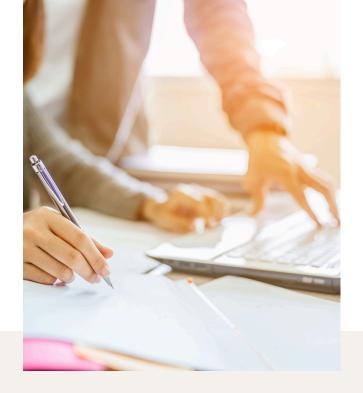


MEMBERSHIP OF THE FACULTY OF OCCUPATIONAL MEDICINE (MFOM) EXAM

PREPARATORY COURSE

2025





INTRODUCTION

The Center for Occupational and Environmental Health Africa (COEHA) is proud to present the second edition of its acclaimed FOM Examination Preparatory Course — a meticulously structured and expertly delivered programme tailored to meet the academic and practical demands of the 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 MFOM examination. By enrolling, participants will benefit from:

- Targeted Curriculum focused on the core themes and competencies of the MFOM syllabus, ensuring maximum relevance and impact.
- Portfolio Mentorship; structured support from conceptualization through to the finalization of completing portfolio submissions.
- Expert-led Instructions;
 Guidance from seasoned
 Occupational Medicine
 consultants with wide
 experience in clinical practice
 and exam preparation.
- Essential Study Materials; all participants receive curated study resources at the start of the course.

- 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.
- Flexible Online Delivery;
 Saturday sessions are
 conducted online with full
 access to the recordings —
 ideal for working
 professionals needing a
 manageable learning
 schedule.

 Mock OSPE Examinations to simulate real exam conditions. Flexible Enrollment Options; full course or individual modules.

Exam Registration
 Support; receive step-by-step guidance to navigate the MFOM 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)

COURSE CALENDAR 2025-26

Course Name	Start Date	End Date	Course Fee (USD)	Location
Full MFOM Preparatory Course	05/07/2025	04/05/ 2026	3000	Online + face-to-face OSPE Workshop
Written Exam (MCQs) Preparation	05/07/2025	27/12/2025	1000	Online
Portfolio Preparation Workshop	16/08/2025	27/09/2025	1000	Online
Critical Appraisal Workshop	20/12/2025	22/12/2025	300	Online
Report Writing Workshop	25/10/2025	22/11/2026	300	Online
OSPE Workshop and Mock Exam	02/05/ 2026	04/05/ 2026	1000	Face-to-Face, Location TBD

REGISTRATION

Registration Opens on 10 May 2025 Registration Closes on 30 June 2025

Email: admin@coeha.net

Website: coeha.net

COURSE DETAILS

Full MFOM Preparatory Course

A complete journey through all MFOM examination components, it includes the theoretical component as well as all workshops—portfolio writing, report writing, critical appraisal, and the face-to-face OSPE workshop. The course starts on 5 July 2025 and ends on 4 May 2026. Best value for candidates seeking comprehensive preparation and intensive mentorship.

Written Exam (MCQs) Preparation

Structured programme with theory and MCQ practice covering key occupational health topics and examination topics, starting on 5 July to 27 December 2025.

Portfolio Preparation Workshop

Step-by-step portfolio development, submission preparation, and viva simulation over 6 weeks, starting on 16 August to 27 September 2025.

Critical Appraisal Workshop

3-day workshop on research appraisal, bias evaluation, and interpreting scientific results. This workshop prepares you for the the critical appraisal examination.

OSPE Workshop and Mock Exam

3-day intensive practical workshop with full OSPE mock examination simulation and feedback. The workshop will take place between the 2 to 4 of May 2026. The location as well as the registration details will be announced at a later date.



SCHEDULE

Date	Activity	
Written Exam Preparation (MCQs)		
05/07/2025	Introduction to the Course	
19/07/2025	Fitness for Work: • Sickness Absence Management • Fitness to drive • Fitness for Safety-Critical Work	
02/08/2025	 OH law and Ethics Health Surveillance: Noise Vibration Radiation 	
30/08/2025	 Workplace Assessment Report Clinical Audit Policies/ Drug and Alcohol 	
11/10/2025	Chemical Hazards: Occupational Toxicology	
08/11/2025	Occupationally Related Diseases: Respiratory Disorders Occupational Dermatoses Musculoskeletal Disorders and Ergonomics Mental Health at Work	

06/12/2025	Occupational Hygiene Practice: • Physical hazards • PPE • COSHH		
27/12/2025	Health and Work: • Blood borne viruses and TB in Healthcare • Health Promotion at Work		
Portfolio works	hop (6 Weeks)		
16/08/2025	Introduction to Portfolio for FOM Exam: Structure, Case Selection, and Assessment Criteria		
23/08/2025	Portfolio Development: Initial Drafting		
30/08/2025	Portfolio Progress Check: Initial Submission for Feedback		
06/09/2025	Writing Tips		
13/09/2025	Preparing for Submission: Editing, Formatting, and Uploading		
20/09/2025	Final Portfolio Submission		
27/09/2025	Portfolio Viva Exam & Final Remarks		

Critical Appraisal workshop (3 Days)		
20/12/2025	Introduction to Critical Appraisal: • Study design identification • Understanding bias and confounding • Interpreting statistical results • Evaluating methodology	
21/12/2025	Practice with Critical Appraisal Using Real Study Abstracts	
22/12/2025	Critical Appraisal ; Sample Questions Review	
Report Writing (4 Weeks)		
25/10/2025	Introduction to Report Writing: • Structure • Language • Guidelines • Samples Review	
15/11/2025	Reports Submission	
22/11/2025	Feedback and Final Q&A	
2-4/05/ 2026	Face-to-Face OSPE Workshop (3 Days)	

