

WorkUp

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

Post Sennehed C, Axén I, Stigmar K, Holmberg S, Petersson I. F, Nyberg A, Grahn B

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Disclosure

- I have no potential conflict of interest to report
- Charlotte Post Sennehed, PhD student, Department of ortopedics, Clinical sciences Lund, Lund University, Sweden

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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 ≥ 4 weeks, short sick leave ≤ 60 days, Linton short version ≥ 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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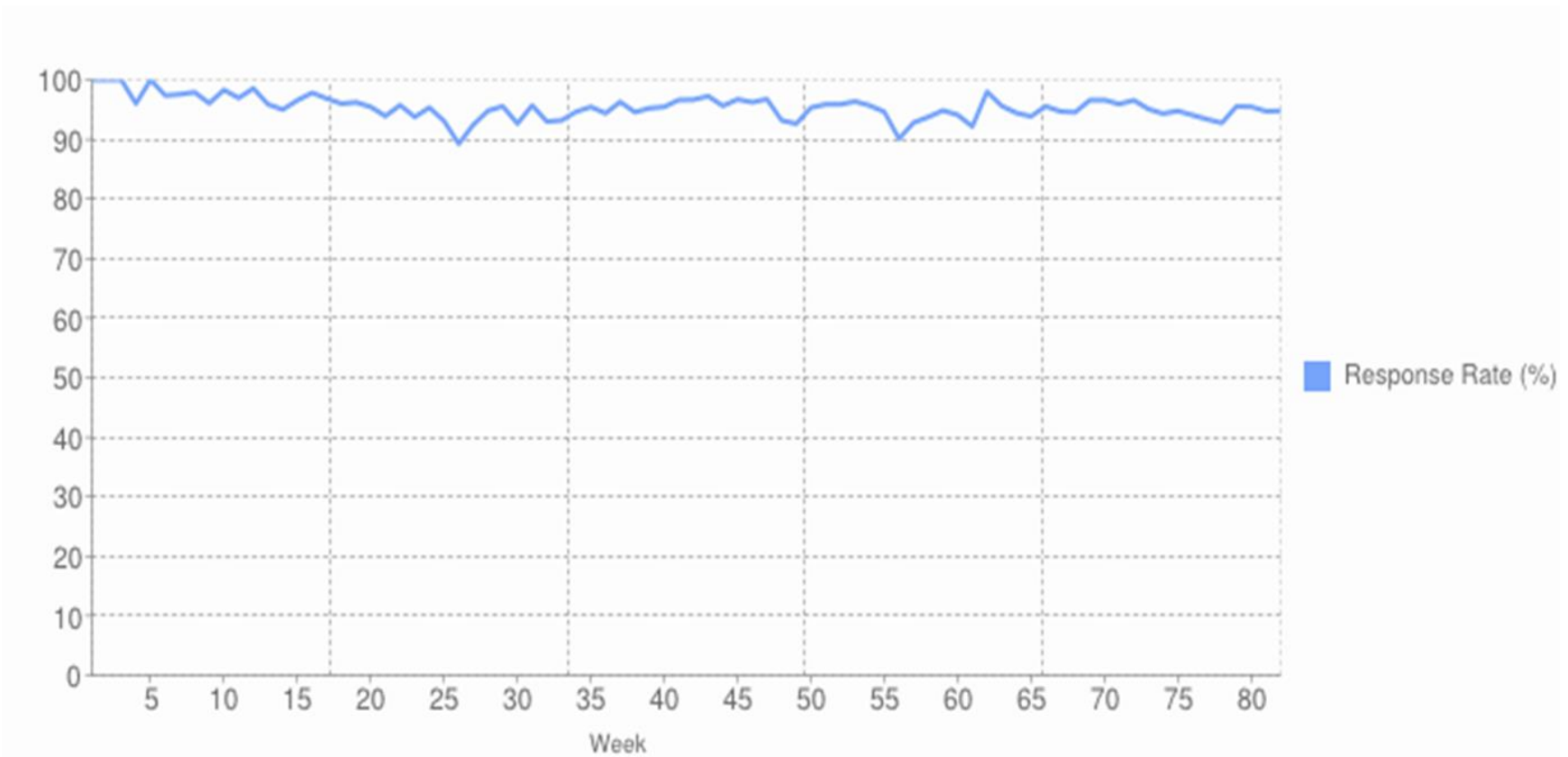
Preliminary results



