

A systematic review whether return to work rate changes after 3-6 months of sick leave

Authors

Agneta Glennsten, Medical advisor at Swedish Social Insurance Agency SIA, LFC Uddevalla.

and

Helene Wrede, Medical advisor at Swedish Social Insurance Agency SIA, LFC Vetlanda and occupational physician at Företagshälsan Sävsjö AB.

Supervisor

Mats Hagberg, MD PhD Professor and head of Public Health and Community Medicine, University of Gothenburg

A project work at the education in insurance medicine, "Behörighetsutbildning i Försäkringsmedicin" at Sahlgrenska Academy, University of Gothenburg 2012/2013



Faculty Disclosure

X	No, nothing to disclose
	Yes, please specify:

<i>Company Name</i>	<i>Honoraria/ Expenses</i>	<i>Consulting/ Advisory Board</i>	<i>Funded Research</i>	<i>Royalties/ Patent</i>	<i>Stock Options</i>	<i>Equity Position</i>	<i>Ownership/ Employee</i>	<i>Other (please specify)</i>

Aim

To perform a systematic review

whether there is any scientific evidence that return to work (RTW) drastically deteriorates after 3-6 months of sick leave?

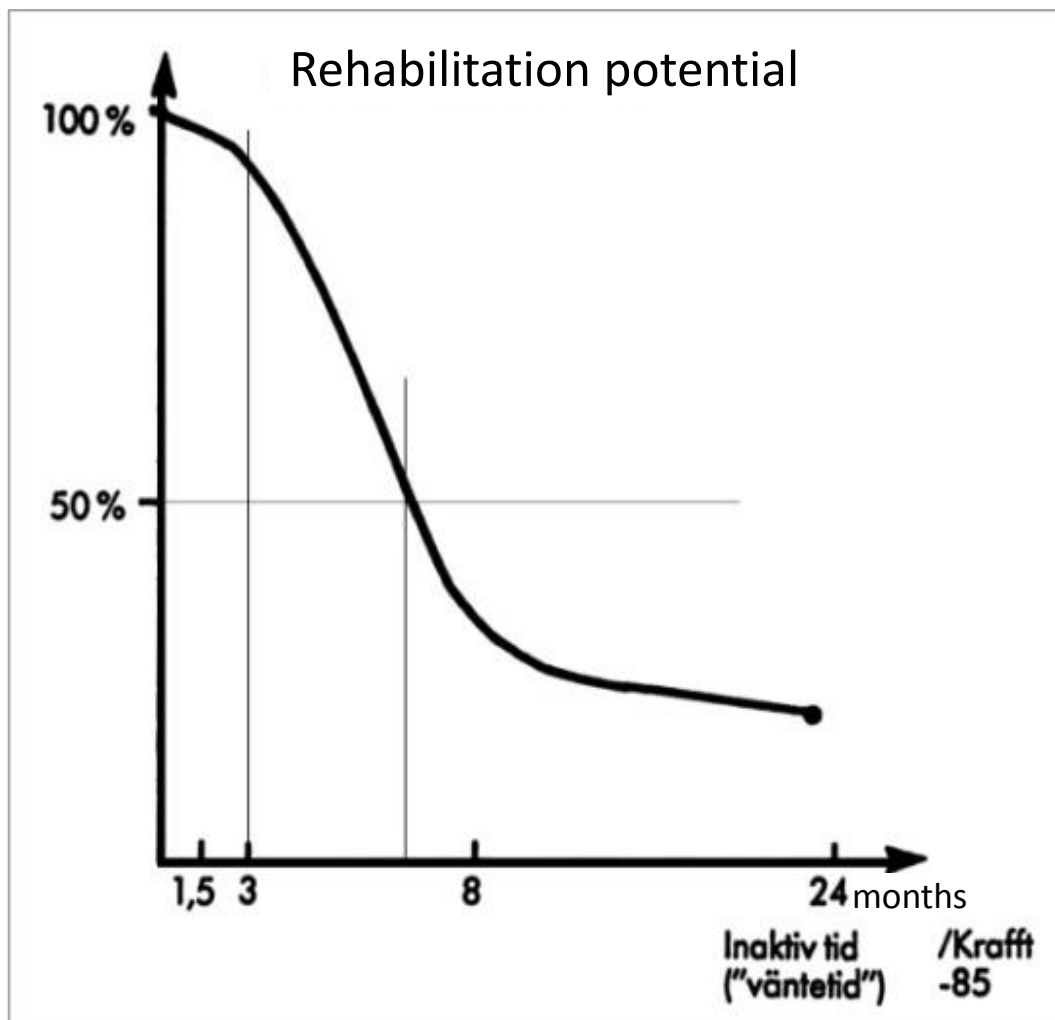
Background



In Sweden, this is a widespread opinion, regardless of diagnosis.

The model for this view was launched in the form of a diagram in the mid-80s and this perception still exists 30 years later.

