

# WorkUp

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## **WorkUp- Weekly text-messages follow-up of sick leave, work ability and productivity for back pain patients**

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## Disclosure

- I have no potential conflict of interest to report
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## Setting

- Prospective pairwise cluster randomised controlled study for patients with acute and subacute neck and/or back pain in primary health care (PHC) in southern Sweden.
- All patients early and structured care
- Intervention = CDM, Convergence Dialogue Meetings

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## Main aim for the overall WorkUp project

- To test a time-coordinated tailor-made evidence-based (EB) physiotherapy intervention including early dialogue with the employer
- To focus on the patients work ability in relation to the work demands at work.

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## **Inclusion criteria**

Age 18-67 years

Acute and subacute neck and/or back pain

Last year : working  $\geq 4$  weeks, short sick leave  $\leq 60$  days, Linton short version  $\geq 40$  p

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## Aim for this study on Weekly text messages

- *To evaluate the effects of structured care with workplace interventions in primary care through frequent text message follow-up during one year with the focus on:*
  - Short term sick leave
  - Work place performance
  - Ability to carry out everyday tasks

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## Background

- Mobile phone penetration in Sweden is about 97 %
- 33 % of the population sends 1-10 messages every day.
- Many are on sick leave less than 2 weeks and this is not registered in the Swedish Social insurance Agency.
- When examining a fluctuating condition with text message any outcome of choice can be followed prospectively and in detail.

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## Procedure

1. During one year (from the point of inclusion in the study) three text-messages are sent to the patient each week.
2. The patient responds with a number and all data is immediately collected in a database for subsequent analysis.

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## Question 1

”Last week, how many days were you on sick leave ?  
Please answer with a number 0-7.”

## Question 2

”Last week- to what extent did your neck/back problems impair your work performance?  
Please answer with a number 0-10 (0= not at all, 10= completely).”

## Question 3

“Last week, to what degree did your neck/back problems hinder you in carrying out daily routines in family life and leisure?  
Please answer with a number 0-10 (0=not at all, 10= completely).”

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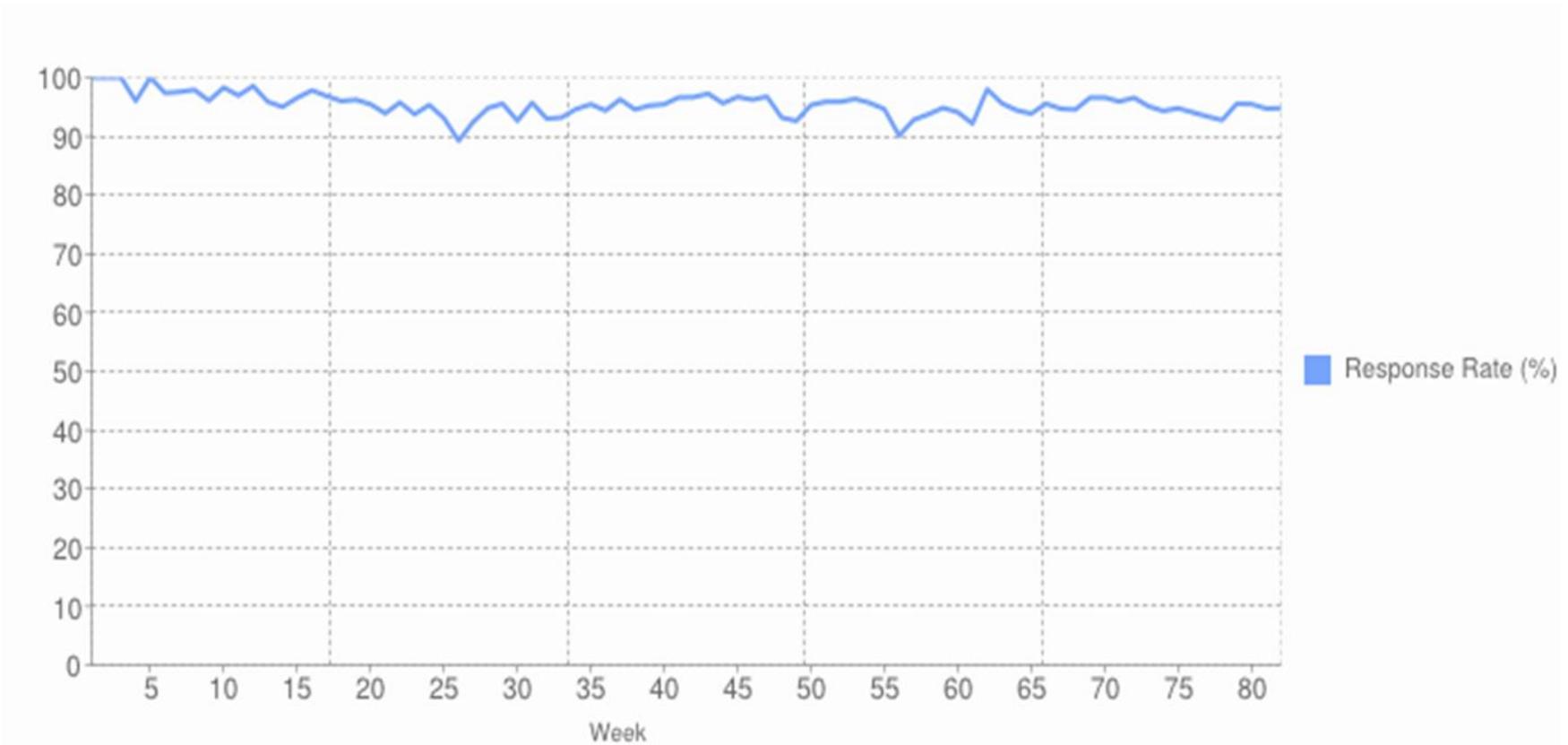
## Preliminary results