Preliminary data for the first patients completing 12 months follow-up (n=128) Week 1	
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

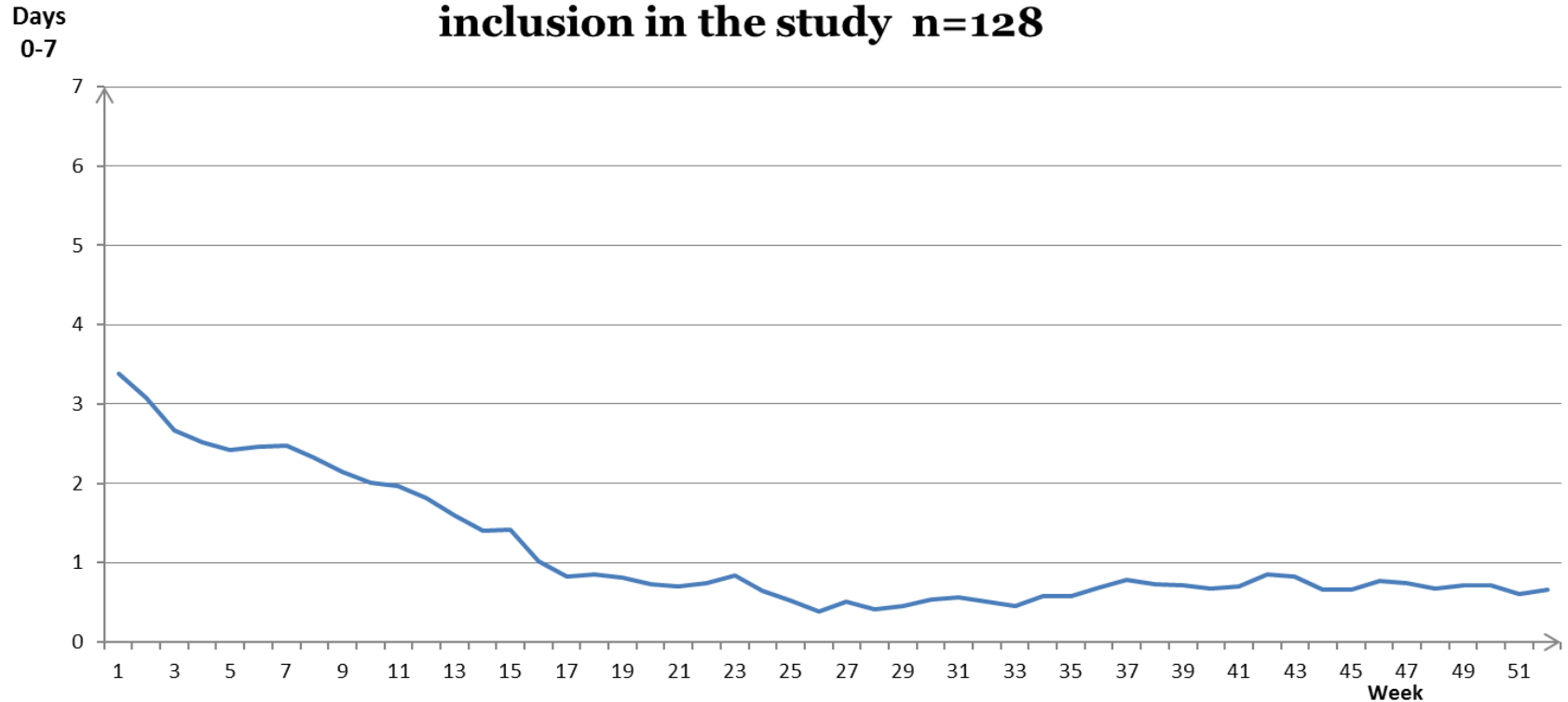


