Vocational Rehabilitation Service- An Interfacing Model between Hospital and Community Partner

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Introduction

From December 2006,

OT Department of United Christian Hospital (UCH) started collaborating with the community partner

Hong Kong Workers' Health Center

(HKWHC, 香港工人健康中心)

Reason for the collaboration

According to the yearly statistics review:

Average post injury period was 45 weeks,
62.4% of cases were referred after post injury > 6 months

Inappropriate timings for referrals

According to "A Retrospective Study on the Work Rehabilitation Outcome Evaluation in a Local Acute Hospital" **presented in APOTC 2007:**

Factors correlating to the successful RTW of the local WR cases:

Post-injury period ($p < 0.005$)

IOD Status($p < 0.005$)

Diagnosis ($p < 0.001$)

Educational level ($p < 0.005$)

Previous occupation ($p < 0.005$)

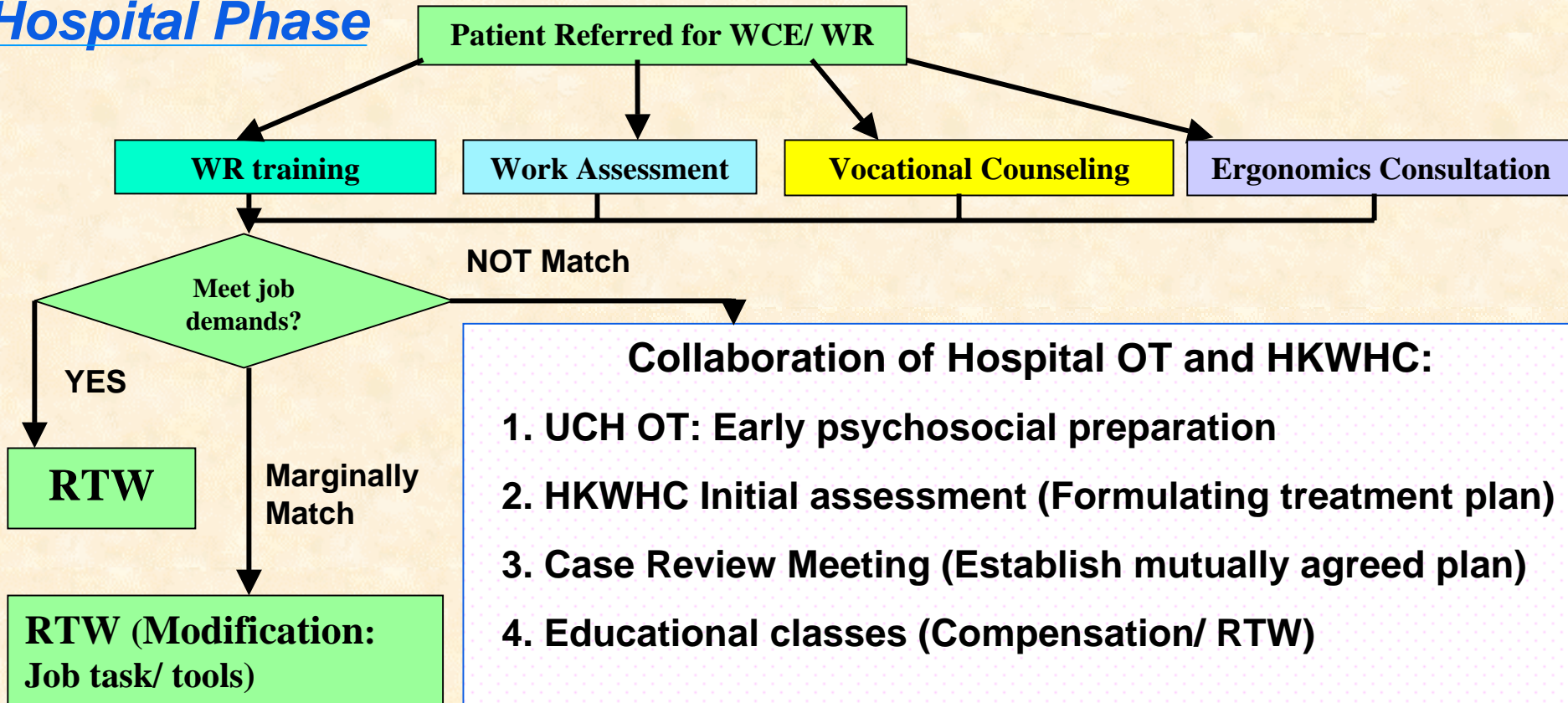**PDC level of previous job ($p < 0.005$)**

