

Pasienter i primærhelsetjenesten med subjektive helseplager/medisinsk uforklarte plager:

- helsestatus, sykmelding og arbeidsuførhet

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Utfordringer

Helsevesenet

- Uenigheter om konseptet
- Ingen diagnose kriterier
- Dualisme

Pasient

- Faller mellom stoler (disipliner)
- Fare for dårlig utfall
- Marginalisering og stigmatisering



Hva er et symptom?

Theor Med Bioeth
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Understanding medical symptoms: a conceptual review and analysis

Kirsti Malterud^{1,2,3} · Ann Dorrit Guassora¹ ·
Anette Hauskov Graungaard¹ · Susanne Reventlow¹

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Abstract The aim of this article is to present a conceptual review and analysis of symptom understanding. Subjective bodily sensations occur abundantly in the normal population and dialogues about symptoms take place in a broad range of contexts, not only in the doctor's office. Our review of symptom understanding proceeds from an initial subliminal awareness by way of attribution of meaning and

Subjektivt fenomen

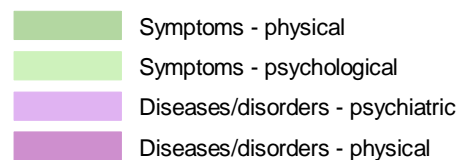
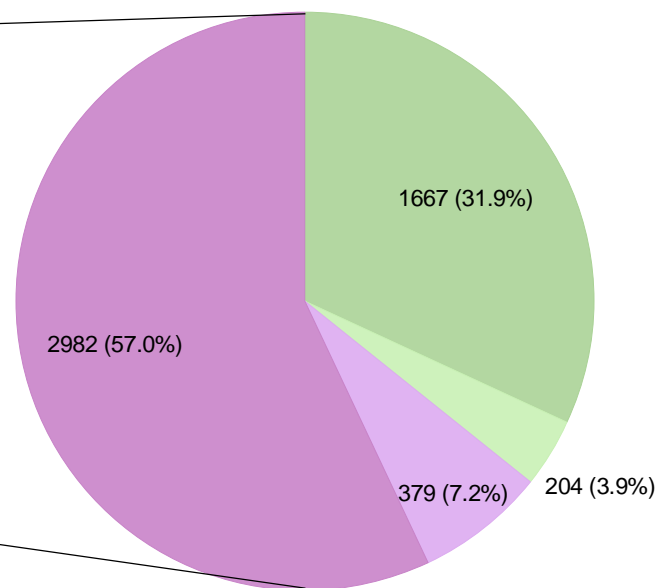
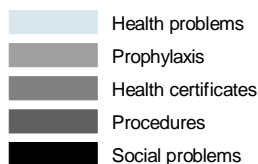
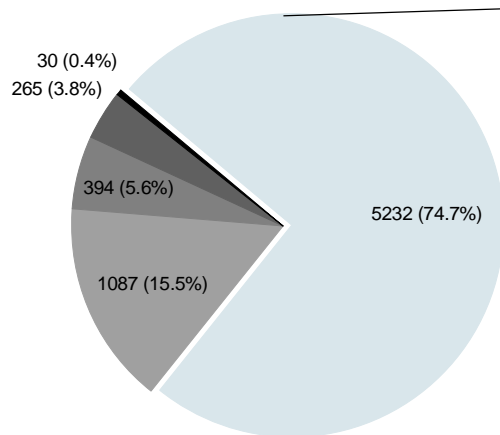
Endring i kroppslig orden

Noe som ikke var der før

Symptomer i primærhelsetjenesten

Ansikt-til-ansikt kontakt (n=7008)