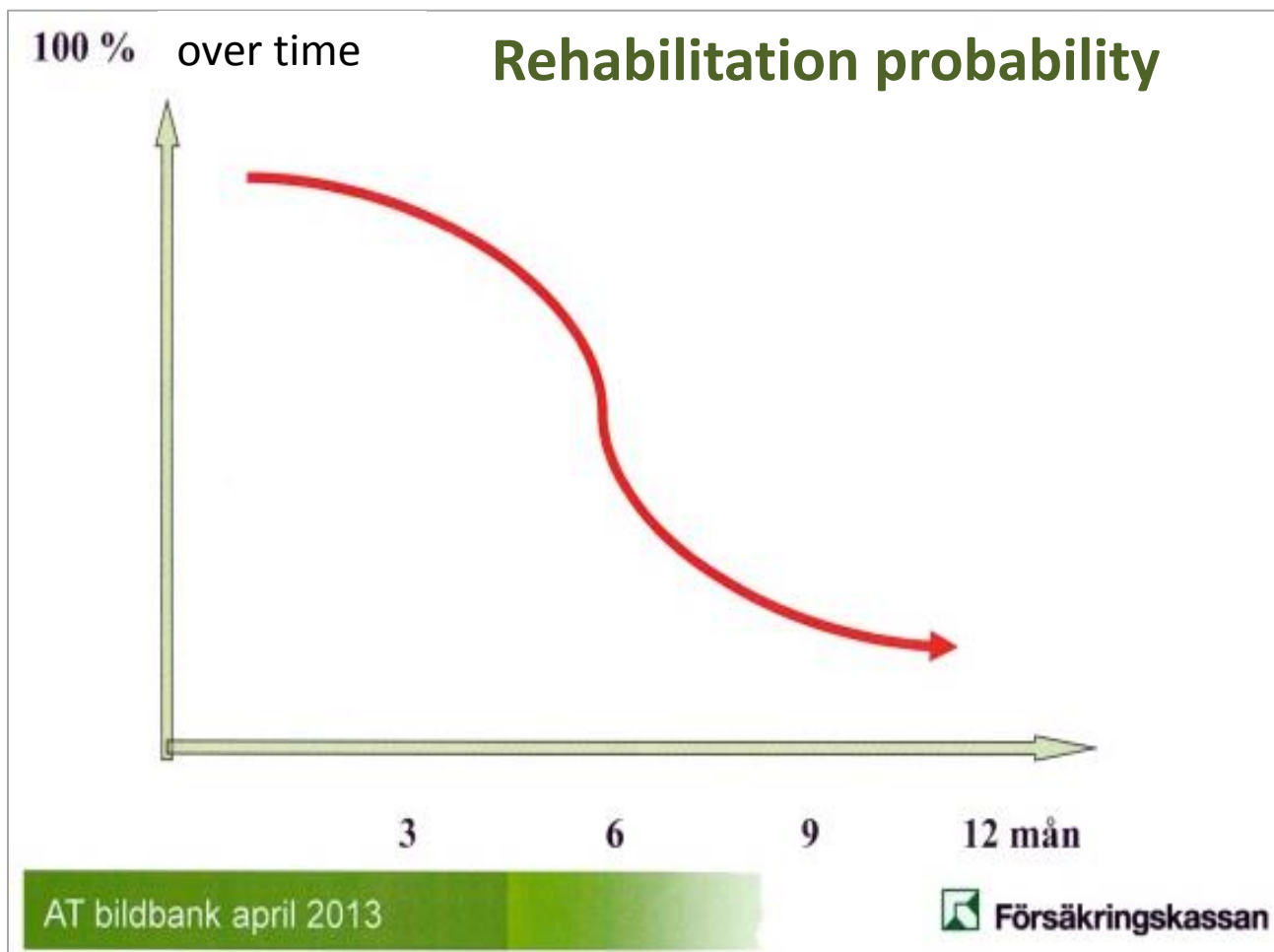
Background



SO Kraffts figure from 1985

showing that the **rehabilitation potential starts to decrease drastically after 3-6 months** of sick leave without active rehabilitation measures

Background



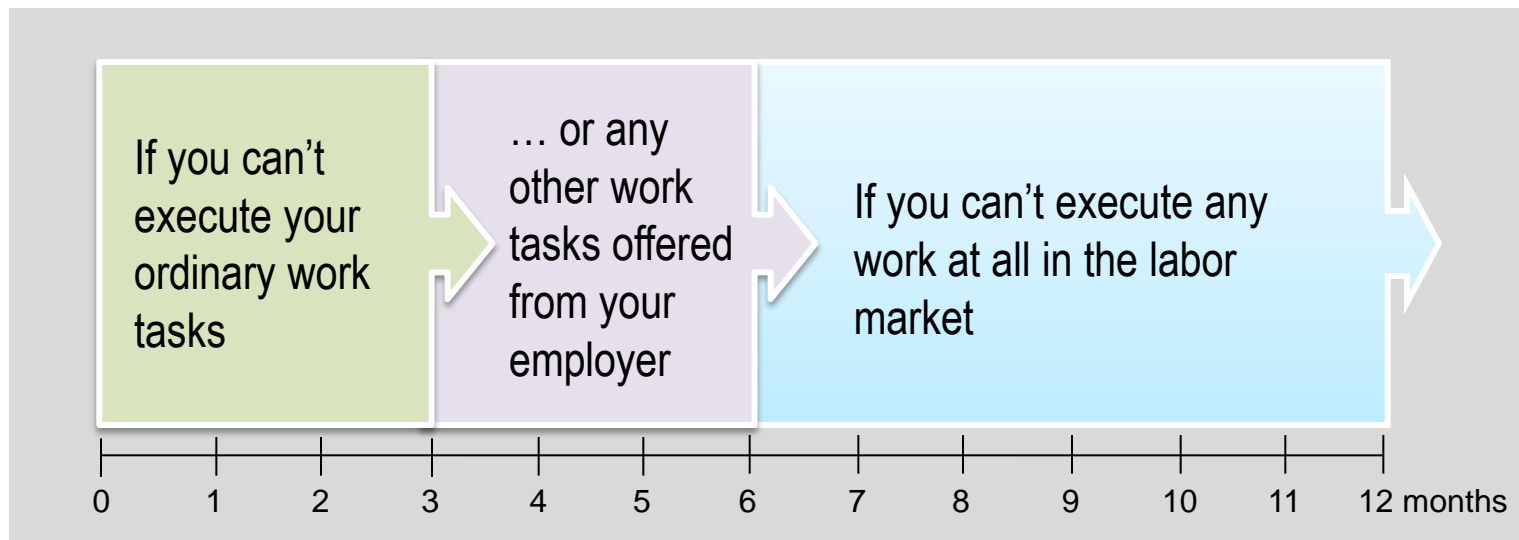
The same figure in a more modern design.
Picture from the image bank for education in insurance medicine
from the Swedish Social Insurance Agency, SIA.