To facilitate:

- **Interface between hospital and community phases of VRS**
- **Early community intervention & engagement**
- **Better service continuity, quality and effectiveness, *successful RTW rate.***

Collaboration of Hospital OT and HKWHC

Methods of Collaboration

Patient Referred for WCE/ WR

WR training | **Work Assessment** | **Vocational Counseling** | **Ergonomics Consultation**

Meet job demands?

NOT Match

YES

Marginally Match

RTW

RTW (Modification: Job task/ tools)

Collaboration of Hospital OT and HKWHC:

1. **UCH OT: Early psychosocial preparation**

2. **HKWHC Initial assessment (Formulating treatment plan)**

3. **Case Review Meeting (Establish mutually agreed plan)**

4. **Educational classes (Compensation/ RTW)**

Community Phase

Patient Retraining & Resettlement Program
Transitional work
Volunteer work

Examples of WR training

Transportation work in warehouse

Out-door training

Work simulation

Actual work task training

Carrying and climbing stair training: logistic/ transportation worker

Push/ pull sled (Graded weight)

Shoveling

Use of Cleansing trolley

Examples of Work Assessment

ARCON dynamic lifting test/ static lifting test

Shoveling

Collecting Laundry Bag   **Climbing up ladder**

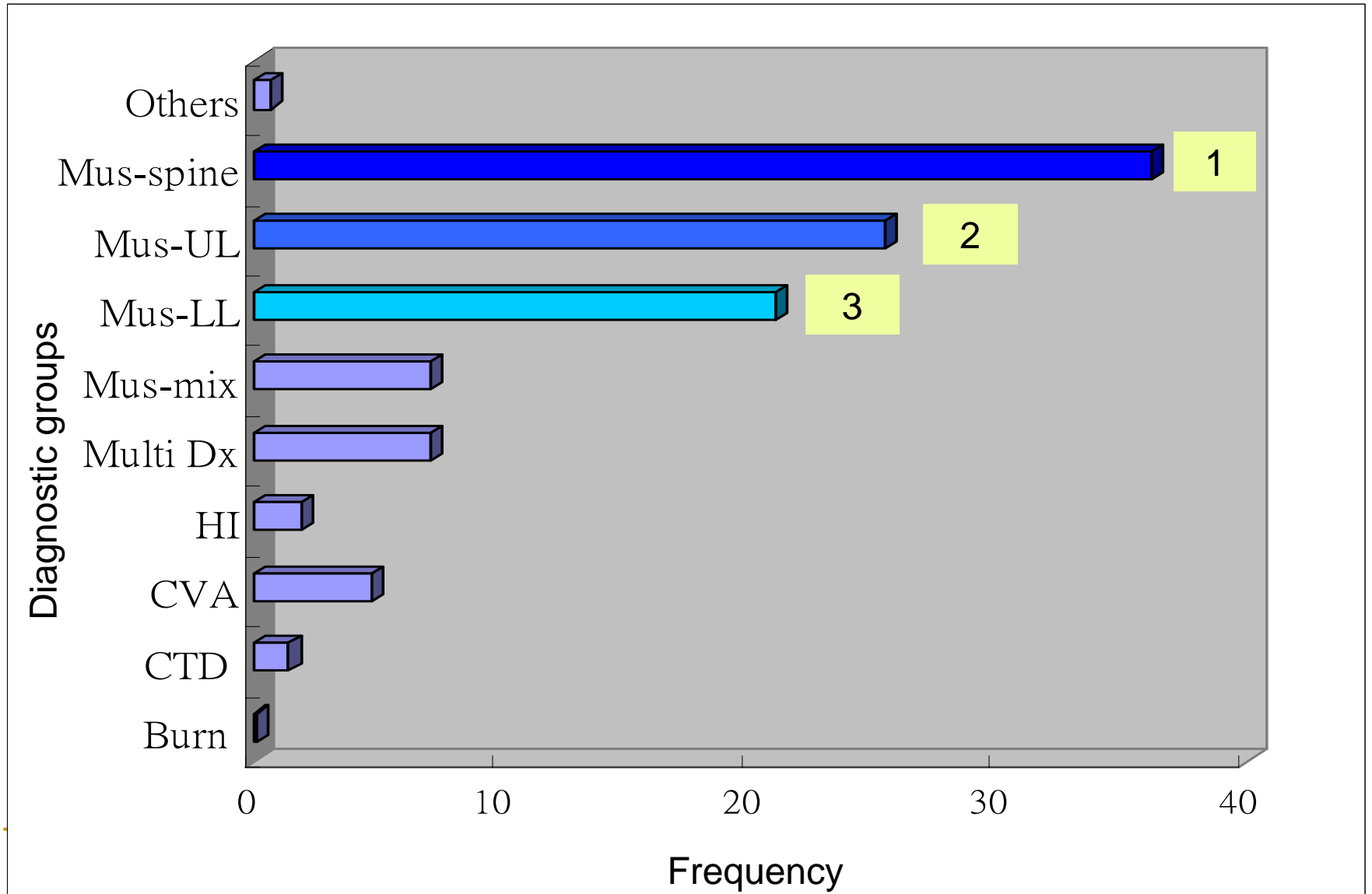**Use of Cleansing trolley**

Wood Work

Methods of review

- The clients attended the project from December 2006 to October 2007 were reviewed retrospectively.

- Their demographic characteristics, problematic areas and programs received were retrieved for analysis with the use of descriptive statistics.
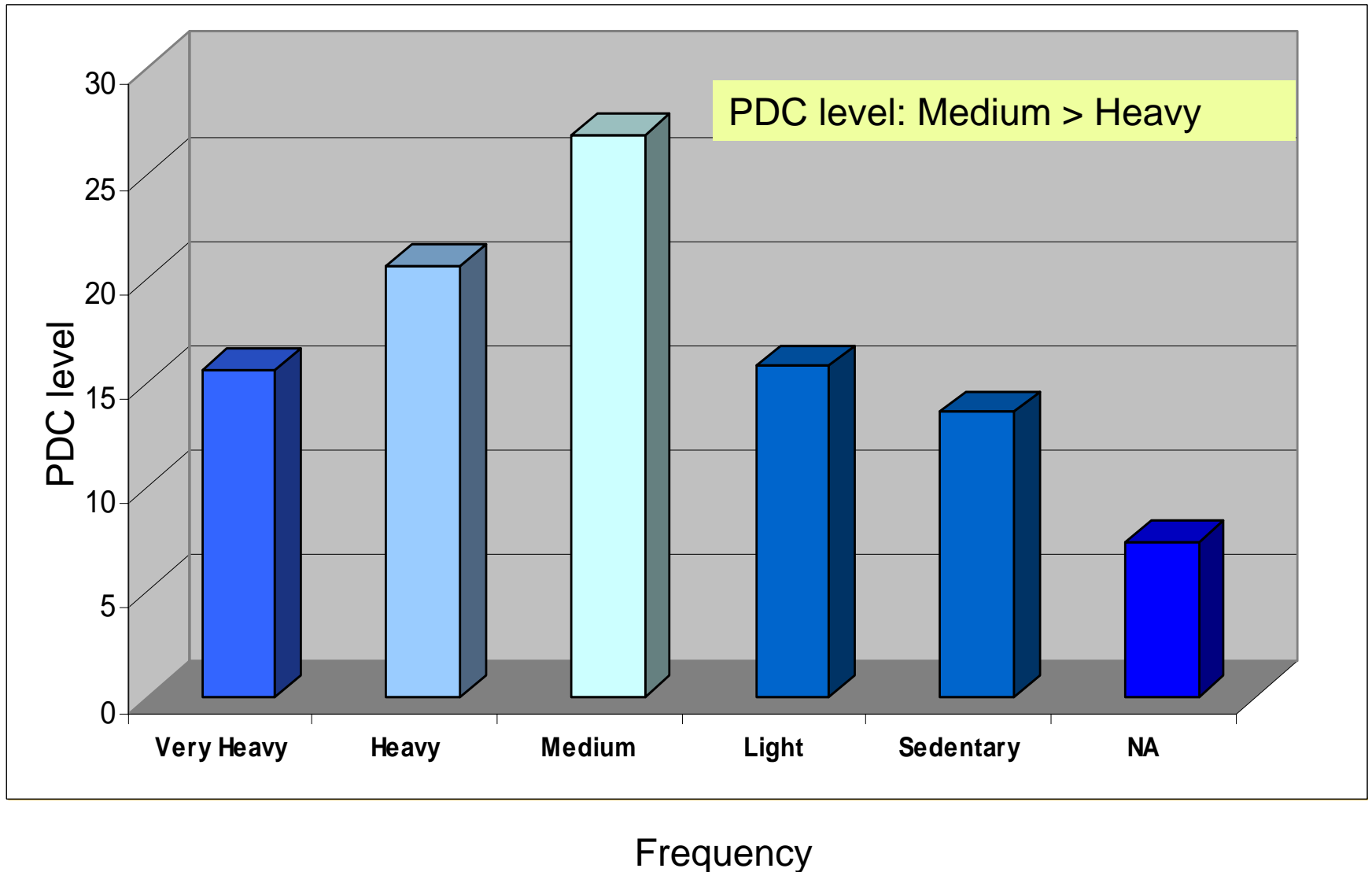
Summary of Outcomes

