

Employment in the multi-morbidity care model for people with chronic conditions

In the process of care which interventions can be put in place to guarantee inclusion, maintenance, reintegration of people with chronic diseases?

- **Need of multidimensional interventions**
- **Which of these dimensions is key?**

Overview of integrated care protocol

Integrated care management by clinical occupational physician

Aim—To plan and coordinate care and communicate with other involved healthcare professionals

Period—From week 1 to full sustainable return to work, or week 12

Content—Formulate treatment plan (week 1), monitor treatment plan (week 6), and, when necessary, communicate with other healthcare professionals

Workplace intervention

Aim—To achieve consensus of all stakeholders about adjustments to the workplace to facilitate return to work

Period—From week 3 to week 12

Content—Observation of patient's workplace; obstacles on return to work ranked independently by supervisor and patient; patient, supervisor, and occupational therapist brainstorm and discuss possible solutions for obstacles until reaching consensus

Graded activity

Aim—To restore patient's occupational function and supervise return to work

Period—From week 2 to full sustainable return to work, or after receipt of 26 sessions of graded activity (within maximum of 12 weeks)

Content—Baseline (consisting of three sessions) to test patient's functional capacity; individually graded exercise programme, teaching patients that, despite pain, moving is safe while increasing activity level

**Randomised
controlled trial of
integrated care
to reduce
disability from
chronic low back
pain in working
and private life**

- **Need of multidimensional interventions**
- **Which of these dimensions is key?**
- **Which of them can be covered by an health care programme?**

Develop a common model for multimorbidity management

Delivery system design

- Comprehensive assessment
- Coordinated team
- Individualized care plans
- Case manager

Decision support

- Implementation of EBM
- Team training
- Consultation system

Self management

- Tailor Self-management
- Options for self management
- Shared decision making

Clinical information system

- Electronic patients records
- Exchange patients infos
- Uniform coding
- Patient operated technology

Community resources

- Access community resources
- Involvement of social network

Palmer K et al. 2018

Steps

- Review of the literature
- Identification of components of multidimensional interventions

Components of a multidimensional intervention to guarantee inclusion, maintenance, reintegration of people with chronic diseases

Type of intervention	Aim	For who (target)	Done by?	Which tool/instrument/approach	Pertinent to healthcare? In which step of the care process (model)	Notes
Assessment of working ability						
Workplace intervention/modification						
Rehabilitation/graded activity						
Occupational therapy						
Education/counseling						
Case management*						
Multidisciplinary team*						