2013

2014

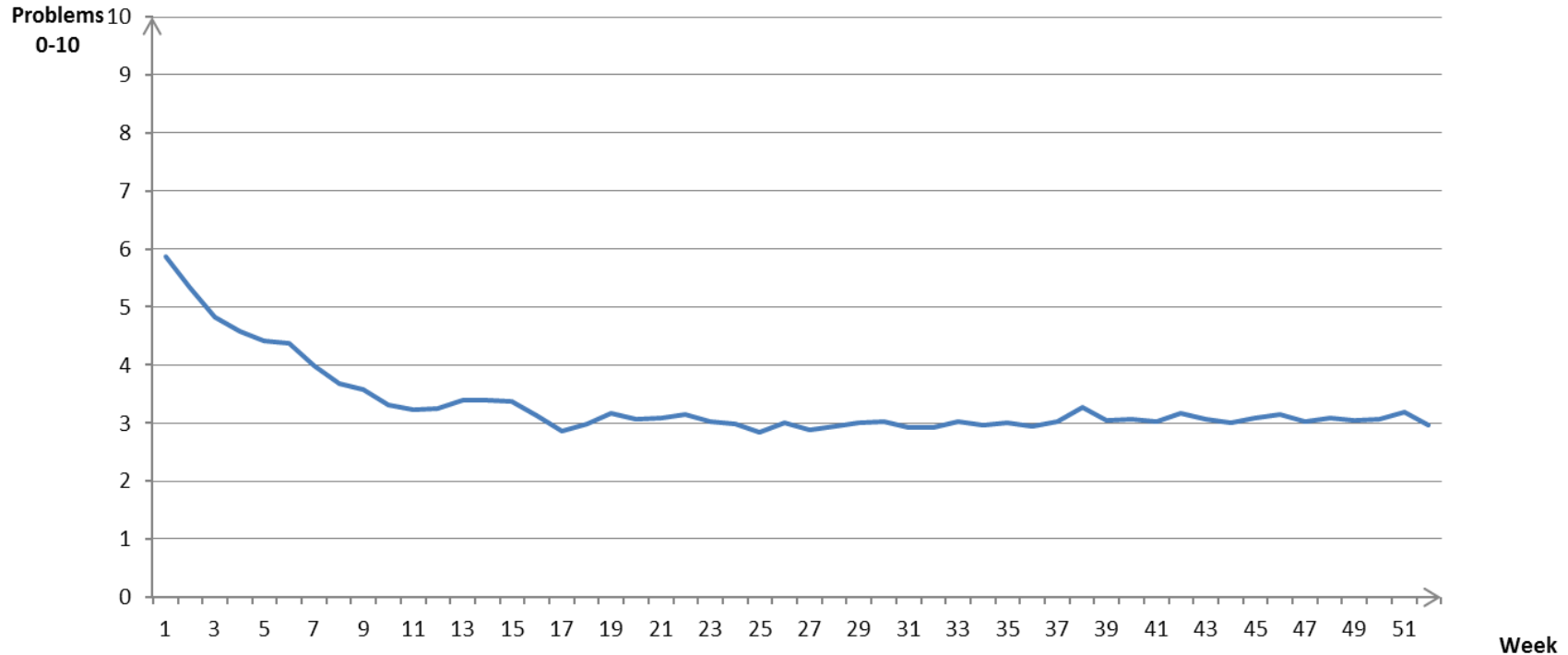
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Short term sick leave (Question #1) per week from inclusion in the study n=128



