

Different types of prevention and a model of good practice

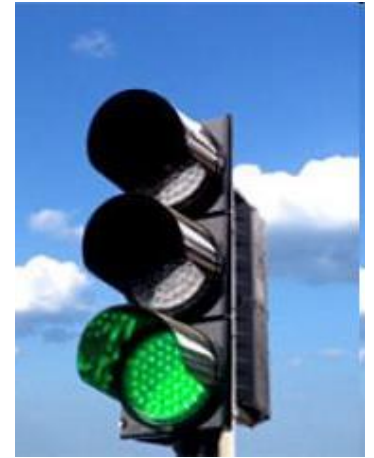
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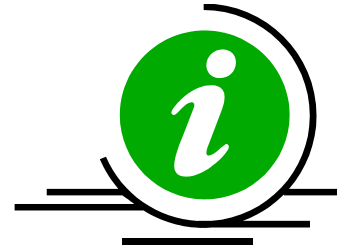
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Introduction



Drugs are a public health problem.

The impact of current economic situation in Europe (worldwide) and rising unemployment on **drug use**?



mental health

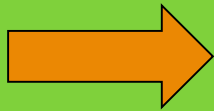


**alcohol
and
illicit drug use**

Preventive programmes in general I.



Preventive programmes are widespread in the Slovenia.



LOCAL and NATIONAL levels.



Programmes for CHILDREN and YOUNG PEOPLE



Preventive programmes AT THE WORKPLACE

Preventive programmes in general II.



Challenge for the future:

A need to EVALOATE drug prevention programmes at the workplace.

Different types of prevention at the workplace

- Universal (collective) prevention
- Selective prevention
- Indicated prevention

- Early intervention



Preventive work at the workplace

RESOLUTION ON THE NATIONAL PROGRAM IN THE AREA OF DRUGS 2011 -2020 (ReNPPD)

Resolution identifies a number of tasks related to **prevention of drug use in the workplace** such as:

- To develop prevention programs to prevent the use of licit and illicit drugs in the workplace.
- To establish a shared responsibility of **employers** and **trade unions** to develop and use these programs.
- If there is a problematic drug use that affects the functioning of the individual in the workplace, we need to develop information activities, medical examinations and provide treatment and social care of these individuals.
- To provide the legal conditions which do not eliminate drug users from the work process but encourage their **active employment**.

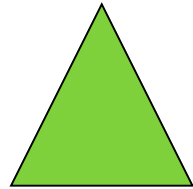
Recommendation for the “action in the workplace” I

The basic law in this area



- Employment relationships act
- Occupational health and safety act (ZVDZ-1)
- Act restricting the use of alcohol (ZOPA)
- Resolution on the national programme on drugs control 2011 - 2020 (ReNPPD)

