

Arbeidsrettet rehabilitering

Møteplassen

Ålesund nov 2019

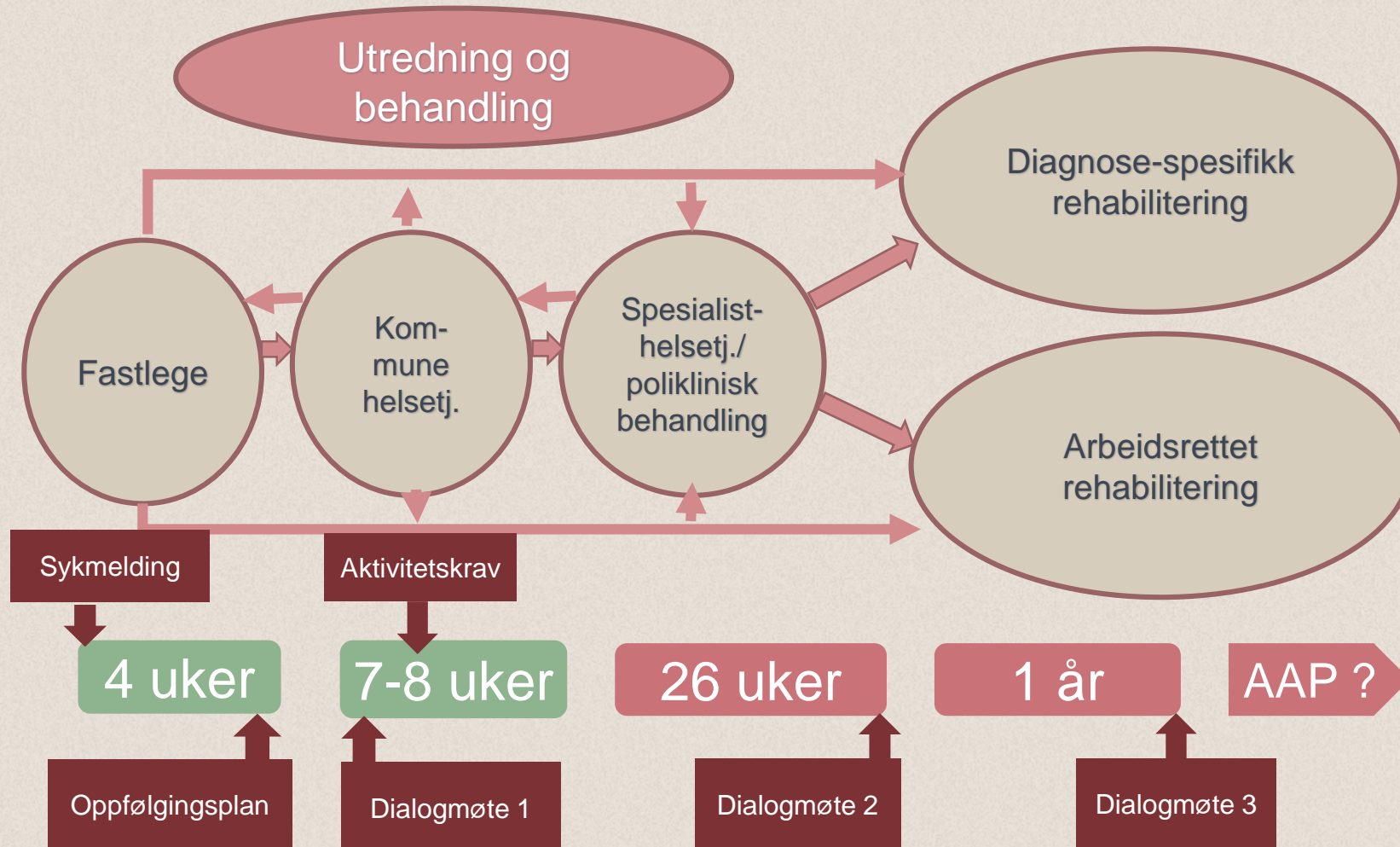
Chris Jensen

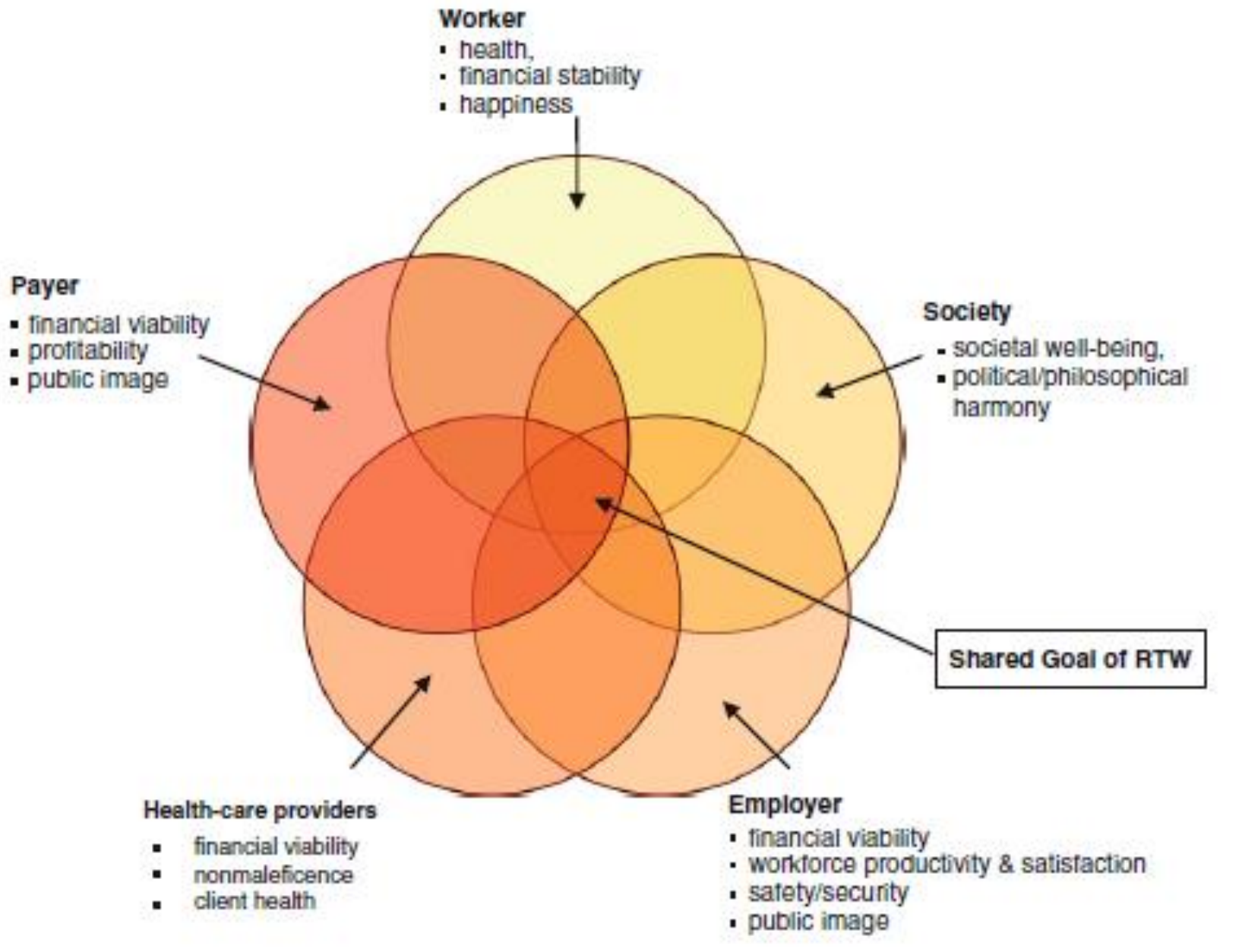
arbeid **oghelse.no**

Nasjonal kompetansetjeneste for
arbeidsrettet rehabilitering

ARR – et fagfelt i utvikling

- Arbeidsrettet rehabilitering
- Rehabilitering med arbeid som mål
- Arbeidsrettet behandling (Helse og arbeid)
- HelseArbeid





Tverrsektorielt

- NAV
- Arbeidsmarked/BHT
- Primærhelsetjeneste
- Spesialisthelsetjeneste
(4 RHF'er)
 - HelseArbeid
 - Helse og Arbeid
 - Arbeidsrettet rehabilitering

Tverrfaglig

- Lege
- Fysioterapeut
- Arbeidskonsulent
- Idrettspedagog
- Ergoterapeut
- Psykolog
- Sykepleier

Nasjonalt kompetansetjeneste
for
arbeidsrettet rehabilitering
i samarbeid med
Muritunet

TEMA

- Tverrfaglige team
- Tverrfaglighet i brukerreisen

Veileder i arbeidsrettet rehabilitering

arbeidoghelse.no

- Kartlegging
- Arbeidsplass
- Kognitiv tilnærming
- Fysisk aktivitet
- Tverrfaglighet ?

Effektive return-to-work (RTW) intervensjoner for komplekse sykemeldingsårsaker?

Cullen KL et al. 2017

Multi-domain interventions for musculoskeletal conditions

strong level of evidence

The injured worker is provided with **health services**, either at work or in settings linked to work. Graded activity/exercise, work hardening, CBT, multicomponent.

The injured worker is supported by **RTW planning and coordination**, which may take the form of case management, RTW plans, or improved communication between the workplace and health-care providers.