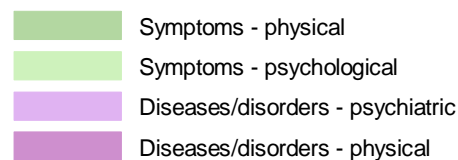
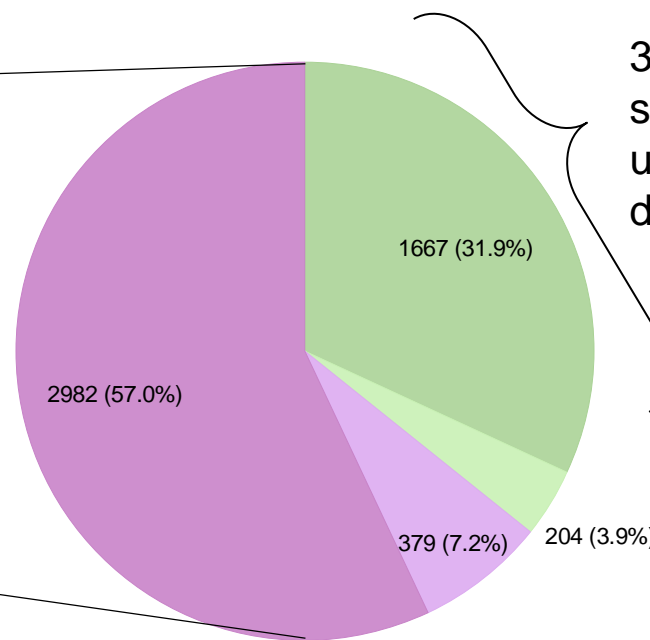
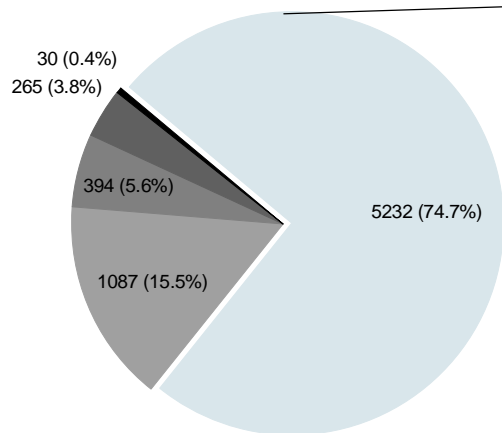
Helseproblemer (n=5232)



Symptomer i primærhelsetjenesten

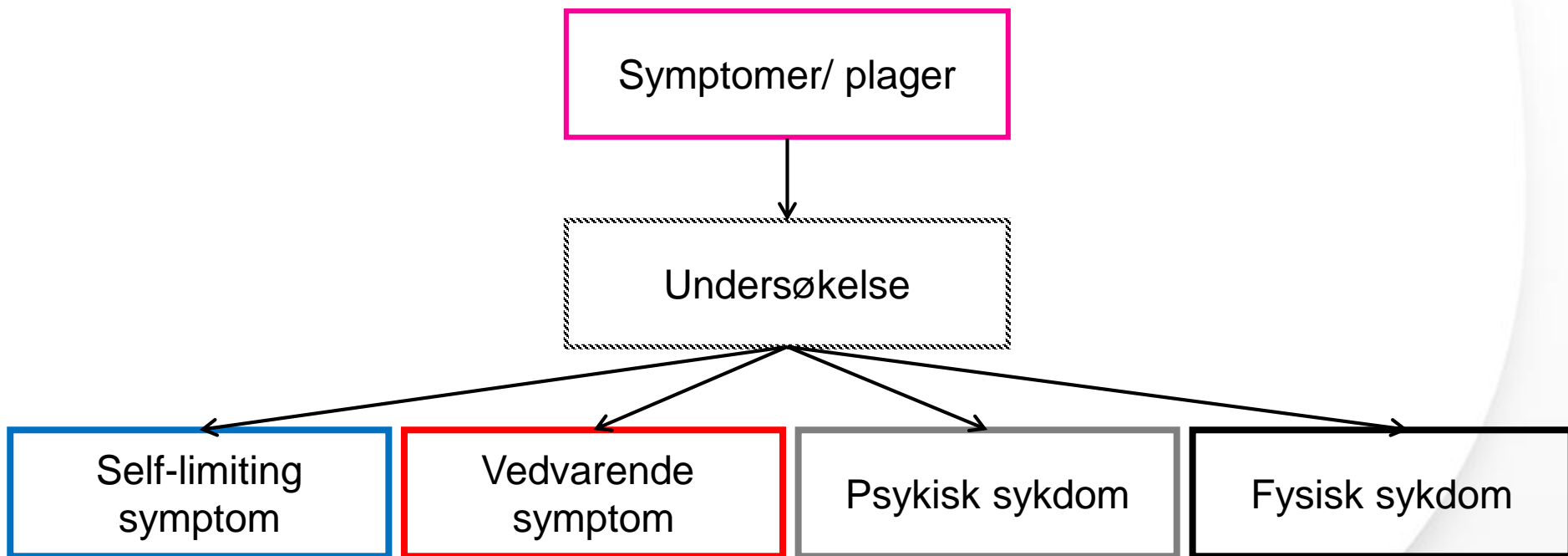
Ansikt-til-ansikt kontakt (n=7008)