Recommendation for the “action in the workplace” II



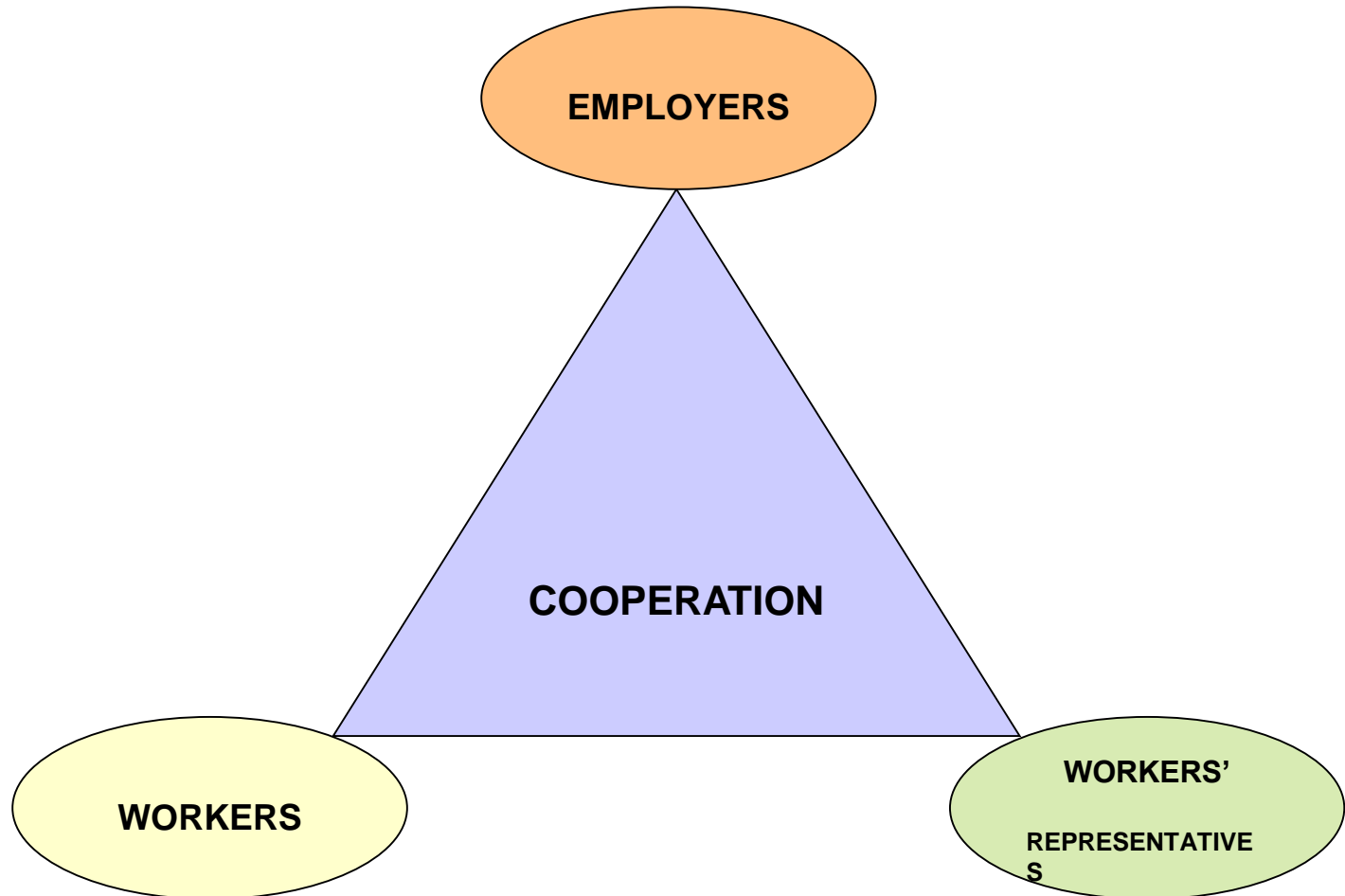
PARADIGM:

From TRADITIONAL (INDIVIDUAL) approach



**DEVELOPMENT and IMPLEMENTING
company's **POLICY** of non use of the **PAS****

Recommendation for the “action in the workplace” III



The main reasons for implementing prevention programmes in the workplace

- Keep workers HEALTHY
- To prevent DAMAGE and INTERRUPTION in the work process and equipment's damage
- POSITIVE working environment
- It is cheaper to run the prevention programs, than to repair the damage



A model of good practice I

THE FIT FOR WORK PROGRAMME

- Carried out by CIOTSM (Clinical Institute of Occupational, Traffic and Sport Medicine)
- **The purpose of the programme**
 - ➔ to influence employers and workers to gain knowledge and skills for healthy work and life
 - ➔ to introduce into working environment changes that benefit health