The workplace addresses **work modification** in the form of work accommodation, ergonomics or other worksite adjustments, and supervisor training on work modification.

Norske studier av tverrfaglige tiltak

Brief Intervention

Indahl m. fl.

Good prognosis for low back pain when left untampered.

Spine. 1995

Sykefravær: 4-12 uker

Positiv effekt på retur til arbeid

Brief Intervention

Clinical examination and
reassuring advice-medical doctor



Brief Intervention

Examination and reassuring advice-physiotherapist



Arbeidsrettet rehabilitering
(tverrfaglig team-døgnbasert)

Hysnes Rehabilitation Center

Acceptance and Commitment
Therapy (ACT)
Physical exercise
Work-related problem-solving
Plan for RTW
3 ½ weeks or 4+4 days

Outpatient



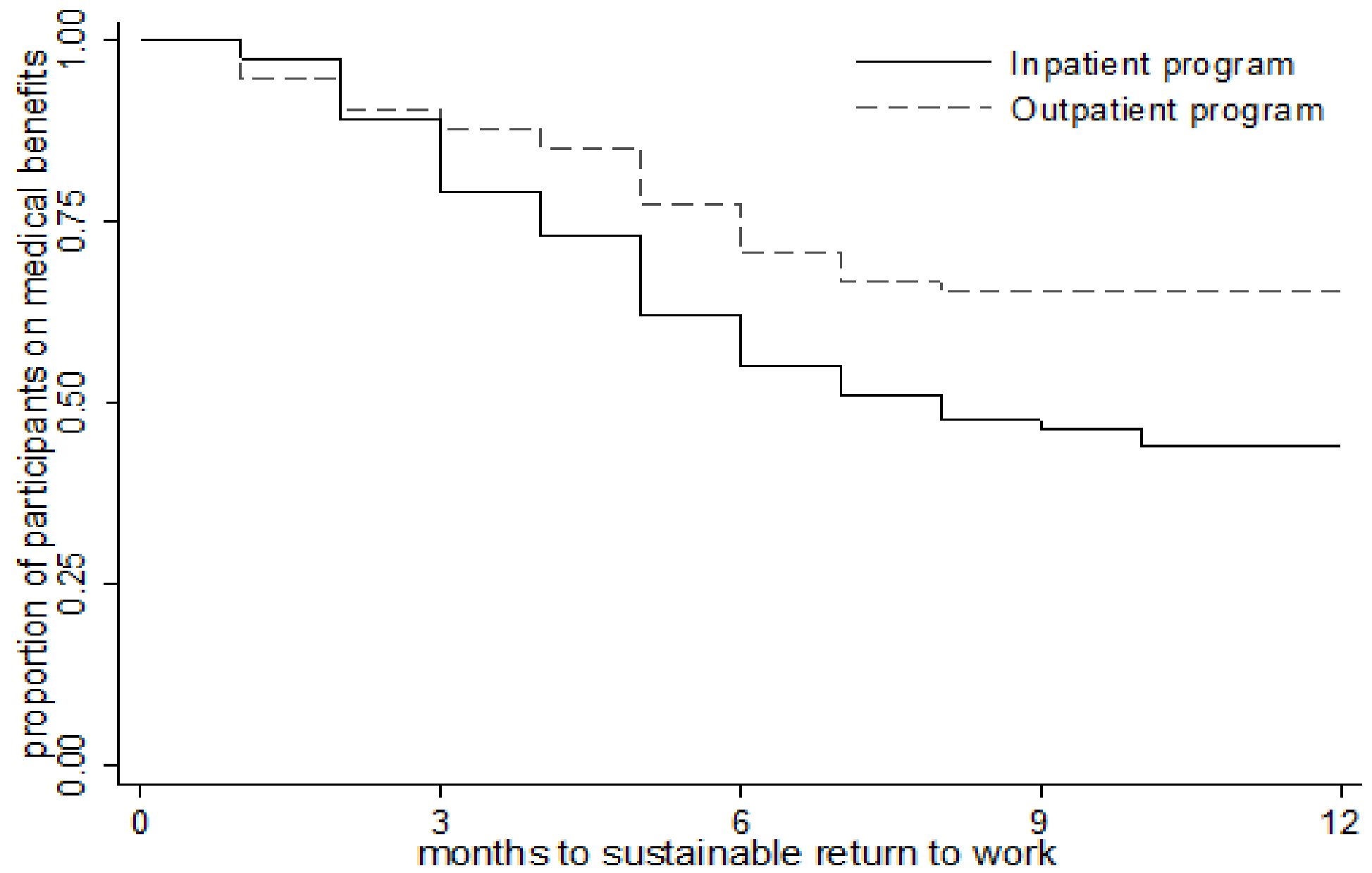
6 weekly ACT sessions

Hysnes rapport 2017

Kort (4+4 dager) og et Langt (3 ½ uker) arbeidsrettet rehabiliteringsprogram på Hysnes Helsefort sammenlignet med et ukentlig poliklinisk tilbud i Trondheim (6 uker).