Helseproblemer (n=5232)

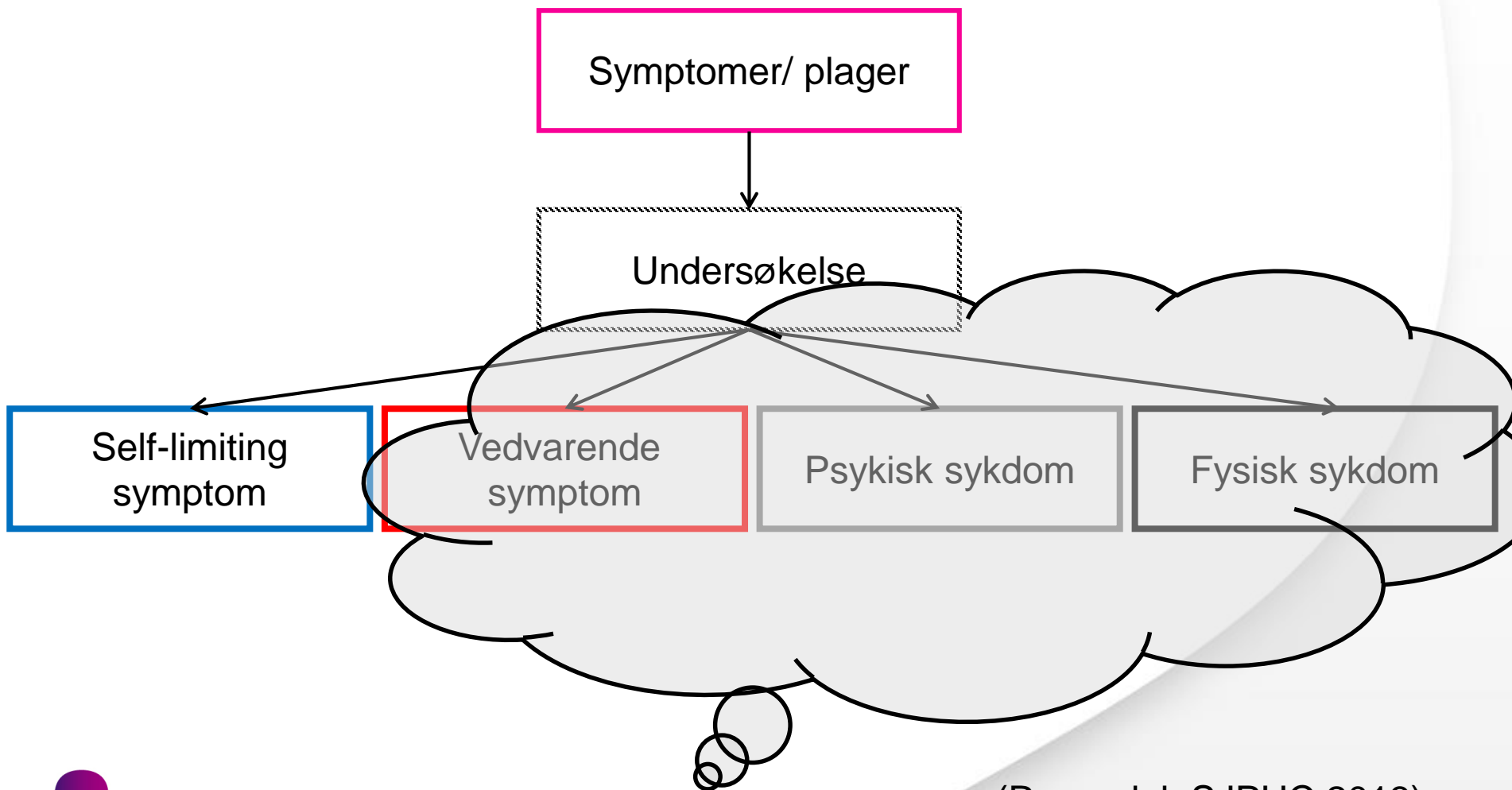


35.8%
symptomer
uten
diagnose

Symptomer/ plager utvikler seg til?