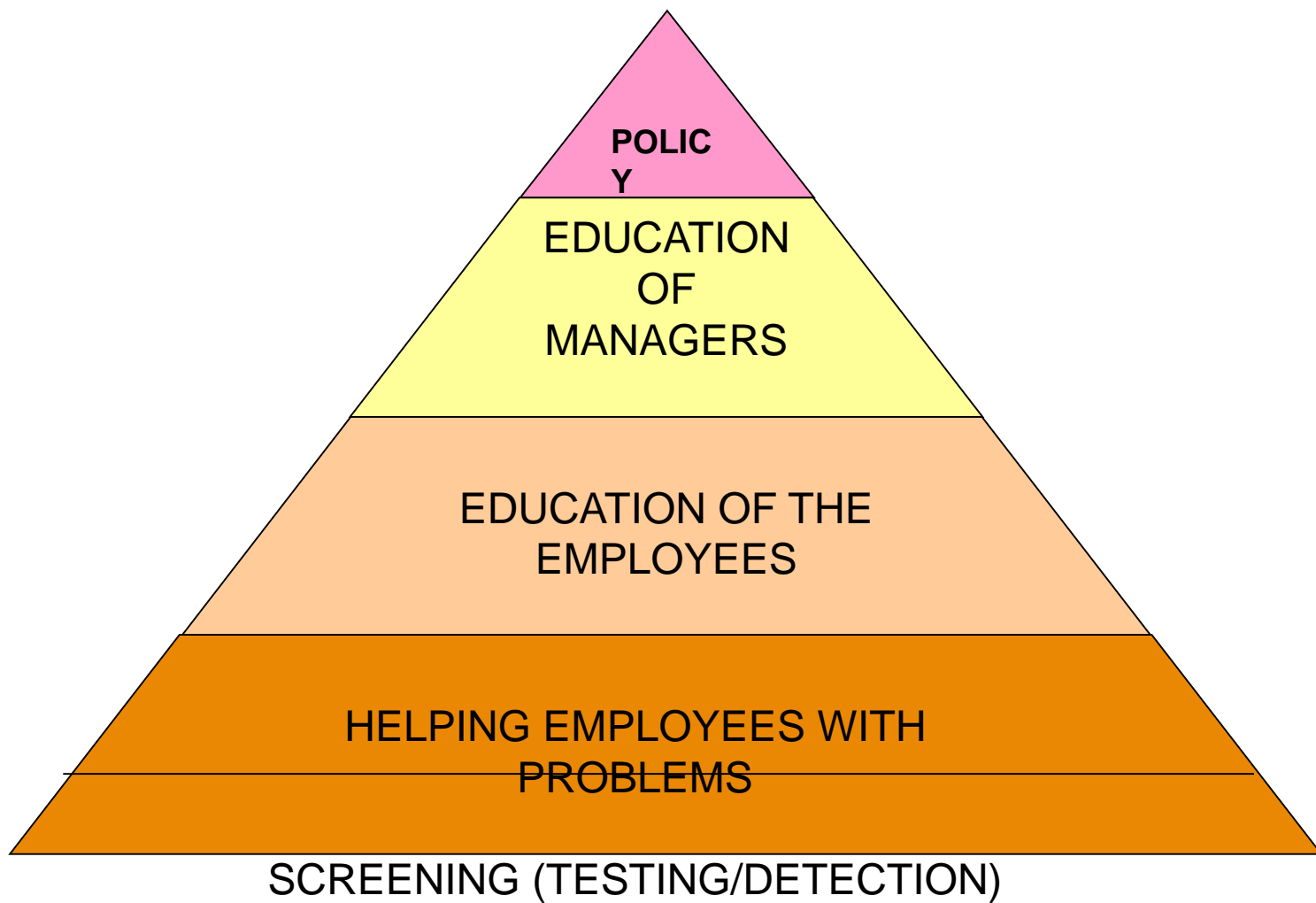


A model of good practice II

The programme covers 8 educational modules:

- Analysis (No. 1)
- Prevention of injuries at work (No. 2)
- Ergonomic measures in the workplace (No. 3)
- Prevention of burdens due to chemical pollutants (No. 4)
- Organisational measures in the working environment (No. 5)
- Stress coping (No. 6)
- **Prevention of the use of psychoactive substances (No. 7)**
- Workplace bullying prevention (No. 8)

Prevention of the use of psychoactive substances (No.7)





A model of good practice III

Every year's training for **WORKPLACE HEALTH PROMOTION ADVISORS**:

- 10 days for lectures, workshops, a visit to a company
- Additional time to study and top prepare the **final paper** = **WHP programme**:
 - analysis of health status
 - a plan of activities
- **A final exam**:
 - written exam
 - presentation of the WHP programme proposal

A model of good practice IV



- **Workplace health promotion advisor**
- **Company management or representative**
- **Workers' representative**
- **Company doctor**
- **Occupational safety expert**
- **Representative of the HR department**
- **Other employees**

Activities more successful if implemented by employees themselves



A model of good practice V

Tools that support the programme:

- **Website** on health and safety at work
(<http://www.cilizadelo.si/>)
- **Handbook** for promoting healthy at work
- **Information-teaching materials** (a booklet, a leaflet, a poster and a DVD).