Sykefravær ved inklusjon: ca. 7 måneder

Ingen effekt for Kort program
Positiv effekt for Langt program



Senter for Jobbmestring
(psykolog og jobbspesialist)

Work-focused cognitive-behavioural therapy and individual job support

Reme SE et al. Occup Environ Med
2015;72:745-752

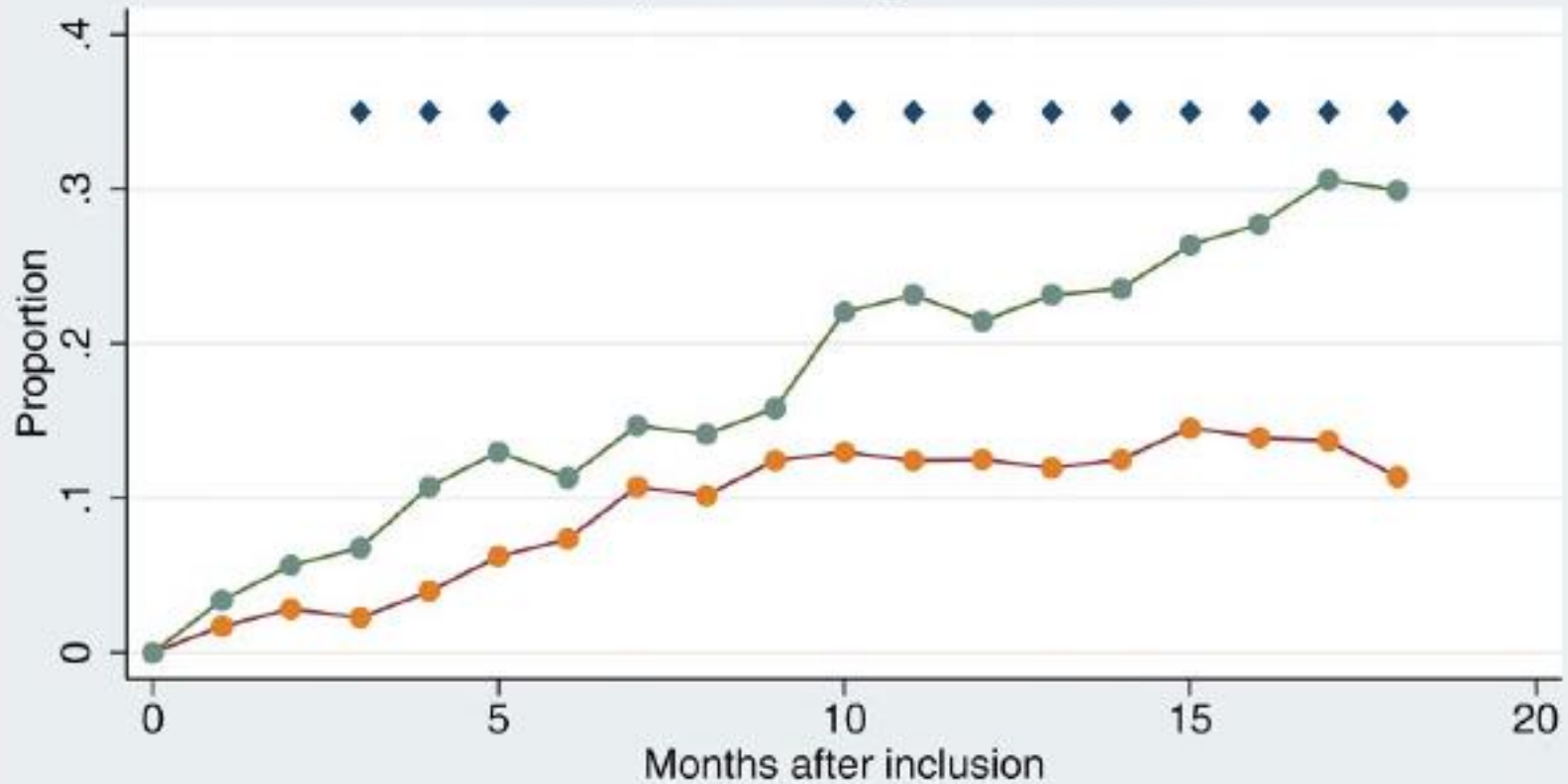
Moderate mentale lidelser

CBT sessions: max 15

Individual job support: when needed (32%)

Positiv effekt for AAP mottakere

Increased or maintained work participation Participants on long term benefits



● Control ● AWaC ◆ Difference in proportions significant at 5%–level

Test of equality of proportions:
Two-sample test of difference not equal to zero using a normally distributed test statistic.

