

Interventions in healthcare for individuals with long-term sickness absence

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Restriction to common diagnoses with long-term sickness absence based on statistics

Diagnosgrupp (ICD 10 –kategorier)	Sjukfall >90 dagar
Anpassningar och reaktion på svår stress	33 422
Depression/recidiverande depression	11465 / 5060
Andra ångestsyndrom	9452
Ryggvärk/diskbråck	7138/1893
Bröstcancer	2127
Knäartros/höftartros	3236/2468
Fibromyalgi	2447
Bipolär sjukdom	2121
Sjukdomar i skuldra	2865
Smärta/värk	908
Post covid (postinfektiös trötthet)	2 098 (data från aug 2022)

Interventions that could be performed within healthcare

The interventions were categorised as:

Unimodal

Multimodal

Coordination or work place involvement

Interventions to caregivers



Inclusion criteria

- RCTs
- Include assessment of effect on sickness absence or RTW
 - Have low or moderate risk of bias
- Include a population with a common diagnoses for sickness absence

Flowchart

Systematic search in 4 databases

8335
Screened for relevance



8052
Not relevant



280
Read in full text



146
Excluded



134
Assessed for risk of bias



36
High risk of bias (excluded)



98 articles (68 studies)
Included

Of more than 8000 references 98 were included. They stemmed from 68 unique studies

What did we find?

- Many studies!!!
- Foremost from the Netherlands, Norway, Sweden and Denmark
- All in all 40,000 participants
- Large variation

• Most studies did not observe significant effects on RTW

Interpretation

We don't know the size of the effects

Since the results were varied, the graded evidence will be lower

Conclusions:

• Unimodal interventions, multimodal interventions and interventions that involve coordination or work-place involvement have a possible positive effect on RTW (within 12 months) for individuals with sickness absence due to mental or musculoskeletal diagnoses.

Knowledge gaps

- Not possible to assess the effect of interventions directed at care givers on RTW.
- Not possible to assess long term effects for any type of intervention.
- Not possible to assess effects among women with breast cancer.
- Studies are missing on bipolar disease and post covid.

Health economic assessment

- 10 studies included a health economic evaluation
- Main conclusion, even a small effect on RTW will generally be cost effective from a societal point of view.

Ethical analyses

- Complex caregiving situation. Many stakeholders with different missions, interests, and rules.
 - Equality and fairness
 - Autonomy
 - Integrity
 - Can influence third part

Summary

- There is a lot of research on intervention for individuals at risk och in long-term sickness absence
- Despite the amount of research few clear effects
- When the results are put together some support was found for unimodal and multimodal interventions and for interventions involving coordination or work-place involvement,

The group identified a couple of studies with reported effects, future research should focus on replicating these studies.

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