

## OCCUPATIONAL MEDICINE

### BOOKS

- LaDou, J.: Current Occupational & Environmental Medicine, 4th Ed., McGraw Hill Companies, New York, 2007.
- Rom, W.N. & Markowitz S: Environmental and Occupational Medicine, 4th Ed., Lippincott Williams & Wilkins, 2006.
- Guidotti, T.L.: Occupational Health Services: A Practical Approach, 2nd Ed., Routledge, 2012.
- ACOEM Occupational Medicine Practice Guidelines, 3rd Ed., 2011.Re: ACOEM Guidelines, focus on: Foundations of Occupational Medicine, core concepts of diagnosis, management and treatment of conditions, summary tables and recommendations for each disorder.

### WEBSITES

- Agency for Toxic Substances and Disease Registry  
<http://www.atsdr.cdc.gov>
- American College of Occupational and Environmental Medicine Competencies  
<http://www.ocoem.org/oem.aspx>
- National Institute of Occupational Safety and Health  
<http://www.cdc.gov/niosh>
- Occupational Safety and Health Administration  
<http://www.osha.gov>

### PERIODICALS INCLUDING:

- Journal of Occupational and Environmental Medicine

## PERCENTAGE DISTRIBUTION OF TEST ITEMS

- I. Prevention, Exposure Assessment, Hazard Recognition and Control (20%)
- II. Clinical Patient Care (60%)
- III. OEHS Administration and Systems-based Practice (20%)

## SPECIALTY OUTLINE

- I. PREVENTION, EXPOSURE ASSESSMENT, HAZARD RECOGNITION AND CONTROL
  - A. Hazard Characterization
    1. Walk through assessment
    2. Industrial hygiene surveys
  - B. Toxicological Principles
    1. Toxicokinetics
    2. Carcinogenesis
    3. Hydrocarbons & solvents
    4. Metals
    5. Gases
    6. Dusts
    7. Pesticides
    8. Nitrogen Compounds
    9. Chemical Warfare agents
  - C. Ergonomics
    1. Evaluation
    2. Control
  - D. Physical Hazards
    1. Ionizing radiation
    2. Non-ionizing radiation
    3. Noise
    4. Dysbarism

5. Temperature
  6. Mechanical & electromagnetic
  7. Vibration
  8. Lasers
- E. Chronobiology
    1. Fatigue
    2. Shift work
    3. Travel
  - F. Occupational safety and controls
  - G. Industrial hygiene
    1. Engineering Controls
    2. Personal protective equipment
    3. Administrative Controls
  - H. Environmental Health
  - I. Risk Assessment

## II. CLINICAL PATIENT CARE

- A. General Patient Evaluation and Testing
  1. Exposure & occupational history
  2. Causation & Work-relatedness
  3. Contributing factors
- B. Eyes
  1. Screening
  2. Injury
- C. Ear, Nose and Throat
  1. Noise & solvent induced Hearing Loss
  2. Acute Acoustic Trauma
  3. Assessment:
    - a. Audiometry
  4. Barotrauma
- D. Pulmonary
  1. Occupational Disease
    - a. Pneumoconiosis
    - b. Asthma
    - c. Allergic and Immunologic Disease
    - d. Inhalation Disorders
    - e. Cancer
  2. Pulmonary Function Testing
  3. Respirator Certification
  4. Prevention
- E. Heart & vascular System
  1. Effects of physical & chemical agents
  2. Physically and psychologically stressful duties
  3. Fitness for duty
- F. Hepatic and gastrointestinal
  1. Liver & biliary tract disorders
  2. Cancer
  3. Liver function testing
- G. Genitourinary
  1. Renal disorders
  2. Renal & Bladder Cancer
- H. Hematology/Oncology
  1. Hematologic Disorders
  2. Hematologic Cancers
  3. Clinical & Laboratory studies
    - a. Medical surveillance
    - b. Post-exposure
- I. Infectious Diseases and Biohazards
  1. Blood borne pathogens
  2. Tuberculosis
  3. Diseases of travelers & workers
  4. Zoonotic disease
  5. Building-related illnesses
  6. Biologic warfare

- J. Musculoskeletal
  - 1. Spine Disorders & Back Pain
    - a. Diagnosis & management
    - b. Treatment & Prevention
  - 2. Upper Extremity Disorders
    - a. Entrapment Neuropathies
    - b. Overuse syndromes
  - 3. Joint and Extremity injuries & disorders
- K. Neurologic disorders
  - 1. Neurological & mental status exams
  - 2. Neurotoxic exposures
  - 3. Central Nervous System Disorders
  - 4. Peripheral Neuropathy
  - 5. Interpretation of neurologic testing
  - 6. Sleep disorders
- L. Mental Disorders
  - 1. Effects on work capacity
  - 2. Identify, manage & refer impaired employee
  - 3. Work place stress
- M. Reproductive Disorders
  - 1. Common reproductive toxins and their effects
  - 2. Risk & Exposure
  - 3. Protection of fertility
- N. Dermatology
  - 1. Allergic & irritant dermatitis
  - 2. Urticaria
  - 3. Infections
  - 4. Neoplasia
  - 5. Pigmentation disorders
  - 6. Work-aggravated dermatoses
- O. Clinical Toxicology
  - 1. Evaluate & treat exposure to toxins
- P. Pain Management
  - 1. Acute & Chronic management

- 1. Disability prevention and management
- 2. Americans with Disabilities Act
- 3. Fitness for Duty and Return to Work
- K. Substance use and abuse
  - 1. Employee Assistance Programs
- L. Workplace violence

### III. OEHS ADMINISTRATION AND SYSTEMS-BASED PRACTICE

- A. Surveillance
  - 1. Principles of surveillance
  - 2. Occupational Disease Surveillance
  - 3. Medical surveillance programs in the workplace
- B. Medical ethics and confidentiality
- C. Regulations
  - 1. OSHA
  - 2. EPA
  - 3. ADA and ADAAA
  - 4. GINA
  - 5. FMLA
- D. Workers' compensation
  - 1. Payment principles
  - 2. Disability assessment
- E. Health care delivery systems
- F. OEHS program management
- G. Health and productivity
  - 1. Health Risk assessments
  - 2. Nutrition
  - 3. Physical activity
  - 4. Lifestyle Medicine
- H. Emergency and disaster management
  - 1. Programmatic planning
  - 2. Chemical
  - 3. Biological
  - 4. Nuclear
- I. Transportation medicine
  - 1. Commercial Driver Medical Examinations
- J. Disability administration