

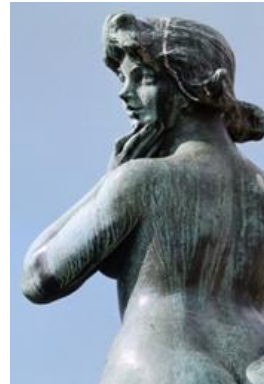
IMPROVING PAIN MANAGEMENT IN OCCUPATIONAL HEALTH SETTINGS IN ORDER TO PREVENT WORK DISABILITY

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The project includes the following modules with the aim of:

Background:

- Helsinki City Occupational Health Centre provides occupational health services to the almost 40,000 employees working in the city departments.
- Every year, pain and pain-related diseases cause hundreds of thousands of sickness absence days among city employees. Additionally, the majority of work disability pensions are related to pain.
- 'Pain and Work Disability' is a newly developed project in the Helsinki city OHC with the aim of systematically improving pain management in order to reduce work disability.



- enhancing the use of comprehensive pain management tools (particularly non-pharmacological);
- screening systematically "yellow flags" to detect high-risk disability cases;
- finding alternatives for full-time sick leave (fit note, part-time sick leave etc.);
- creating common guidelines for sick leave prescribing (first piloting 3 common pain conditions: low back, shoulder, elbow pain);
- providing direct access to physiotherapist (self-referral);
- enhancing the use of cognitive functional therapy among physiotherapists;
- launching pain management groups at OHC;
- creating a web-based course about modern pain management for OH personnel;
- educating upper management, supervisors and employees;
- media coverage with journal articles, pain management hand book etc.

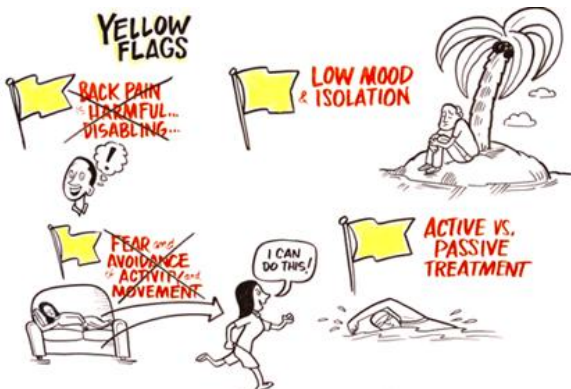
Various outcome measurements will be used, including surveys, number of consultations, sickness absence data, disability pensions etc.

Conclusions:

More comprehensive and systematic pain management tools are needed to better manage the massive burden of work disability related to pain and chronic pain in particular.

At least in Finland, OH plays a key role in this shift of paradigm.

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Source: Dr.Evans Low back pain Youtube-video