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Scientific Knowledge and Good Practice in Insurance Medicine and Social Security

## **REHSAM – A National Research Program to Retain and Restore Work Capacity in Sweden.**

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REHSAM research programme



## Faculty Disclosure

X	No, nothing to disclose
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REHSAM 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

- In 2009 the Ministry of Health allocated 100 MSK for research
- 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



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# 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

- Interventions within the Multi Modal Rehabilitation, Cognitive Behavioural therapies as well as Work Place interventions
- 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

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## Control possibilities

- The studies must be controlled
- Controls of the studies should preferably be randomised

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## 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

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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

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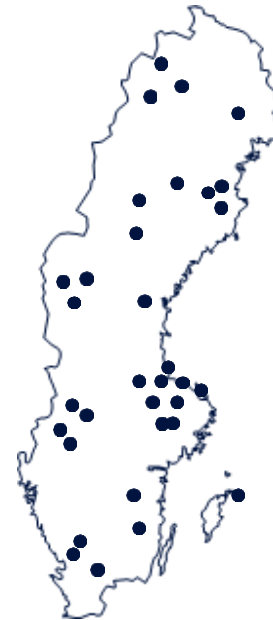
# During its soon 5 years of operation REHSAM has attract a lot of qualified applications

## The program has had three application rounds...



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

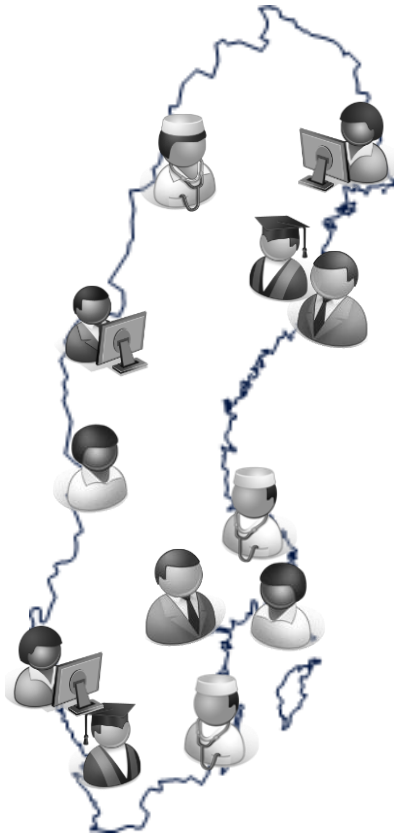
## Currently we have 24 projects included



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



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## 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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# Research Platform

- 1 A total of 5000 subjects involved in 24 projects focusing on pain and mental disorders 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 Methodological 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.
- 7 A scientific approach to evaluate allready existing rehabilitation activities in primarty health care.
- 8 Concurrent implementation and evaluation of the intervention and implementation process.

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# Some indications from the projects

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## Health & Well Being

- Increased satisfaction with life.
- Improved general health
- Decreased depression and anxiety.
- Decreased self rated pain.
- Improved functionality

## Society Benefits

- Improved worked ability
- Less pharmacological therapies
- Fewer new “sick listed”
- Decrease in “doctor visits”

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## Challenges

- Recruitment of subjects
- Researchers - Primary Healthcare, different views of the importance of scientific evaluations
- The sponsors have to understand the complexity of this type of research
- Conflicting goals research and clinical practice

## Success Factors

- Agreement with the County Councils
- Rehabilitation Guarantee
- Limited scientific knowledge body – effects on return to work.
- “Knowledge sharing” program and established network.
- **Governmental initiative**

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