The chain of rehabilitation

Our Swedish current Social Security from 2008 is based on the same idea: that sick time is crucial for the extent to which the insured on sick leave returns to work.

It is designed in stages in a so called “chain of rehabilitation”.

You get sickness benefit



The chain of rehabilitation from the Swedish Social Insurance Agency, SIA.

Method

We became interested to find out

- if you can support or reject this widespread opinion scientifically.

We could not find any studies that answered the exact question: whether RTW changes over time?

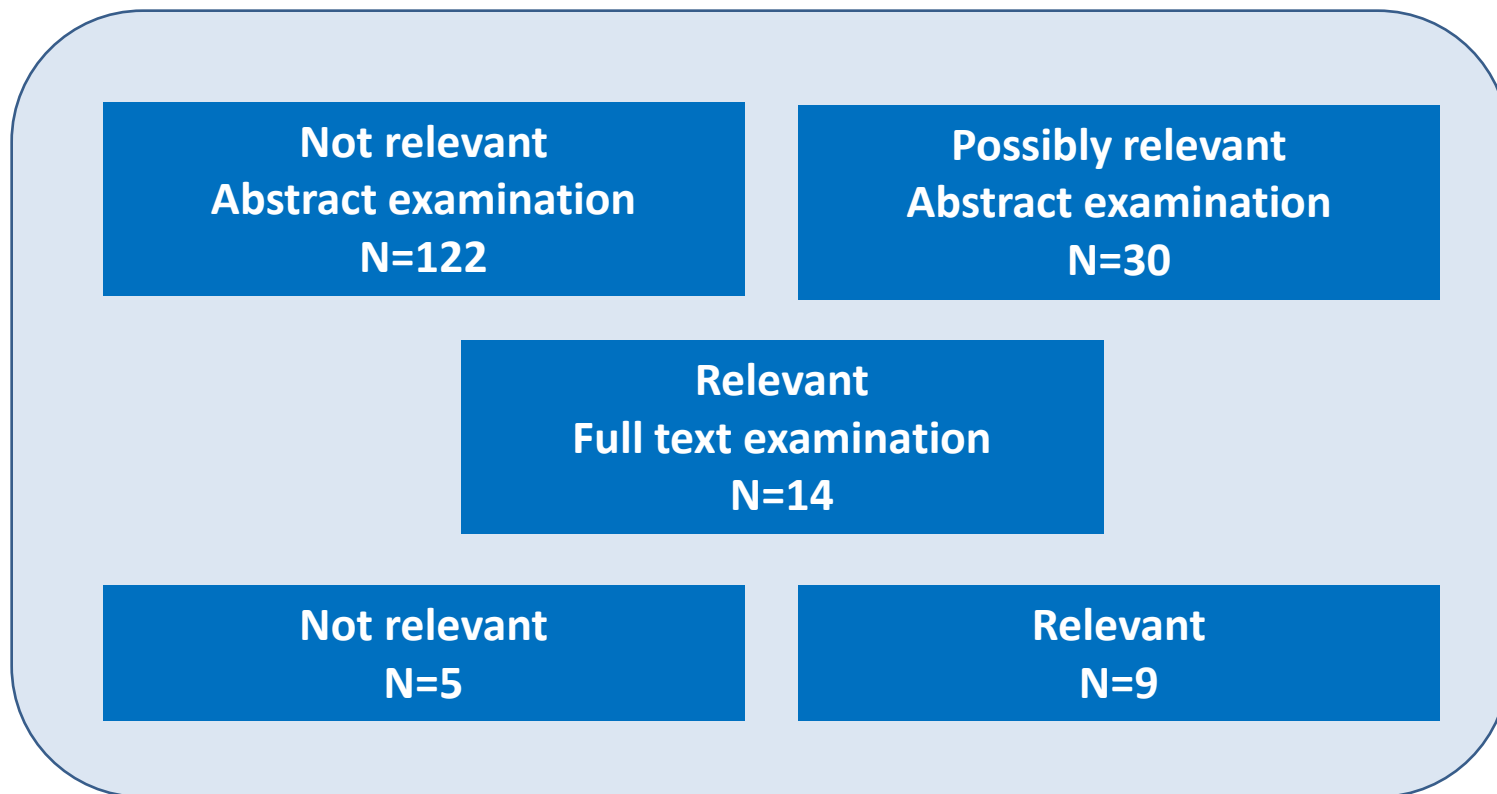
We had to focus on **finding studies that demonstrated how RTW changes over time.**

We limited the search to minor mental illness/depression, CMD (common mental disorder).

We made searches only in the Pub med database.

We did not take into account the given intervention or lack of intervention.

