



Occupational Health and Appropriate Interventions

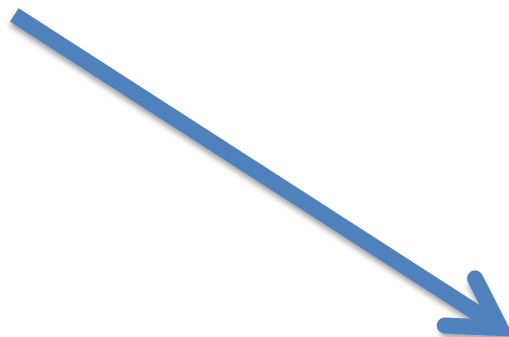
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April 24

Key principle of occupational health

At its simplest!

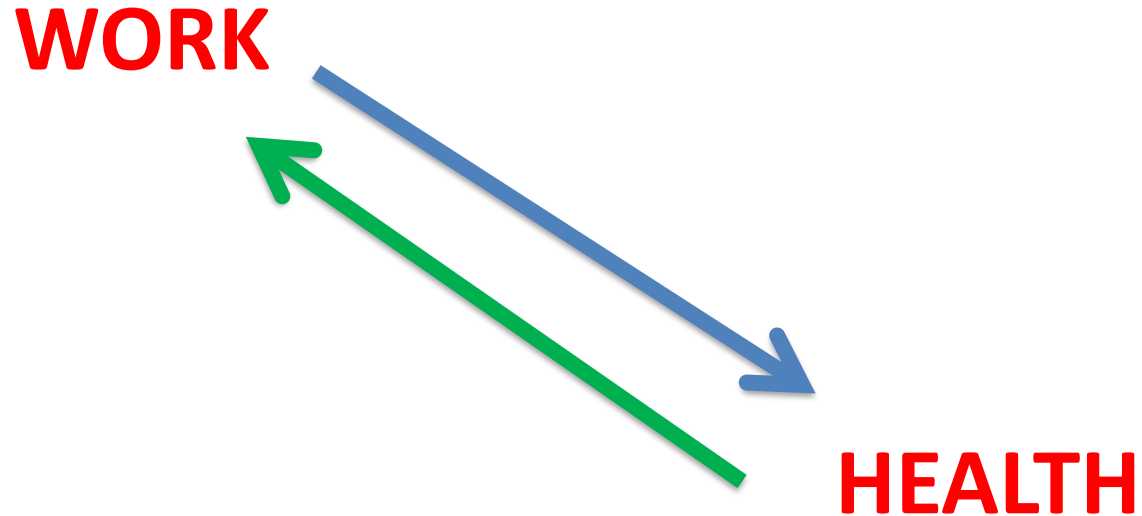
WORK



HEALTH

Key principle of occupational health

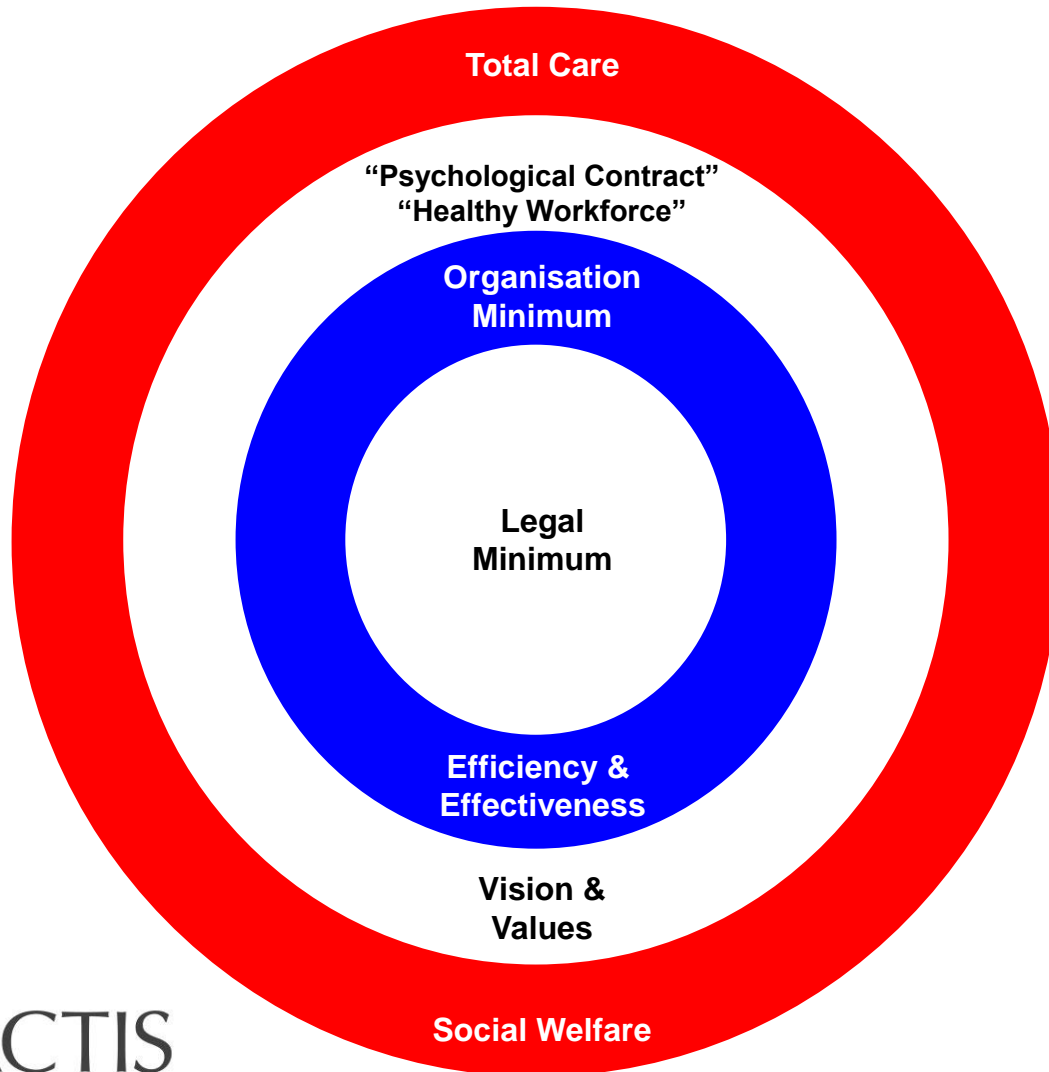
At its simplest!



A Model for OH Provision

“BIO PSYCHO SOCIAL”

Much sickness and disability is not medical!



Much evidence!

- “Is Work Good for Your Health & Wellbeing” – 2006!
- Very very many academic reviews – work is not harmful or noxious But needs to match capability and function!
- It doesn't need a doctor to police!
- In most cases a simple conversation is sufficient – but TRUST is an issue!

Tiered intervention!

Self management

Manager support

Simple adjustment

Signposted help

Use the system!

None of these need an OH
Doc or Nurse!



What is Occupational Health in the 2020s?



Who best to support a healthy dialogue about needs?

It is safe to talk about work and health in same sentence!