<b>Preliminary data for the first patients completing 12 months follow-up (n=128)</b> <b>Week 1</b>	
Women (n= 84 )	66 %
Mean age	42 years
Unemployed (n= 9 )	7 %
EQ-VAS, self-rated health 0-100 (100= best health)	54
Pain VAS, 0-100 (100= worst pain)	50
WAI, self-rated current work ability 0-10 (10=best)	5
WAI, self-rated work ability in the forthcoming two years ( no ability, uncertain, good ability)	27 % are uncertain about being able to work in their current occupation for the next 2 years 4 % believe that they have no ability

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Percentage of all patients included in the study responding per week from study start

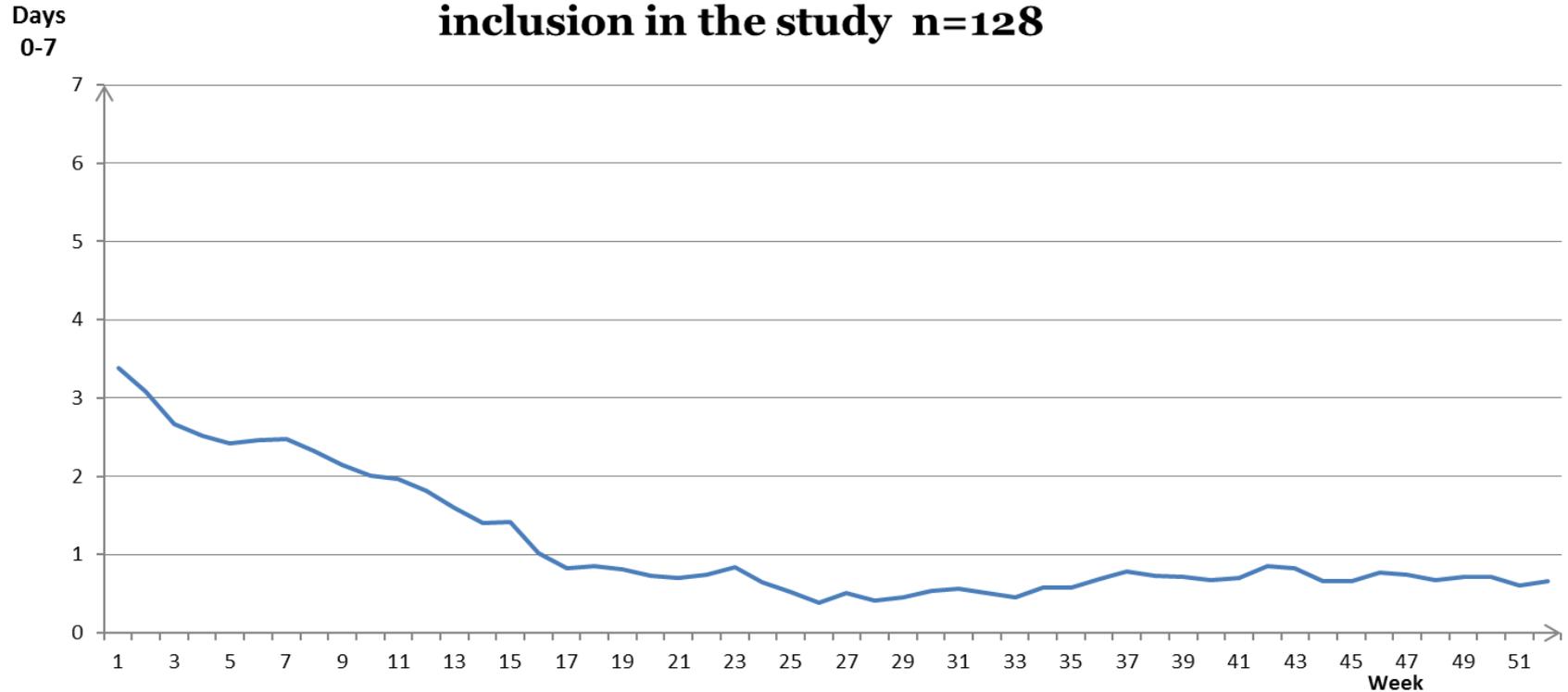


2013

2014

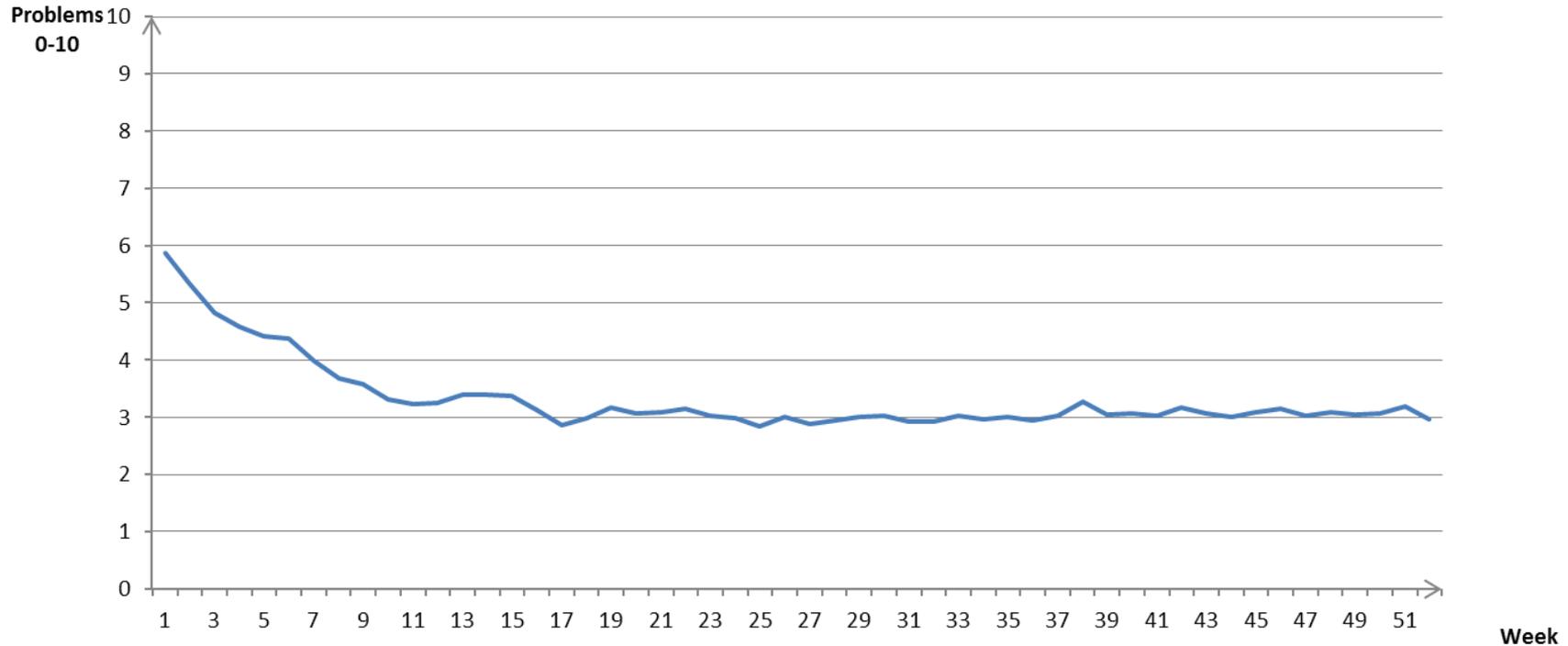
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## Short term sick leave (Question #1) per week from inclusion in the study n=128



