



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.
- 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.
- Mock OSPE Examinations to simulate real exam conditions.
- Exam Registration Support; receive step-by-step guidance to navigate the MFOM application and registration process.
- Portfolio Mentorship; structured support from conceptualization through to the finalization of completing portfolio submissions.
- Essential Study Materials; all participants receive curated study resources at the start of the course.
- Flexible Online Delivery; Saturday sessions are conducted online with full access to the recordings — ideal for working professionals needing a manageable learning schedule.
- Flexible Enrollment Options; full course or individual modules.



# APPLICATION

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## 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



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## 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](mailto:admin@coeha.net)

🌐 Website: [coeha.net](http://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.

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## 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.

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## Portfolio Preparation Workshop

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

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## Critical Appraisal Workshop

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

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## 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
<b>Written Exam Preparation (MCQs)</b>	
05/07/2025	Introduction to the Course
19/07/2025	<b>Fitness for Work:</b> <ul style="list-style-type: none"> <li>• Sickness Absence Management</li> <li>• Fitness to drive</li> <li>• Fitness for Safety-Critical Work</li> </ul>
02/08/2025	<ul style="list-style-type: none"> <li>• OH law and Ethics</li> <li>• Health Surveillance: <ul style="list-style-type: none"> <li>o Noise</li> <li>o Vibration</li> <li>o Radiation</li> </ul> </li> </ul>
30/08/2025	<ul style="list-style-type: none"> <li>• Workplace Assessment Report</li> <li>• Clinical Audit</li> <li>• Policies/ Drug and Alcohol</li> </ul>
11/10/2025	<b>Chemical Hazards:</b> Occupational Toxicology
08/11/2025	<b>Occupationally Related Diseases:</b> <ul style="list-style-type: none"> <li>• Respiratory Disorders</li> <li>• Occupational Dermatoses</li> <li>• Musculoskeletal Disorders and Ergonomics</li> <li>• Mental Health at Work</li> </ul>

06/12/2025	<b>Occupational Hygiene Practice:</b> <ul style="list-style-type: none"> <li>Physical hazards</li> <li>PPE</li> <li>COSHH</li> </ul>
27/12/2025	<b>Health and Work:</b> <ul style="list-style-type: none"> <li>Blood borne viruses and TB in Healthcare</li> <li>Health Promotion at Work</li> </ul>
<b>Portfolio workshop (6 Weeks)</b>	
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	<b>Portfolio Progress Check: Initial Submission for Feedback</b>
06/09/2025	Writing Tips
13/09/2025	Preparing for Submission: Editing, Formatting, and Uploading
20/09/2025	<b>Final Portfolio Submission</b>
27/09/2025	Portfolio Viva Exam & Final Remarks



<b>Critical Appraisal workshop (3 Days)</b>	
20/12/2025	<b>Introduction to Critical Appraisal:</b> <ul style="list-style-type: none"> <li>• Study design identification</li> <li>• Understanding bias and confounding</li> <li>• Interpreting statistical results</li> <li>• Evaluating methodology</li> </ul>
21/12/2025	Practice with Critical Appraisal Using Real Study Abstracts
22/12/2025	Critical Appraisal ; Sample Questions Review
<b>Report Writing (4 Weeks)</b>	
25/10/2025	<b>Introduction to Report Writing:</b> <ul style="list-style-type: none"> <li>• Structure</li> <li>• Language</li> <li>• Guidelines</li> <li>• Samples Review</li> </ul>
15/11/2025	<b>Reports Submission</b>
22/11/2025	Feedback and Final Q&A
2-4/05/ 2026	<b>Face-to-Face OSPE Workshop ( 3 Days)</b>