Symptomer/ plager utvikler seg til?



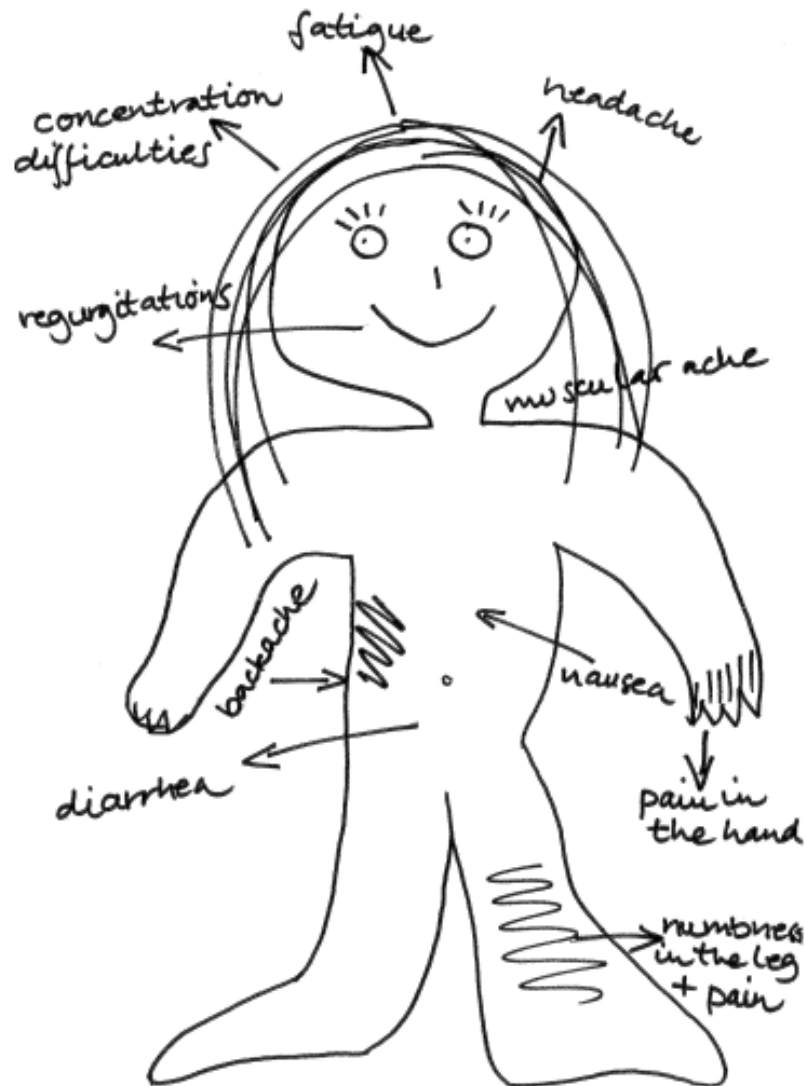
(Rosendal, SJPHC 2013)

