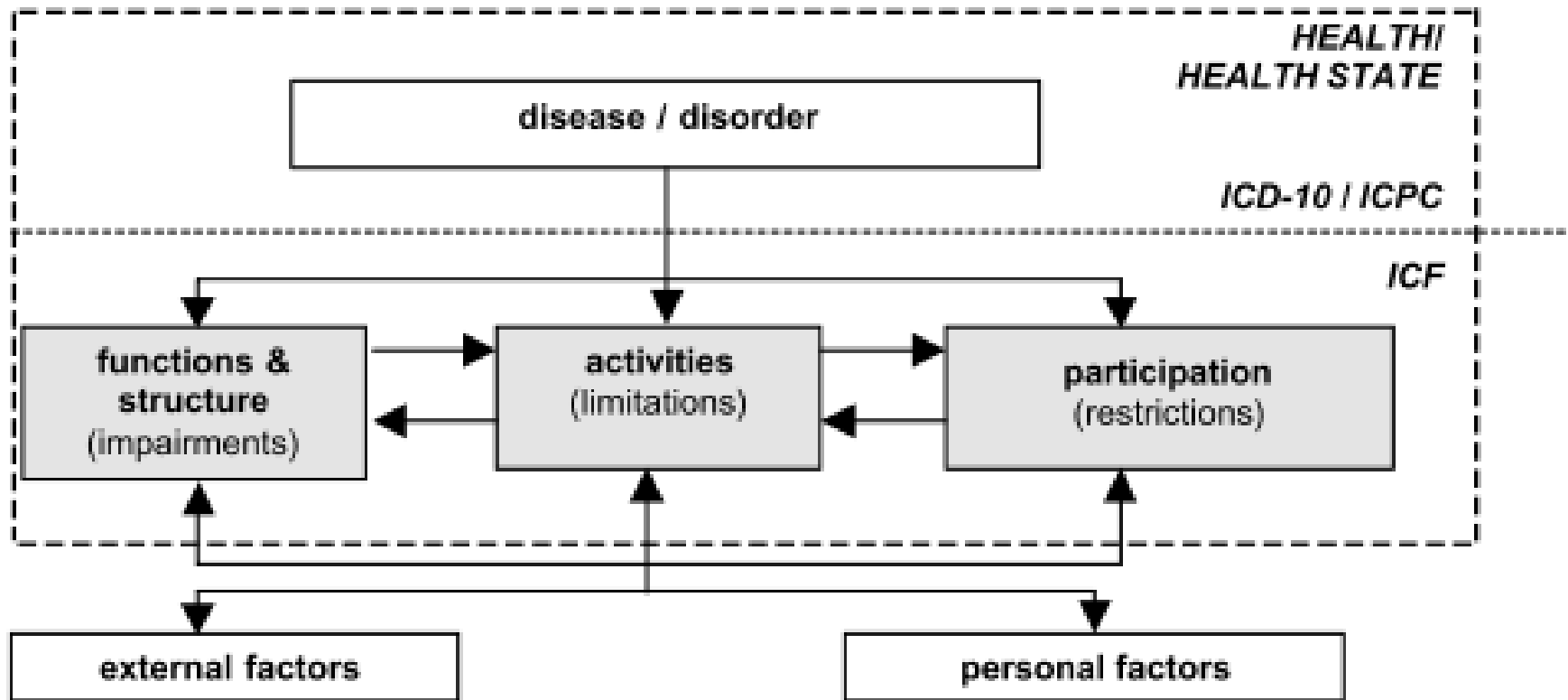
Pre-conditions for sustainable work

- Insight in multi-factorial background
- Biopsychosocial approach
- Maintenance and promotion of health across the lifespan
- Multi disciplinary communication
- Broad evidence base

Master Work, Health and Career

- This Master aims to foster the healthy, productive and sustainable engagement of workers throughout their careers.
- Students learn:
 - To weigh up the diverse interests of workers, families and companies.
 - To develop and evaluate cutting-edge interventions and strategies to promote sustainable working lives.