Outcome



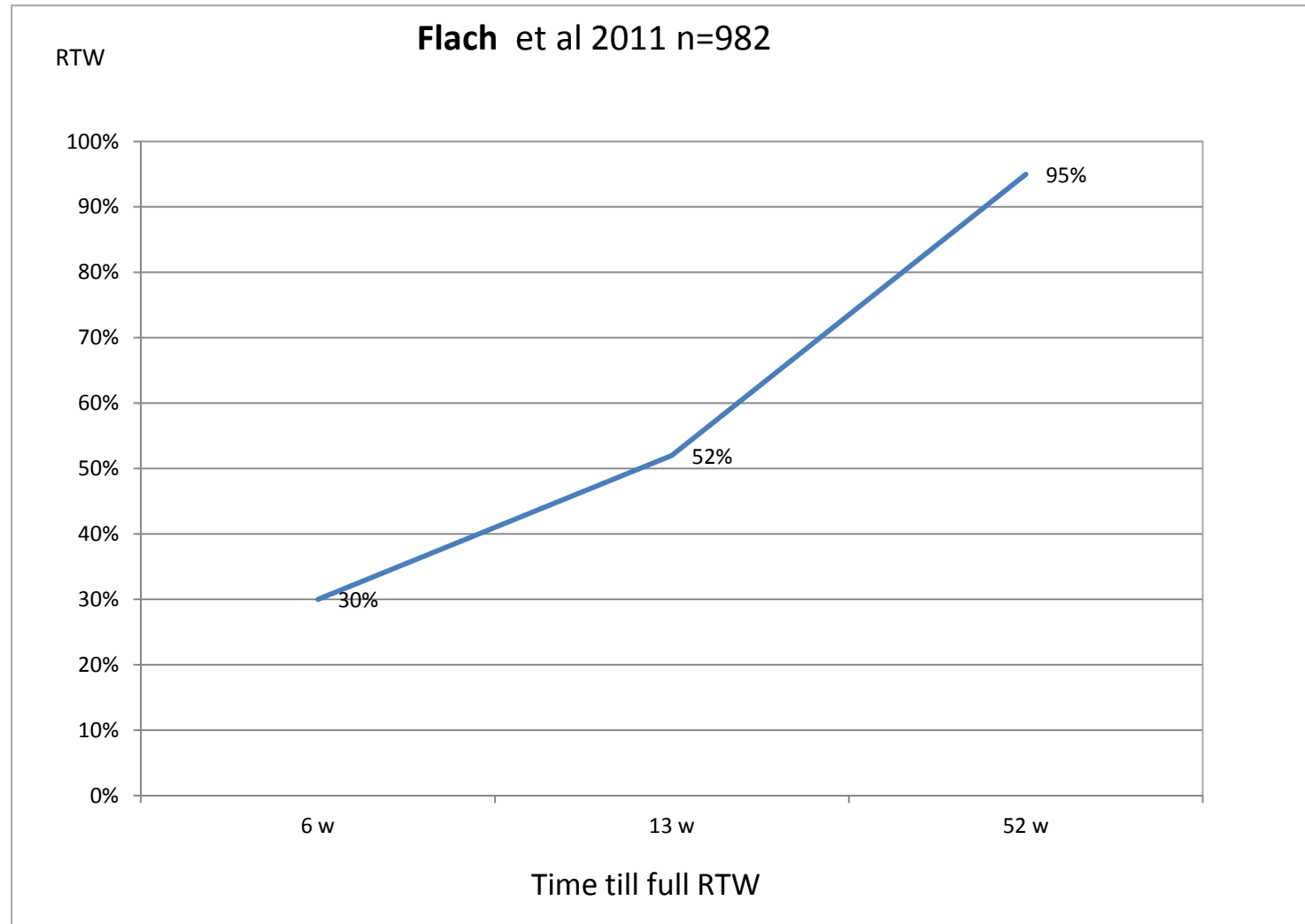
152 studies were identified in the database (Pub Med) search
Finally **9 studies were relevant**