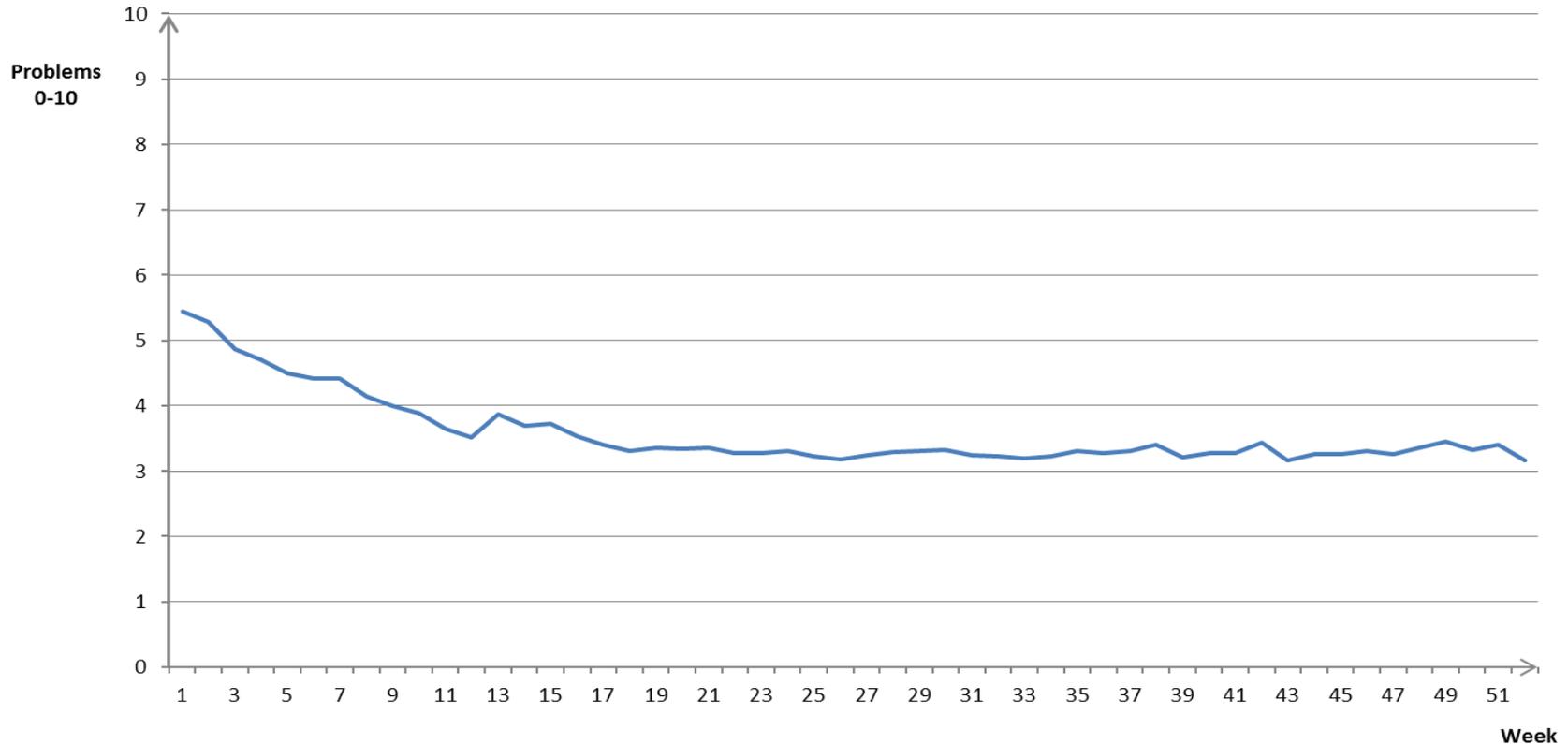
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## Workplace performance Q#2 n=128



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## Problems in daily routines Q#3 n= 128



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## Conclusions

Sending frequent survey questions through text messages yields a high response rate.

So far, we find:

- Reduced short-term sick leave
- Improved productivity at work
- Improved ability to perform daily routines at leisure time

*Despite the fact that a large group are at work after 12 months it may be noted that the patients report reduced work performance and difficulties at leisure time.*

# WorkUp-Acknowledgements

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