Multiple symptom/ plager

Alvorlig subjektive helseplager

Multi-symptom-syndrom

Medisinsk uforklarte fysiske symptom



Multiple symptom/plager og uførepensjon

Dobbelt så stor fare

Rask, 2014 General Hospital Psychiatry

14 år senere

Kamaleri et al 2009

Bodily Distress Syndrom - mønster

Kardiopulmonær/ autonome symptom

1. Palpitation / heart pounding
2. Precordial discomfort
3. Breathlessness without exertion
4. Hyperventilation
5. Hot or cold sweats
6. Dry mouth

Muskelskjelett symptom

1. Pains in arms or legs
2. Muscular aches or pains
3. Pains in the joints
4. Feeling of paresis/ localized weakness
5. Backache
6. Pain moving from one place to another
7. Unpleasant numbness/ tingling sensation

Gastrointestinale symptoms

1. Abdominal pains
2. Frequent loose bowel movements
3. Diarrhoea
4. Feeling bloated/full of gas/distended
5. Nausea
6. Regurgitations
7. Burning sensation in chest/ epigastrium

Generelle symptom

1. Concentration difficulties
2. Excessive fatigue
3. Headache
4. Impairment of memory
5. Dizziness

Bodily Distress Syndrom

Diagnose kriterier:

- ≥ 4 symptom fra minst 1 gruppe
- Moderat til alvorlig impairment
- Relevant differensial diagnose utelukket

Nei	Ja	Symptom gruppe
		≥ 4 symptom fra Hjertekar/ autonom
		≥ 4 symptoms from Gastrointestinal
		≥ 4 symptoms from Muskelskjelett
		≥ 4 Generelle symptom

Bodily Distress Syndrom

Diagnose kriterier:

- ≥ 4 symptom fra minst 1 gruppe
- Moderat til alvorlig impairment
- Relevant differensial diagnose utelukket

Nei	Ja	Symptom gruppe
	X	≥ 4 symptom fra Hjertekar/ autonom
		≥ 4 symptoms from Gastrointestinal
	X	≥ 4 symptoms from Muskelskjelett
		≥ 4 Generelle symptom

Moderat BDS

Bodily Distress Syndrom

Diagnose kriterier:

- ≥ 4 symptom fra minst 1 gruppe
- Moderat til alvorlig impairment
- Relevant differensial diagnose utelukket

Nei	Ja	Symptom gruppe
	X	≥ 4 symptom fra Hjertekar/ autonom
		≥ 4 symptoms from Gastrointestinal
	X	≥ 4 symptoms from Muskelskjelett
	X	≥ 4 Generelle symptom

Alvorlig BDS

Bodily distress syndrom

- 17 %
- Dårlig fysisk helse
- Angst og depresjon

DUALISME?

- Subjektive helseplager spørreskjema

Pasient erfaringer med sykmelding

Shame among long-term sickness absentees: Correlates and impact on subsequent sickness absence

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Scandinavian Journal of Primary Health Care, 2013; 31: 95–100

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ORIGINAL ARTICLE

Sickness absence, marginality, and medically unexplained physical symptoms: A focus-group study of patients' experiences

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²Department of Global Public Health and Primary Care, University of Bergen, Norway

Mangel på objektive funn
Sosialt nettverk
Positiv støtte
Overgang fra normalt liv til sykmeldt

”Helt i starten var sykmeldingen en lettelse. Endelig kunne jeg slappe av litt og hente meg inn igjen. På en annen side så var det og, hva skal jeg si for noe, en nedverdiggelse, eller ydmykelse å bli sykmeldt på en måte. Jeg har jo ikke lyst til å være sykmeldt. Så det er todelt.”