Relevant studies

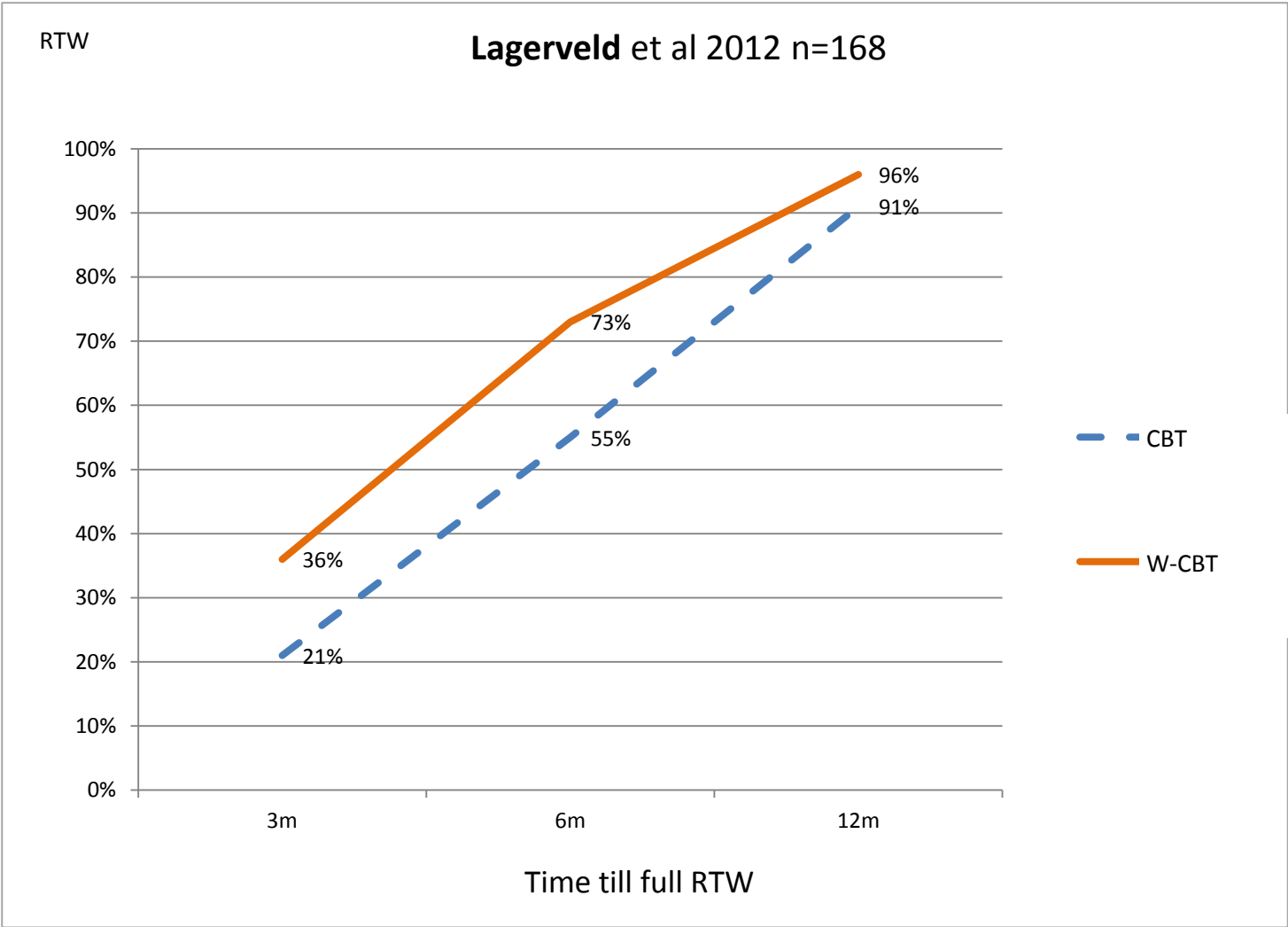
Study	Design	Population	Follow up	Supports Krafft's model	
				Yes	No
Brouwers 2009	RCT (randomized controlled study)	194	6 months after T0 telephone interview	(X)	
Flach 2011	Prospective, follow up	982	12 months Occ health and registers		X
Lagerveld 2012	Prospective, follow up,	168	1,3,6,9 and 12 months, psych outpatients. questionnaire		X
Nielsen 2011	Prospective follow up	644	12 months, registers (self-reported diagnosis)		X
