

Chapter 4 : Self-assessment exercises

Elena-Ana Pauncu, MD PhD, Faculty of Medicine "Victor Babes", Timisoara, Romania
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The following questions are for self-assessment. Multiple choice questions with four possible answers are provided: please, put the correct answers in decreasing order of their importance.

Question 1: Identify the main health problem at your workplace (university).

- a) Depression
- b) Obesity
- c) Tobacco smoke
- d) Alcohol abuse

Question 2: Which are the sources of data for WHP programmes (please, check the web pages)?

- a) Eurostat (<http://epp.eurostat.ec.europa.eu/portal/page/portal/eurostat/home/>)
- b) World Health Organisation (WHO: <http://www.who.int/>)
- c) European Foundation for the Improvement of Living and Working Conditions (Eurofound: <http://www.eurofound.europa.eu/>)
- d) European Agency for Occupational Safety and Health (EU-OSHA: <http://osha.europa.eu/en>)

Question 3: Which do you consider valuable sources of information for designing and implementing WHP programmes:

- a) Absenteeism information
- b) Workplace accidents records
- c) Company health reports
- d) Volume of production

Question 4: Do you consider that is necessary to project in Fag Hospital a program of health promotion at the workplace? Motivate why.

Yes, it seems that for all the workers can be evidenced a sum of problems that impose a reaction. The most efficient will be a complex workplace health program.

Question 5: Which are the actors who should be involved in making interventions at the workplace?

- a) The management team
- b) The local administration
- c) The union
- d) Workers representatives
- e) Each worker

Question 6: Enumerate enabling and constraining factors for workplace health promotion in this hospital? Please, try to put your answer in a table form.

Enabling factors	Constraining factors
Internal factors	Internal factors
External factors	External factors

Exercise 1:

- A. Health can be influenced in different ways. Please, try to identify the actors that can influence health at each of the 4 levels of the diagram (general socio-economic, cultural and environmental conditions; community; workplace; individual)
- B. Identify what can be done at the workplace to improve the health of the workforce
- C. Which are the actors who should be involved in making interventions at the workplace