

REHSAM – A National Research Program in Sweden in enhancing return to work.

REHSAM research programme

I, Clairy Wiholm DO NOT have a financial interest/arrangement or affiliation with one or more organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation.

REHSAM research programme

PURPOSE OF THE RESEARCH PROGRAMME

REHSAM contributes to a sustainable rehabilitation system while increasing the body of evidence-based knowledge

A sustainable rehabilitation system



- REHSAM is a national research program and stands for rehabilitation and collaboration
- REHSAM will contribute to a cost-effective and long-term sustainable system for rehabilitation of people who are, or are at risk of being sick-listed
- The system is relevant for diagnoses such as non-specific pain in the neck, shoulders or back and/or mild to moderate mental ill-health such as depression, anxiety disorder or stress

A body of evidence-based knowledge

- The Ministry of Health allocated 100 MSK for research within the Rehabilitation Guarantee
- The research programme will increase the body of evidence-based knowledge
- It will further spur the long-term growth of innovative learning environments
- It will also encourage collaboration in the field of rehabilitation aimed at restoring working capacity and return to work



REHSAM research programme

The main focus of REHSAM has been on intervention- and methodological studies

Except normal requirements for research funding we addressed some additional issues of importance

- 1 Focus on intervention- and methodological studies**
 - The intervention may not contain only changes to the workplace.
 - Intervention studies analysing effects on the basis of subgroups
- 2 County Council as main applicant**
 - The main applicant has to be a County Council, together with universities
 - County Councils are responsible for the primary health care, where most of the rehabilitation activities are conducted
 - This constellation might support later implementation in clinical work
- 3 Control possibilities**
 - The studies must be controlled
 - Controls of the studies should preferably be randomised

REHSAM research programme

SCOPE OF RESEARCH APPLICATION

REHSAM further has some strict criteria that has to be fulfilled, that aims to increase efficiency and success rate of projects

Scope criteria



Collaboration between County Council and universities has to be documented in the application



A gender perspective was also required



How the result if effective should be implemented in clinical work



Together with the final report a manual, concrete and hands-on should be delivered



All projects are required to make cost-effectiveness calculation on the studied intervention



Compulsory exit criteria are work ability and return to work measurements

REHSAM research programme

SCOPE OF RESEARCH PROGRAMME

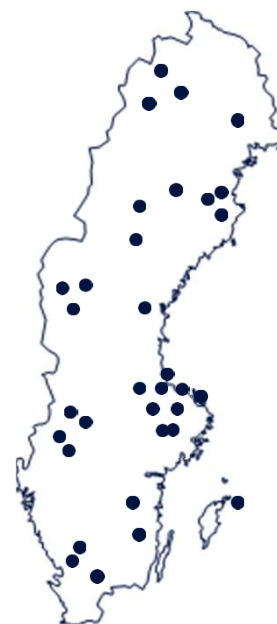
During its 3 years of operation REHSAM has attract a lot of qualified applications and with 24 projects currently running

The REHSAM has had three application rounds...



- 7 approved projects number in 2009
- 8 approved projects in 2010
- 9 approved projects in 2011

And currently 24 projects are up running

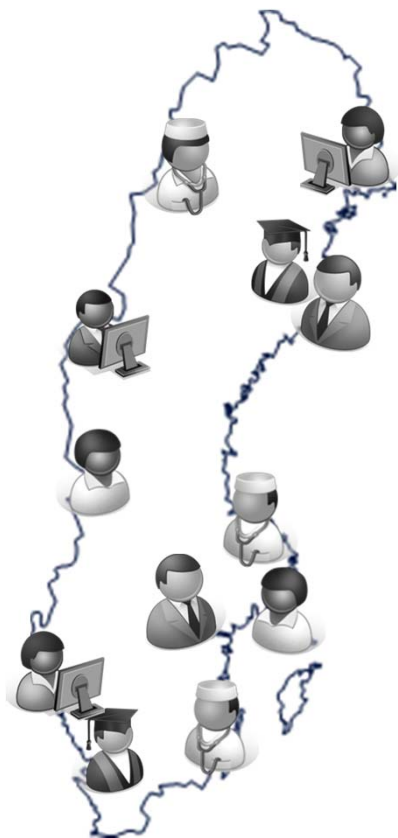


- 12 projects are focusing on return to work after long term pain problem .
- 12 projects are focusing on return to work psychological ill-health as depression, anxiety, burnout- and stress syndrome.

REHSAM research programme

SCOPE OF RESEARCH PROGRAMME

REHSAM has further put effort into establishing a nation-wide network in order to increase implementation feasibility



Establishing a national network:

- The network is aimed to increase communication between the researchers, decision makers and practitioners
 - Knowledge sharing increases motivation and efficiency
 - The network also facilitates implementation
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REHSAM research programme

SCOPE OF RESEARCH PROGRAMME

During the programme activities are arranged to promote high quality research and to facilitate the implementation process

Programme activities

Kick-off

- Participants in the various projects have the opportunity to meet and create networks
- Holds after each application round

Training

- Research Communication training is offered all participants
- All projects will receive guidance in putting together an internal and external communication plan

Get together & conference

- Each team perform a SWOT analysis for its project (timetable, budget, communication strategy)
- If a deviation occurs, an action plan is to be drawn up (initiatives, responsibilities, new time line)
- A national REHSAM conference.

Expected outcomes

- Each project team present a customary research report, an implementation plan and quantification of cost-effectiveness
- The "Implementation Handbook" is a practical guide to implementing the method (organizational requirements and consequences)
- Pros and cons.

Programme support

Cost-effectiveness support

- The projects are offered a model that helps quantify cost-effectiveness
- Teams can also get additional support if needed when quantifying cost-effectiveness

Online forum

- The programmes webpage acts as communication platform as well as online support for the project teams
- www.forsakringskassan.se

REHSAM research programme

Research Platform

- 1 2000 subject involved in 12 projects focusing on pain in RTW studies
- 2 Interventions: Improved communication and problem solving, Acceptance focused CBT, Improved body awareness, MMR with only 1 care giver, web based MMR.
- 3 Methodical study; which patients can receive rehabilitation in primary health care and which ones in special rehabilitation clinics?
- 4 Preventive studies, medium to long sick leave, and long term sick leave.
- 5 Out come measures; return to work, work capacity, pain, wellbeing, care consumption.
- 6 Research conducted; primary health care, occupational health care and special rehabilitation clinics.

Preliminary results

Unimodal treatment with ACT gives the same result on pain reduction and wellbeing as MMR among women on long term sickness leave.

Participants in employment, education or work practice at follow-up showed higher satisfaction with their occupational situation than those without regular activities outside home. Among the participants in work practice, improvements in psychiatric symptoms and global functioning were identified.

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