Nielsen 2012	Prospective, follow up	205	12 months, questionnaire		X
Nieuwenhuijsen 2012	Cluster randomized study	179	12 months, self-reported		X
Noordik 2012	RCT	160	12 months, diaries + medical records		X
Roelen 2012	Register study	51 754	2 years, registers		X
Sandmark 2011	Prospective, follow up	193 ♀ 33-55yrs	3 years, questionnaire		X

Literature summaries

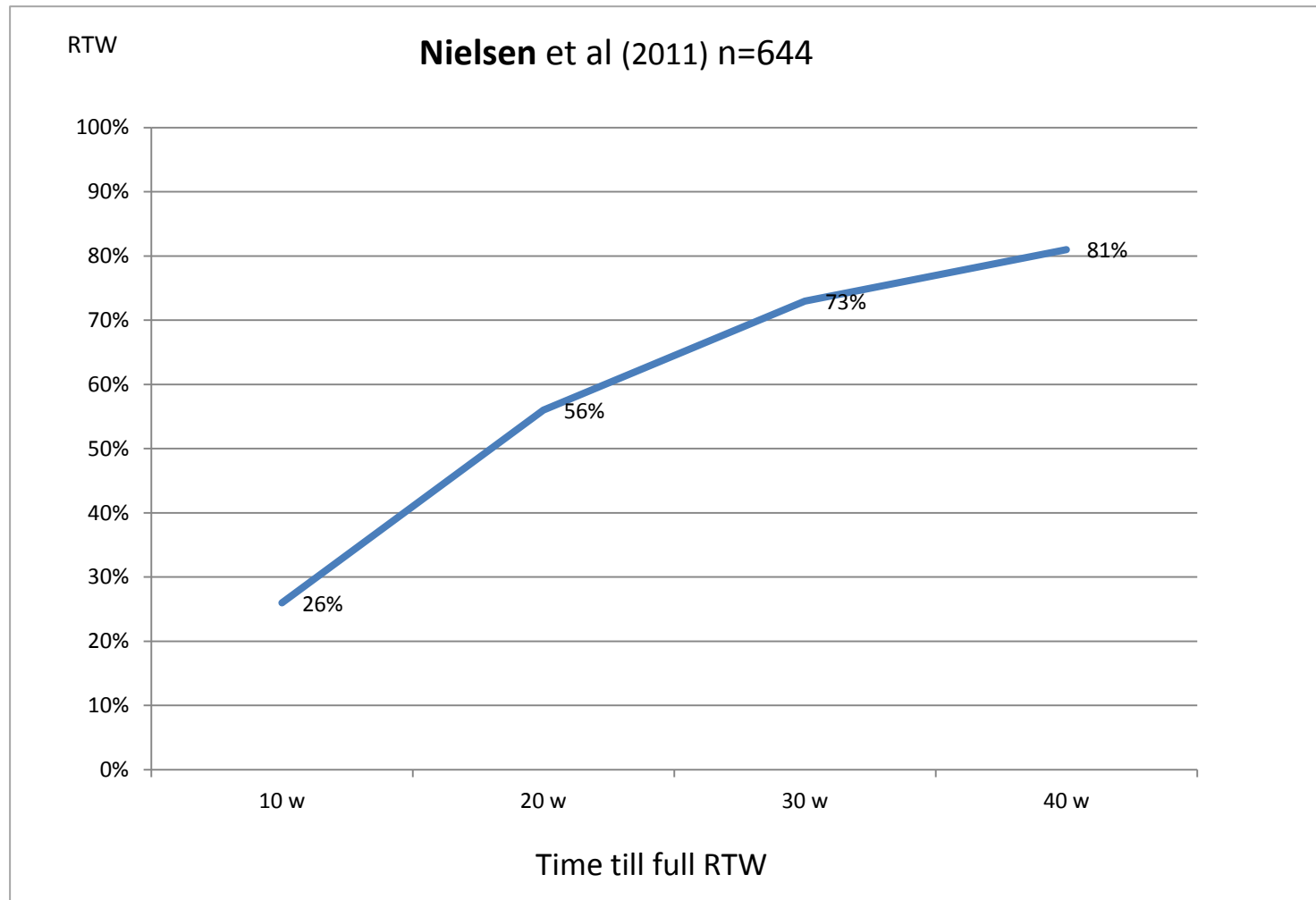
I will not describe the studies thoroughly. You can read more about them in our project work in full text. I will only show the graphs.



