



Lower the burden: Do we have evidence?

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Thanks to the presenters

- ◆ They have provided an overview of the present evidence on disability from different perspectives and diverse methodologies

Cette présentation a été effectuée le 23 octobre 2006, au cours du symposium "Prévenir l'incapacité au travail : un symposium pour favoriser l'action concertée" dans le cadre des Journées annuelles de santé publique (JASP) 2006. L'ensemble des présentations est disponible sur le site Web des JASP, à l'adresse <http://www.inspq.qc.ca/jasp>.



Bill Shaw

- ◆ Nine published reviews on LBP disability
- ◆ 25 factors constantly associated with prolonged back pain disability
- ◆ Most of them are modifiable
- ◆ Psychosocial and workplace factors are key



Renée-Louise Franche

- ◆ Review of quantitative and qualitative studies on workplace-based RTW interventions
- ◆ Major role of:
 - Workplace: work accommodation, work modification, contact with worker
 - RTW coordination
- ◆ Need of mutual confidence among parties



Han Anema

- ◆ Dutch experience for RTW interventions for subacute LBP (3 RCTs)
- ◆ Sick leave duration and cost effectiveness
- ◆ Workplace intervention and low intensity back school accelerate RTW
- ◆ Less intensive interventions are most cost effective at the subacute stage



Marie-José Durand

- ◆ Facilitators and obstacles to progressive RTW for LBP (how they work)
- ◆ Need of close management of the RTW process :
 - Anxiety, stress, fears, pain experience
 - Bringing together stakeholders
 - Progression of tasks (nature and time), leeway
 - Conditions for effectiveness of progressive RTW



Stéphane Poitras

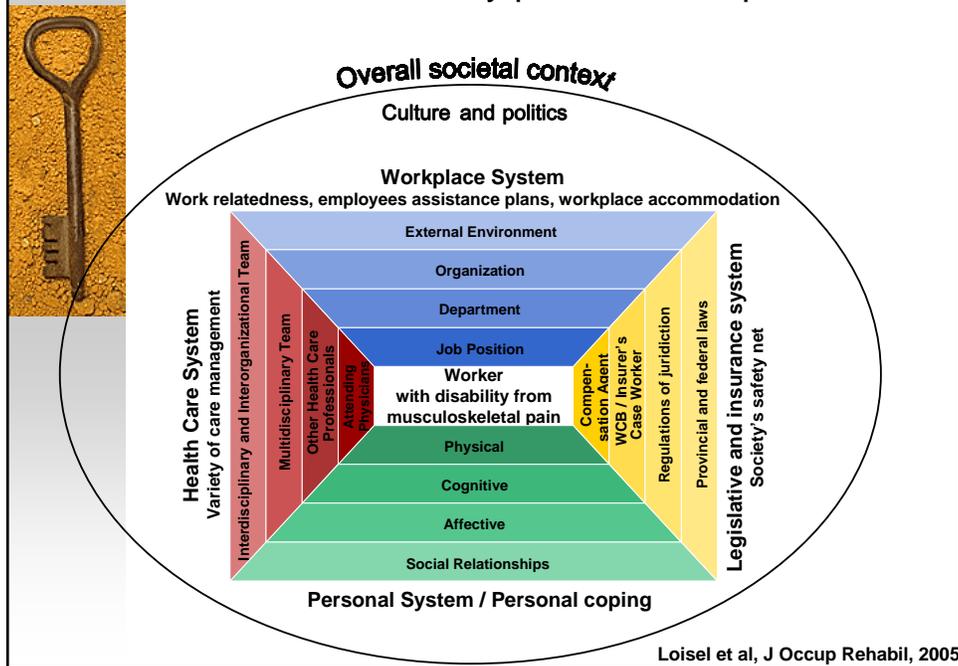
- ◆ Survey of Quebec PT's practice
- ◆ Rx objective:
 - Major: lower pain
 - Minor: improve function
- ◆ Most used interventions NOT evidence-based
- ◆ Depend on training
- ◆ Depend on reward from system?



Summary of evidence (LBP)

- ◆ Disability predictors
 - Fears and anxiety
 - Workplace factors
 - Stakeholders' factors
- ◆ Effective interventions:
 - Reassurance
 - Linked to workplace
 - Bringing stakeholders on side
- ◆ Work disability from other MSDs, mental health, cardiovascular, etc.

The arena of work disability production or prevention



The challenge of implementing evidence

- ◆ Loisel, Buchbinder, Hazard, Keller, Scheel, van Tulder, Webster : JOR 2005
- ◆ **Changing Providers' Focus**
- ◆ **Providing Reassurance to the Worker**
- ◆ **Helping Workplaces**
- ◆ **Bringing the Stakeholders on Side**
- ◆ **Modifying the Societal Context**



We do have evidence

- ◆ The burden of work disability is no more affordable
- ◆ Disability attacks health and worker's role
- ◆ Disability is different from disease
- ◆ Aim of management should be disability
- ◆ WE DO HAVE EVIDENCE
- ◆ Applying evidence is a win-win strategy



**SYSTEMIC INCENTIVES AND
APPROPRIATE TRAINING
FOR APPLYING EVIDENCE
ARE URGENTLY REQUIRED**

If the personal and social burden
of disability is to be lowered



Work Disability Prevention CIHR Strategic Training Program

- ◆ Program funded by the Canadian Institutes of Health Research (CIHR)
- ◆ Objective: To offer an innovative program to PhD and post-doctoral fellows focusing on the development of transdisciplinary work disability prevention (WDP) knowledge, skills and attitudes in order to resolve complex problems
- ◆ FREE TRAINING
- ◆ Canadian and foreign students
- ◆ Application: January 2007



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