



➤ About the Courses

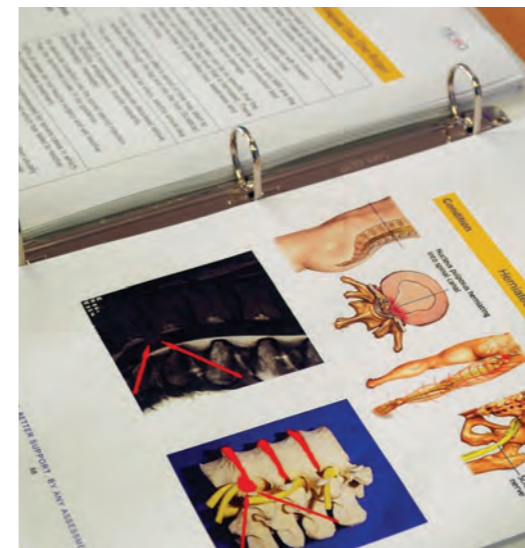
Each **mlcoa** On Balance course is uniquely designed for application in the work environment and is specifically tailored to meet the needs of:

- Injury Management Coordinators
- Case Managers
- Human Resources Managers
- Insurance Brokers
- Rehabilitation Providers
- Solicitors and Legal Providers
- OH&S Managers
- Associated Industry Professionals

mlcoa can also facilitate in-house training sessions at your workplace for groups of more than ten participants.

"Finally! Courses that combine all the health, claims and medical information into one unit..."

Injury Manager



➤ The Workbooks

Yours for future reference

- Ideal workplace reference
- Clear diagrams and full labels
- Defines injury causes, symptoms and diagnosis
- Explores treatment options and recovery timeframes
- Free links to online support

"I learned more about psychiatric illness and gained a greater insight into human behaviour in one day than I have in a lifetime of reading medical reports."

Partner, Legal Firm

➤ Outline of Courses

"I loved the constant relationship between theory and practice through real examples in the workplace. Very relevant to my job"

Injury Manager, Self Insured Employer

1. Understanding Musculoskeletal Injuries

EITHER 1 OR 2 DAYS, ANZIIF: 12 CIP POINTS, NIBA: 5 POINTS

Gain new insight into the musculoskeletal system, improve your medical terminology and understanding of injuries and related medical conditions. Packed full of practical exercises such as interpreting x-ray results, hands-on exploration of knee and shoulder injuries and demonstration of a functional capacity examination.

This course is clearly focused on its application to the workplace and includes:

- Terminology of human anatomy
- Common conditions, injuries and their causes
- Structure and function of the spine, upper and lower limbs
- Diagnosis and treatment of the spine, upper and lower limb conditions
- Recovery timeframes
- Explanations about pain clinics and pain management
- Medical specialties and investigations
- Medications

Includes a FREE Book of Anatomical Charts — yours to keep as part of the course!

2. Understanding Heart Disease

1/2 DAY, ANZIIF: 3 CIP POINTS

Don't miss this rare opportunity to spend time with a leading Cardiologist exploring the causes and treatment of heart conditions and related diseases. Learn how to read medical reports to define the work and non-work contributing factors of heart disease.

This course has a strong focus on how to manage its impact in the workplace and defining suitable return to work strategies. The content includes:

- The Circulatory System
- The anatomy and function of the heart
- Common cardiac complaints
- Coronary Heart Disease
- Heart Attack and Heart Failure
- Angina, Arrhythmias, and Cardiomyopathy
- Treatment, medication and rehabilitation
- Managing heart conditions in the workplace



3. Understanding Psychiatric Illness

1 DAY, ANZIIF: 6 CIP POINTS, NIBA: 5 POINTS

Enjoy this dynamic, full day forum with a Psychiatric Specialist defining psychiatric conditions, including common causes, diagnosis, aggravating factors and treatment strategies. Explained in layman terms, the course encourages open questioning from participants and investigates many case examples relevant to managing workplace injuries.

Included are:

- 16 common psychiatric conditions
- Relevant stressors and treatment strategies
- Causation and diagnosis
- Commonly used psychiatric terms
- Psychiatric assessment tools & intervention strategies
- The psychiatric consultation and reports
- Medications used in psychiatry and their side effects
- Appropriate questions to ask Psychiatrists



4. Drug and Alcohol Abuse – Psychiatric Strategies

1 DAY, ANZIIF: 6 CIP POINTS, NIBA: 5 POINTS

Times are changing! Today many Injury Coordinators, HR and other professionals face the workplace impact of drug and alcohol abuse, often with the challenge of managing insurance claims or coordinating rehabilitation and related programs.

This course targets the specific questions and issues of managing people with substance abuse and includes many important topics and issues:

- Discussion of drugs and their effects
- Managing drug abuse in work related injuries
- Understanding drug abuse, addiction and dependence
- Coping styles and defence mechanisms
- Withdrawal, recurrence, relapse and remission
- Medicalisation, support and resources
- Addressing drug abuse in psychiatric claims
- Medico-legal issues/case studies, assessments & reports

"Excellent workbook, handouts and resources that I've referred to many times at work since the course."

Case Manager



To register your interest in any of these courses or for more information, please contact mlcoa in your local state or territory.



ANZIIF and NIBA accredited

Small group sizes

Designed and facilitated by medical and other healthcare experts

Clear focus on workplace application

Open discussion and case studies

Hands-on activities and demonstrations

Free post-course support and resources

Comprehensive workbooks



OnBalance™
TRAINING & DEVELOPMENT



➤ Contact Us

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Overview of National Training Courses