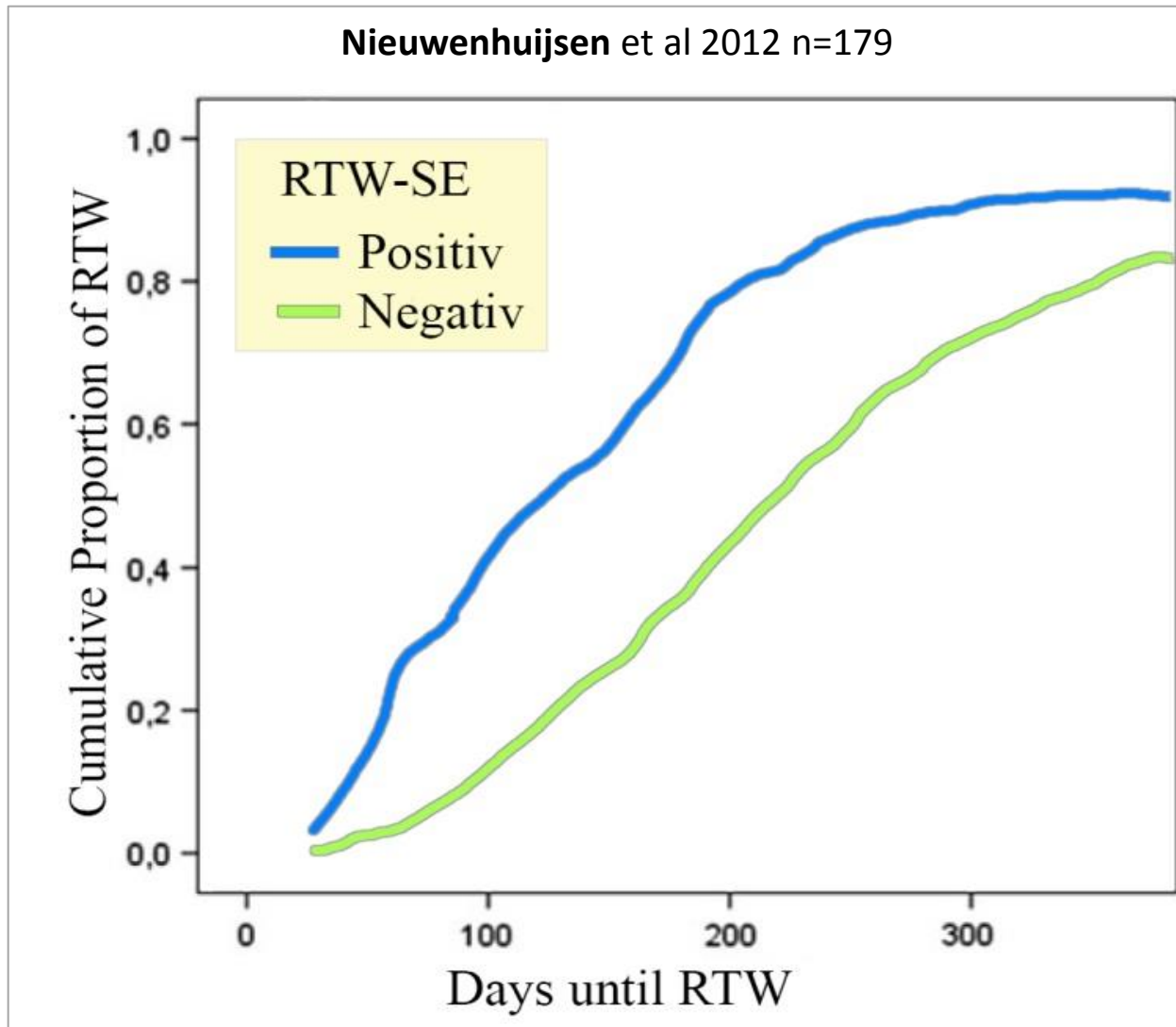
Literature summaries



Literature summaries



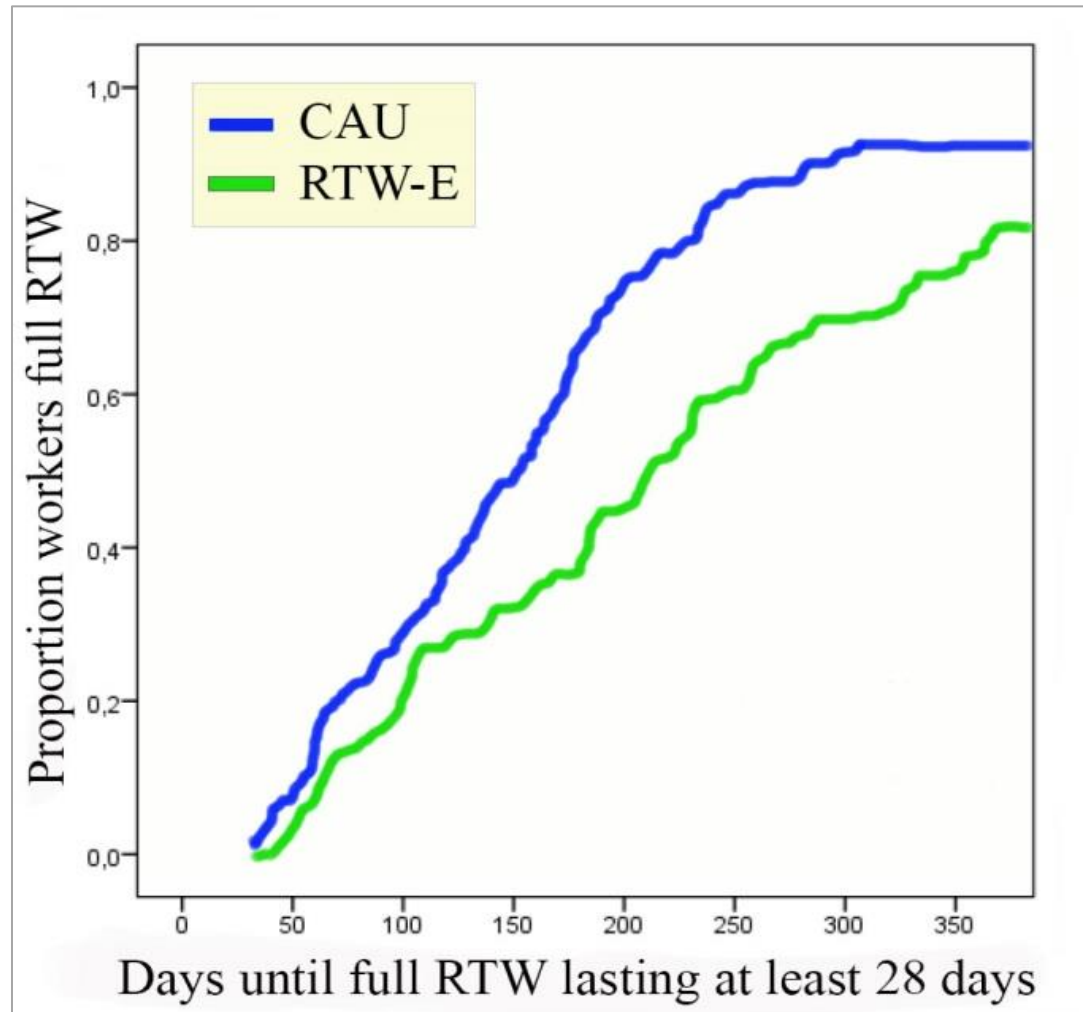
Literature summaries



Modified figure from Nieuwenhuijsen m fl. J Occup Rehabil (2013) 23:290-299.