The International Classification of Functioning Disability and Health (ICF)



Disease ≠ participation problem

Overview of the programme

Period	Generic modules *	Specific modules
1	Understanding health behaviour	Determinants of health and labour participation
2	Intervention mapping	Strategies for health protection, disease prevention and reintegration into work
	Preparation for the research thesis	
3	Implementation and evaluation	Occupational health management
	Research and Thesis	

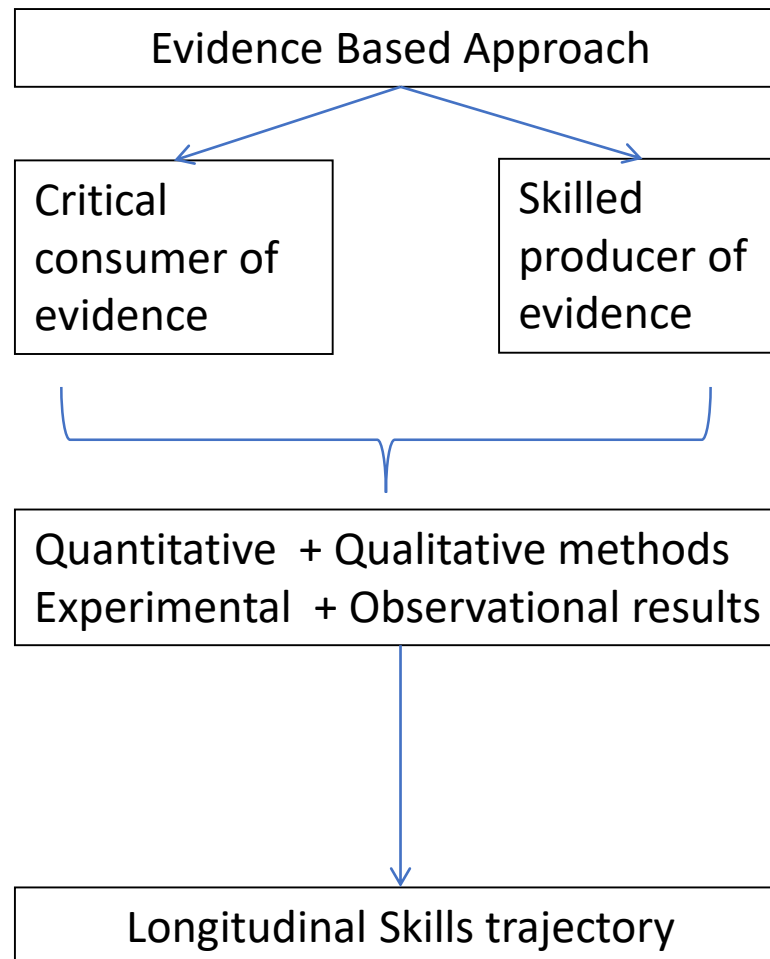
* These courses are followed together with students from the Master Health Education and Promotion

Period 1:

Determinants of health and labour participation

- Needs assessment / domains:
 - Work
 - Health
 - Private situation
- Life span approach
 - Work family conflict, promotion and demotion, active ageing
- Start of two longitudinal trajectories
 - Evidence Based Occupational Health (EBOH)
 - The International Classification of Functioning Disability and Health (ICF)

Evidence Based Occupational Health



Period 2: Intervention development (1)