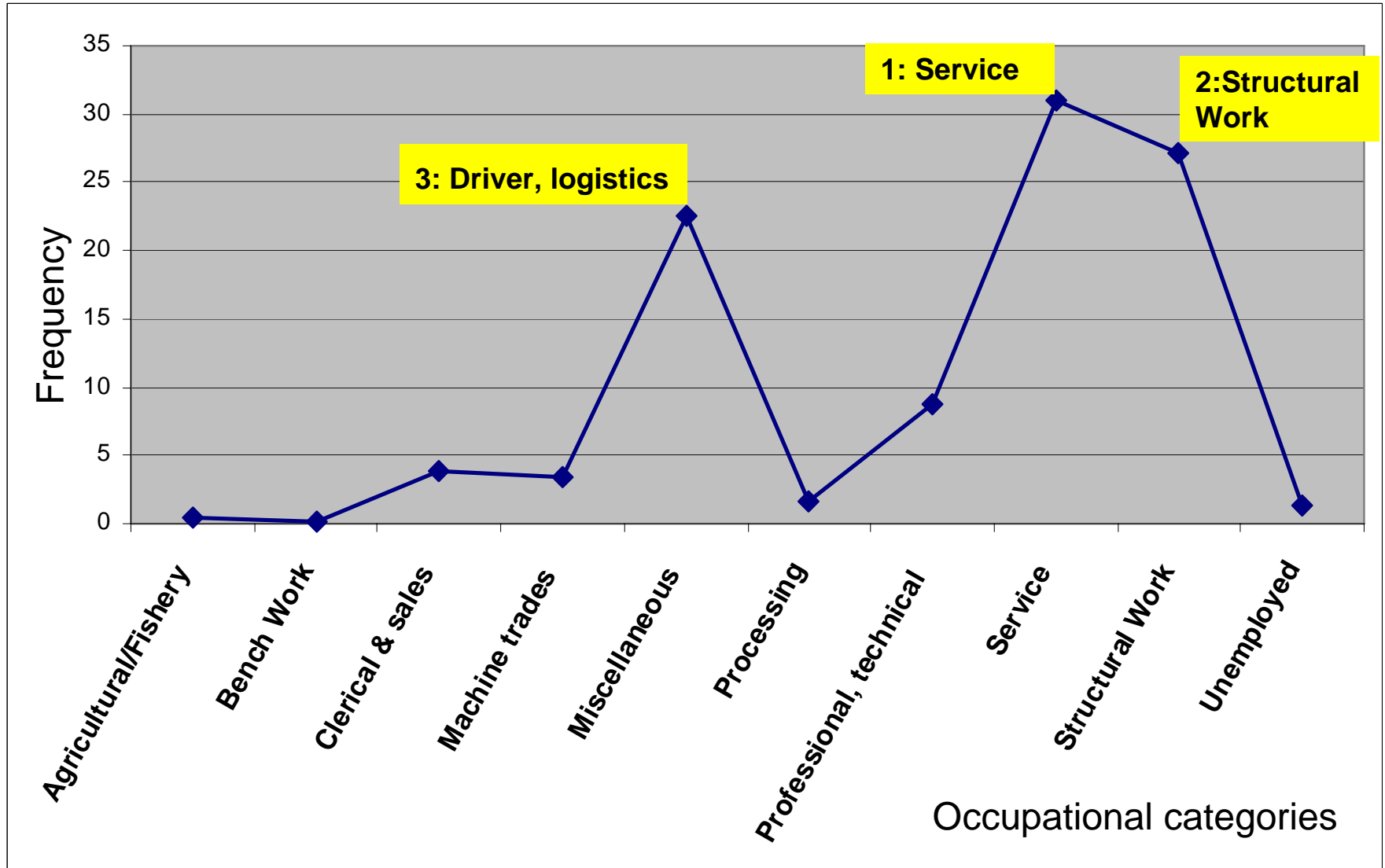|	
Total no.	**66**
Sex	**Male : 46 (70%) Female : 20 (30%)**
Age Range	**24-58 y.o. (Mean : 45.18 y.o.)**
Post injury period	**Average post injury period was 45 weeks, 62.4% of cases were referred after post injury > 6 months**
Major Problems of the cases	■ **Most of them were not able return to their original jobs** ■ **34% of them suffered from chronic pain** ■ **18% got psychosocial problem in return to work**
Outcome after join the HKWHC collaboration	■ **56% joined vocational resettlement program (to prepare change jobs)** ■ **22% of them joined the Transitional Work Program (volunteer work) while pending for their further adjustment and acceptance of disability** ■ **The rest was found to be indicated for further psychosocial intervention and regular follow up.**