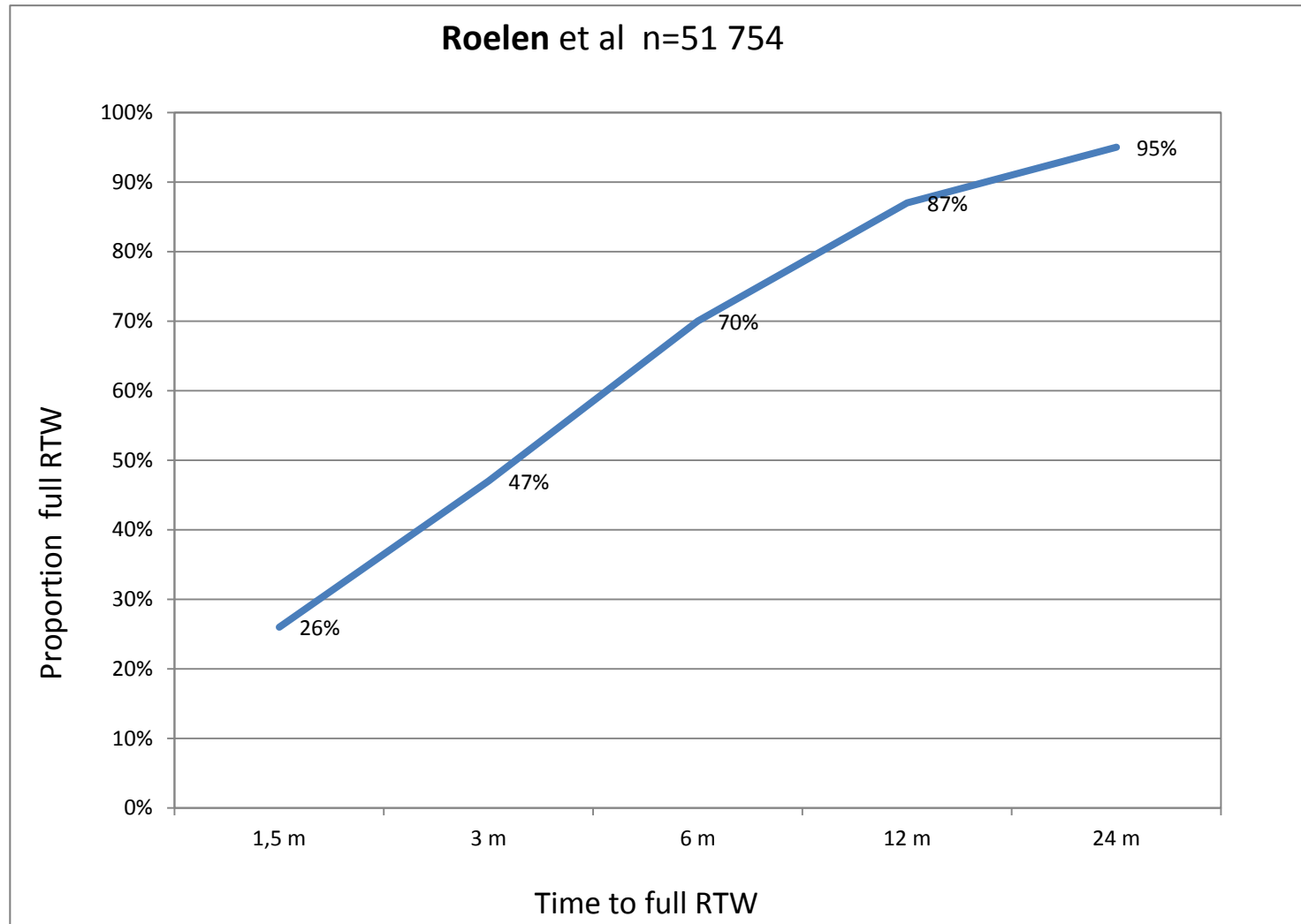
Literature summaries

Noordik et al n=160

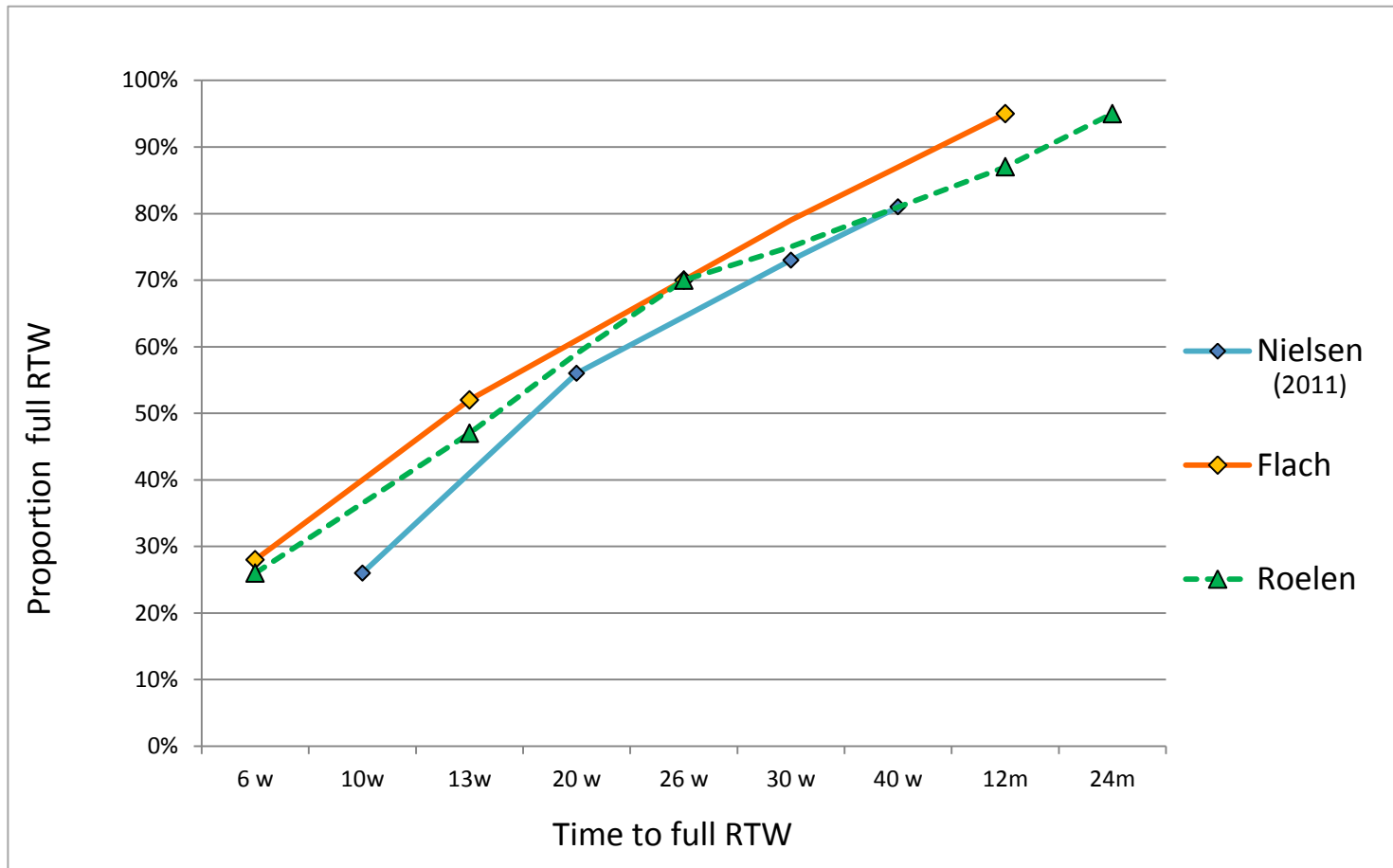


Modified figure from Noordik et al. *Scand J Work Environ Health* 2013, Vol 39, no 2.

Literature summaries



Three studies in the same diagram.



The percentage of full RTW with respect to time of sick leave for three studies.

The figure shows that the populations RTW is quite linear without any radical changes at 3-6 months of sick leave.

Result

Our conclusion of reading the studies was that **there is no evidence that RTW changes dramatically at 3-6 months of sick leave** for persons suffering from common mental disorders.

This is regardless of whether there has been an intervention or not.

The **rate of change in the RTW is slightly higher** at the beginning, during the first months (3-6 months) of sick leave .

Result

Then the populations RTW is **fairly constant** for a long time.

It also feels hopeful that even long sick leave for milder mental disorders have a good prognosis.

In the largest registry study of nearly 52 000 surveyed, as many as 95 % were back in full work after 24 months.

Thank you

for your attention!