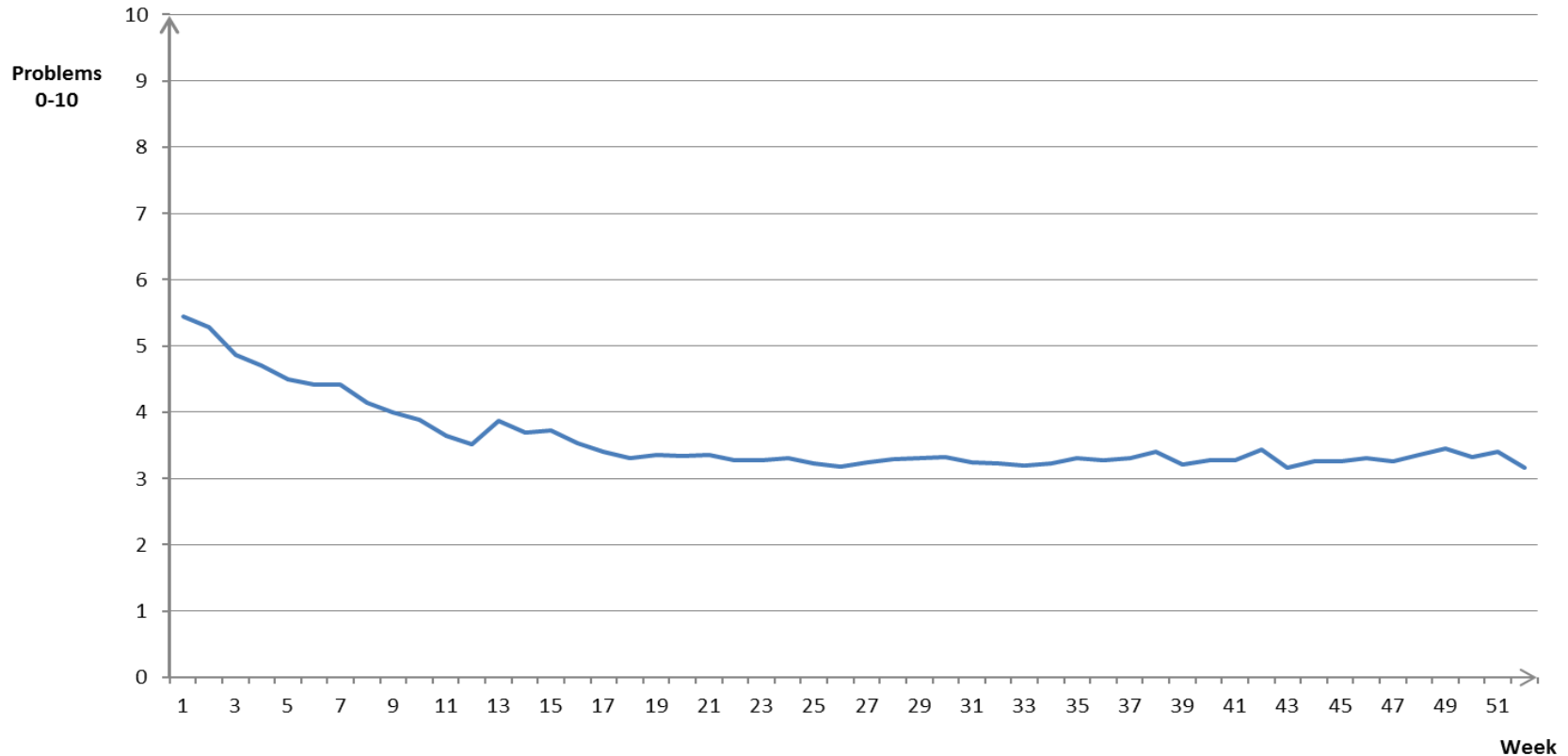
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Workplace performance Q#2 n=128



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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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