Chris, elektriker

Allmennleger og sykmelding for pasienter med SHC/ MUS

International Scholarly Research Network
ISRN Public Health
Volume 2012, Article ID 8
doi:10.5402/2012/851097

Scandinavian Journal of Primary Health Care, 2013; 31: 227–234

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ORIGINAL ARTICLE

Scandinavian Journal of Primary Health Care, 2011; 29: 7–12

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Research Article
**Diagnoses
Complaint**

**Sick-leave
complaint
study in**

ORIGINAL ARTICLE

Scandinavian Journal of Primary Health Care, 2015; 33: 40–46

ORIGINAL ARTICLE

Silje Mae
Liv H. Ma

SILJE MAELAND
INGIBJORG
HOLGER U

**Considerati
sick-listing
complaints**

STEIN NILSEN
HEGE RANDI

GPs' negotiation strategies regarding sick leave for subjective health complaints

STEIN NILSEN¹, KIRSTI MALTERUD^{1,3,5}, ERIK L WERNER¹, SILJE MAELAND^{2,4}
& LIV HEIDE MAGNUSSEN^{2,3}



Konklusjoner

- Diagnose avhengig av legen
- Fokus på forskjellige symptom
- Komorbiditet
- Sykmeldingsdiagnosen nyttig?
- Stole på sykmeldingsstatistikk?

International Scholarly Research Network
ISRN Public Health
Volume 2012, Article ID 851097, 9 pages
doi:10.5402/2012/851097

Research Article

Diagnoses of Patients with Severe Subjective Health Complaints in Scandinavia: A Cross Sectional Study

**Silje Maeland,^{1,2} Erik L. Werner,³ Marianne Rosendal,⁴ Ingibjorg H. Jonsdottir,⁵
Liv H. Magnussen,^{1,2,6} Holger Ursin,¹ and Hege R. Eriksen^{1,7}**

Konklusjoner

- Pasientens arbeidsevne
- Fare for forverring
- Diagnose ikke viktig
- Like vurderinger norske, svenske, danske fastleger
- Skandinavisk fenomen?

Scandinavian Journal of Primary Health Care, 2013; 31: 227–234

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ORIGINAL ARTICLE

Sick-leave decisions for patients with severe subjective health complaints presenting in primary care: A cross-sectional study in Norway, Sweden, and Denmark

SILJE MAELAND^{1,2}, ERIK L. WERNER³, MARIANNE ROSENDAL⁴,
INGIBJORG H. JONSDOTTIR⁵, LIV H. MAGNUSSEN^{1,2,6}, STEIN ATLE LIE¹,
HOLGER URSIN¹ & HEGE R. ERIKSEN^{1,7}

Konklusjoner

- Sykmelding er vanskelig
- Varierer ihht legens holdninger, syn og personlighet
- Ansett å være primært pasientdrevet

Scandinavian Journal of Primary Health Care, 2011; 29: 7–12

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ORIGINAL ARTICLE

Considerations made by the general practitioner when dealing with sick-listing of patients suffering from subjective and composite health complaints

STEIN NILSEN¹, ERIK LØNNMARK WERNER^{1,2}, SILJE MAELAND¹,
HEGE RANDI ERIKSEN^{1,3} & LIV HEIDE MAGNUSSEN^{1,4}

Konklusjoner

- Fastleger er obs på og har spesifikke strategier
- Bygger allianse – dypere forståelse
- Fokus på:
 - Tidlig RTW
 - Fordeler ved arbeid
 - Samarbeid med andre aktører

Scandinavian Journal of Primary Health Care, 2015; 33: 40–46



ORIGINAL ARTICLE

GPs' negotiation strategies regarding sick leave for subjective health complaints

STEIN NILSEN¹, KIRSTI MALTERUD^{1,3,5}, ERIK L WERNER¹, SILJE MAELAND^{2,4}
& LIV HEIDE MAGNUSSEN^{2,3}

Aktører rundt den sykmeldte

- Forskjellig vurdering av:
 - Symptom (plager)
 - Helse
 - Arbeidsevne
 - Behov for sykemelding

Takk