



LICENTIATESHIP OF THE FACULTY OF
OCCUPATIONAL MEDICINE (LFOM) EXAM

PREPARATORY COURSE

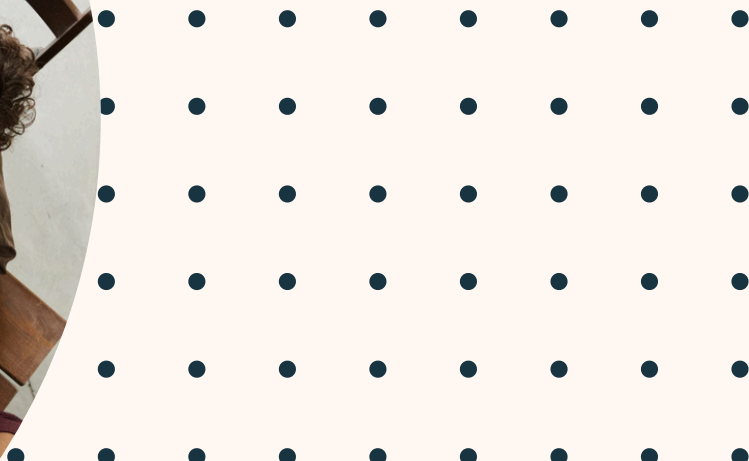
2025

INTRODUCTION

The Center for Occupational and Environmental Health Africa (COEHA) is proud to present the second edition of its acclaimed LFOM Examination Preparatory Course — a meticulously structured and expertly delivered programme tailored to meet the academic and practical demands of the LFOM (and MFOM) examinations.

ABOUT COEHA

The Center for Occupational and Environmental Health Africa (COEHA) is a regional leader in advancing education and training in Occupational Medicine. With a mission to build capacity in this vital field, COEHA combines clinical insight with academic rigor to empower medical professionals across Africa and beyond.



COURSE OVERVIEW

The programme has been thoughtfully developed to address the unique challenges and requirements of the LFOM examination. By enrolling, participants will benefit from:

- **Targeted Curriculum** Focused on the core themes and competencies of the LFOM syllabus, ensuring maximum relevance and impact.
- **Expert-led Instructions** Guidance from seasoned Occupational Medicine consultants with wide experience in clinical practice and exam preparation.
- **Comprehensive Approach** From MCQs strategies and case-based discussions to portfolio development and examination techniques, our course goes beyond theory to build practical readiness for the examination.
- **Portfolio Mentorship** Structured support from conceptualization through to the finalization of completing portfolio submissions. Please note, you may register for the portfolio module only.
- **Flexible Online Delivery** Saturday sessions are conducted online with full access to the recordings – ideal for working professionals needing a manageable learning schedule.
- **Essential Study Materials** All participants receive curated study resources at the start of the course.
- **Exam Registration Support** Receive step-by-step guidance to navigate the LFOM application and registration process.

APPLICATION

Admission Criteria

This course is ideal for qualified and motivated physicians who meet the following eligibility criteria:

- Medical degree (MBBS)
- Completion of internship
- Minimum of two years' post-internship clinical experience
- Strong proficiency in English (instruction and examinations are conducted in English)
- Functional computer or tablet with webcam and microphone
- Familiarity with platforms such as Zoom, Gmail, and YouTube
- Willingness to dedicate time for study and full course participation

Technical Requirements

To optimize your learning experience, ensure the following:

- A reliable personal device (laptop, desktop, or tablet)
- Stable internet connection
- Gmail account (used for access to course content via Google Drive and YouTube)



REGISTRATION

Below are the key dates to register for the course:

Registration Opens on 10 May 2025

Registration Closes on 30 June 2025

Course Commences on 5 July 2025

Course Concludes on 27 December 2025

Registration Fees for the full course 2000 USD

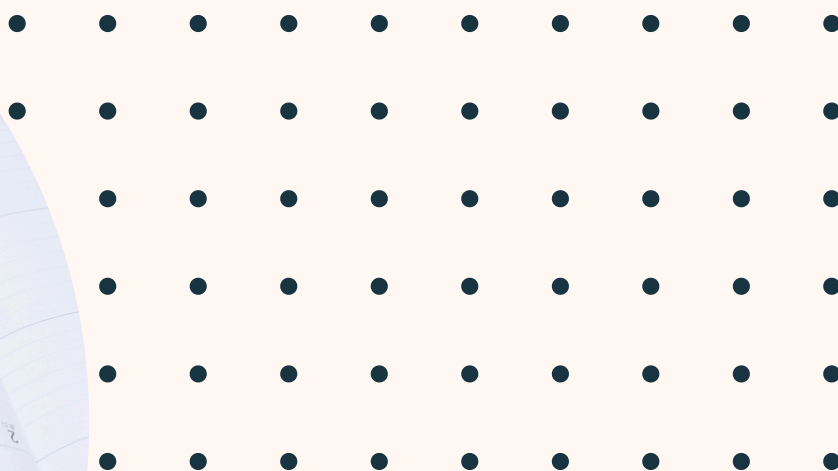
Registration Fees for the portfolio module 500 USD

How to Register

Interested candidates are encouraged to secure their place early, as slots are limited. Registration instructions and payment details will be available on the official COEHA platform.

✉ **Email:** admin@coeha.net

🌐 **Website:** coeha.net



SCHEDULE

Below is the detailed weekly schedule of the COEHA LFOM Preparatory Course. Each session is designed to build both your theoretical understanding and practical competencies in alignment with the LFOM syllabus.

Date	Activity
05/07/2025	Introduction to the Course
12/07/2025	Foundation of Occupational Health <ul style="list-style-type: none">• Work and Health• Assessment of Fitness for Work• Occupational Hygiene Practice• Occupational Health and Safety Legal Framework
19/07/2025	Practical Session <ul style="list-style-type: none">• The Occupational Health Consultation• Workplace Assessment• Fitness for Safety-Critical Work
02/08/2025	Fitness for Work <ul style="list-style-type: none">• Recognizing Occupational Diseases• Sickness Absence Management• Rehabilitation and Return to Work• Disability Assessment
16/08/2025	Practical Workshop Introduction to Portfolio for FOM Examination: Structure, Case Selection, and Assessment Criteria

Date	Activity
30/08/2025	Physical Hazards <ul style="list-style-type: none"> • Noise • Vibration • Radiation • Compressed Air and Commercial Diving • Temperature and Work • Light and Vision
13/09/2025	Practical Workshop Preparing for Portfolio Submission: Editing, Formatting, and Uploading
20/09/2025	Cases Submission Day for Review
11/10/2025	Chemical Hazards <ul style="list-style-type: none"> • Principles of Toxicology • Occupational Toxicology
25/10/2025	Practical Session Viva Discussion and Case Reflections
08/11/2025	Occupationally Related Diseases <ul style="list-style-type: none"> • Respiratory Disorders • Occupational Dermatoses • Musculoskeletal Disorders and Ergonomics • Occupational Cancers • Occupational Infections • Mental Health at Work
22/11/2025	Practical Workshop <ul style="list-style-type: none"> • Spirometry • Audiometry • Personal Protective Equipment (PPE)

Date	Activity
06/12/2025	Epidemiology and Biostatistics <ul style="list-style-type: none"> • Epidemiological Methods • Biostatistics • Critical Appraisal
20/12/2025	Practical Revision Session Past Paper Examinations and Examination Strategies
27/12/2025	Health and Work <ul style="list-style-type: none"> • Medical Ethics • Clinical Governance • Clinical Audit • Shift Work and Circadian Rhythm • Health Promotion • Work and the Environment