Diagnostic groups

Physical Demand Level of Clients

PDC level: Medium > Heavy

PDC level (y-axis): 0, 5, 10, 15, 20, 25, 30

Frequency (x-axis): Very Heavy, Heavy, Medium, Light, Sedentary, NA

Occupational Categories of Clients

Conclusion

Prolonged post injury period,

Job nature…..
(heavy PDC level/ work in structural work)

Diagnosis (spinal injury)

↓

Affect clients from RTW after work injury* (refer to appendix)

Collaboration with the HKWHC for <u>Early Community Intervention & engagement</u> to enhance better *service continuity, quality and effectiveness, ultimately successful RTW rate.*

After implementation of the program for a year, it is expected that more clients could be referred from OT Department of UCH to HKWHC under this collaboration for more effective intervention.

End

Thank You!

Appendix

Negative Factors	Literatures Reviews
Post injury period **> 30 weeks**	Rehabilitation/ disability management program available **within 30 days** from injury have **Significant Positive effect** to the RTW rate (Crook J., et al., 2002) The **Most Important** principle of disability management is **"Early Intervention"** (Galvia, 1985)
Higher PDC level **Structural Work** category	Presence of **Modified Jobs** enhance RTW (Lemstra. M., et al., 2004)
Back Injury Cases	**Multiple** physical disabilities, activity limitation, **pain** reduces the RTW rate (Wand et al., 2004)