Stage of prevention

Type of intervention

Level of intervening



www.alamy.com - BHXNN7

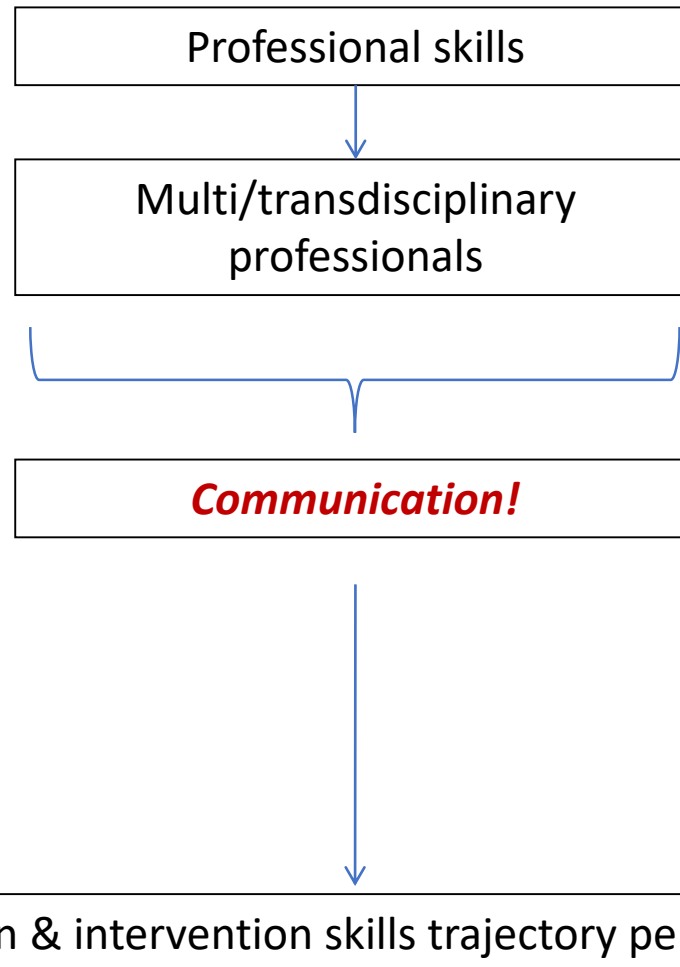
choice for
strategy



Period 2: Intervention development (2)

- Develop an intervention program
 1. Needs assessment
 2. What to change?
 3. Methods
 4. Design and organize
 5. Implementation plan
 6. Evaluation

Third important pillar:



Communication & Intervention skills trajectory

Organisational audit



Communication & Intervention skills trajectory

Advisory skills



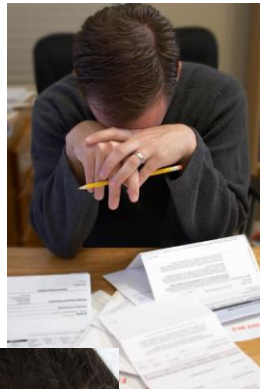
Period 3: Implementation / Health management

- Occupational health management
- Implementation of strategies



Communication & intervention skills trajectory

Evaluation of occupational health management policies in organisation



Thesis options abroad

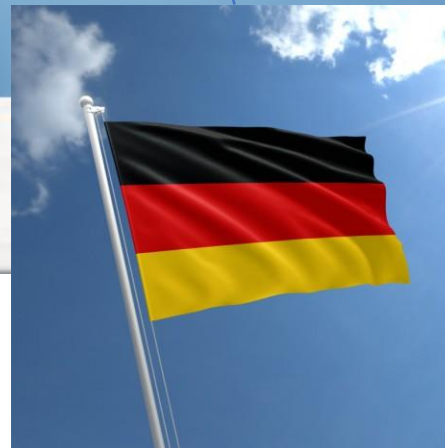


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Go
the extra
mile



 **cost**
EUROPEAN COOPERATION
IN SCIENCE AND TECHNOLOGY

5 Unique Selling Points

1. **Labor participation!**
2. **Integrating the best of 3 worlds**
3. **International Classification of Functioning**
4. **Broad evidence base**
5. **Specific skills training**



Work, Health and Career master's student

Hi, my name is Bruna from Brazil.

**Work, Health and Career
master's student**

Follow me on Facebook and find out
about my progress and experience
during the master!



<https://www.facebook.com/MasterChallengeBruna/>

Career perspectives

<https://www.youtube.com/watch?v=s-hpTgJFm4A>



WHC Sneak Preview April 2019

- Mini lecture
- Try out tutorial
- Tast-a-training sessions
- 5-9 p.m.



For who?

- **University bachelor:** health sciences, medicine, EPH, psychology, sociology
- **HBO bachelor:** health-related, Human Resource Management (Personeel en Arbeid), pedagogics, sport, youth-work
- (with parttime job)
- See stand for specific list

Questions?

Come to our stand or contact:

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