

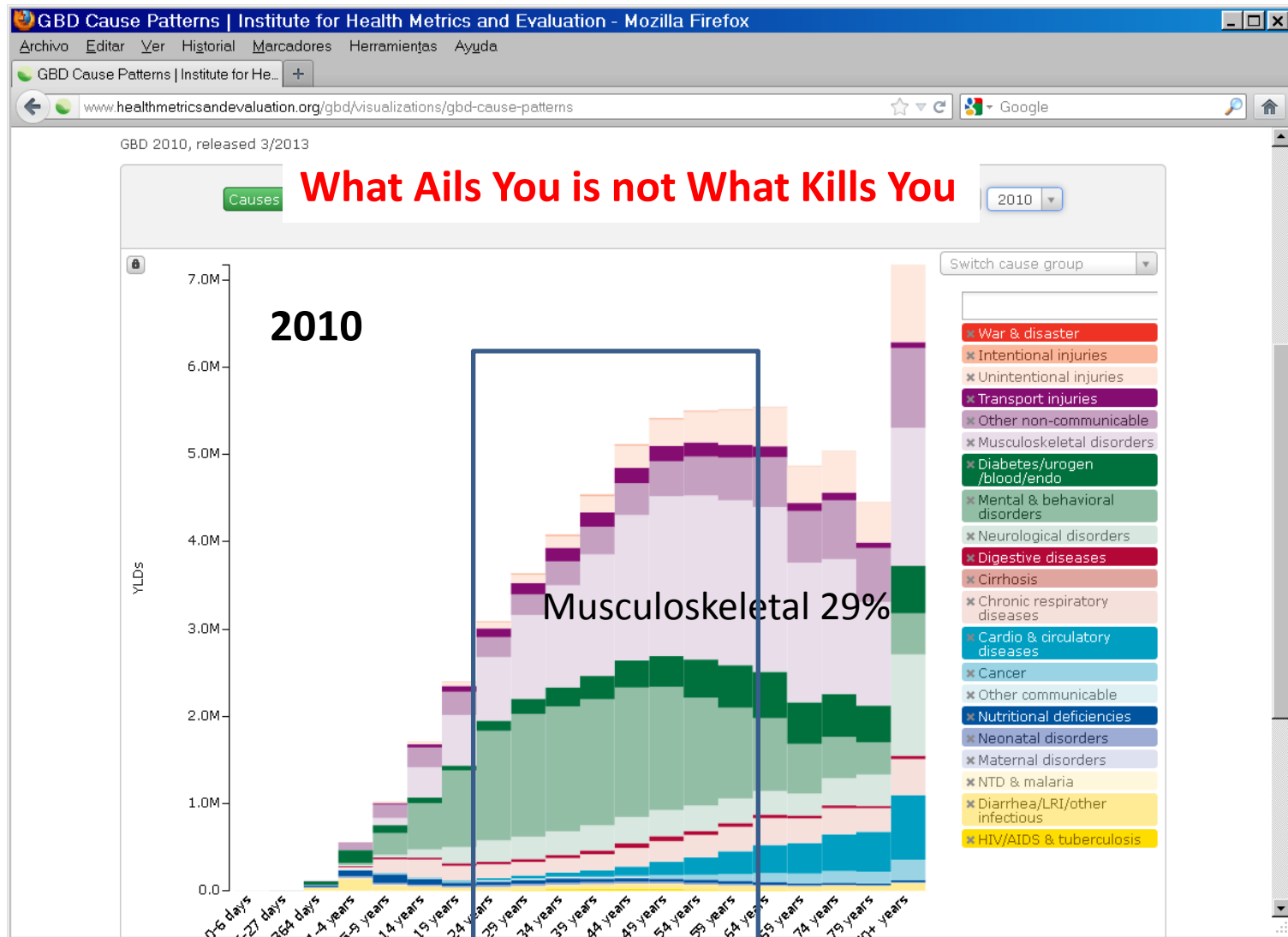
Spanish Early Intervention case study

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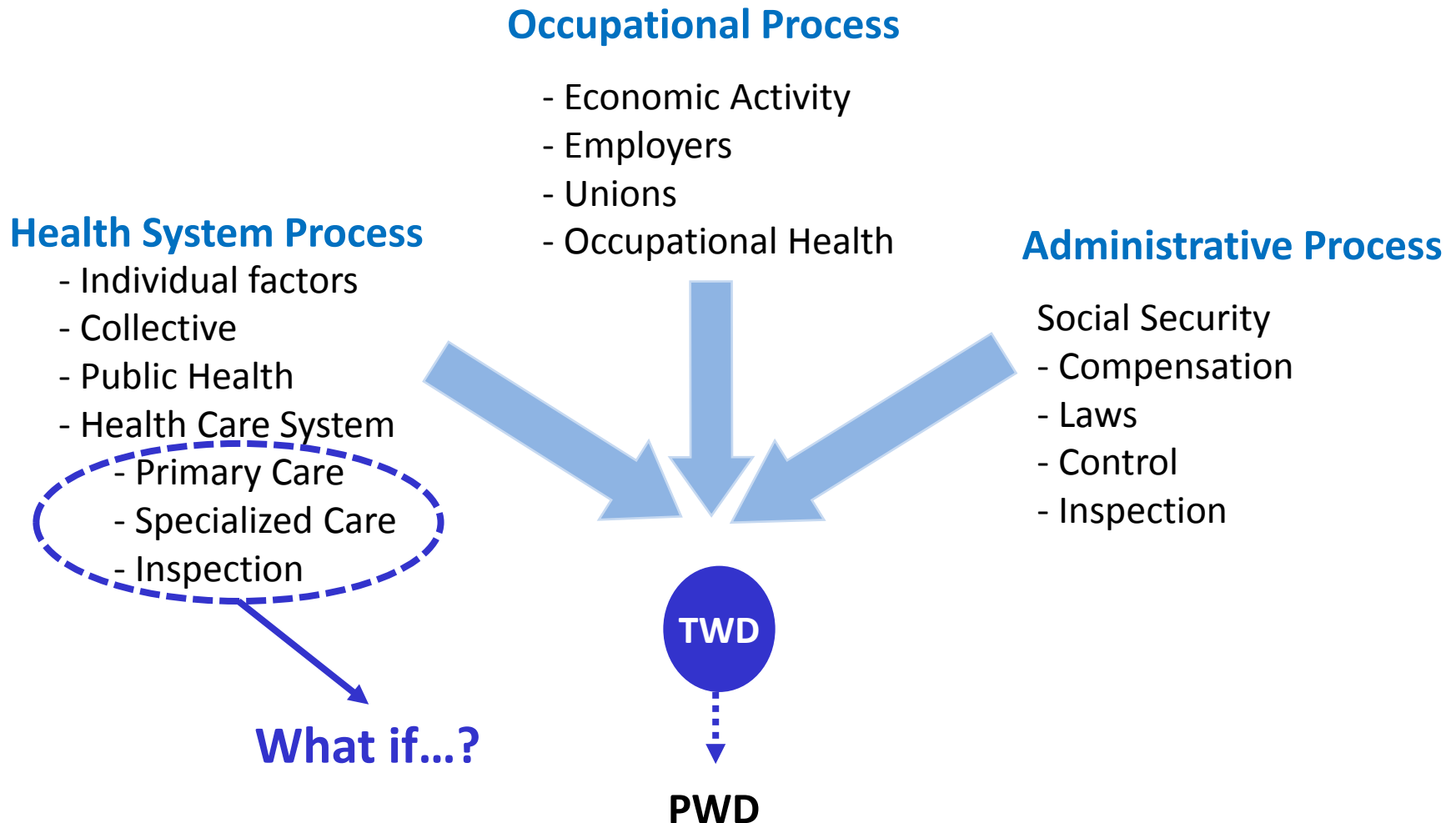
The Global Burden of Disease: Years Lived with Disability (2010)



What is disability?

- It is defined as the ecological gap between the capacities of an individual and his environment
 - The student
 - The Housewife
 - **The active worker**
 - Temporary Work Disability
 - Permanent Work Disability
 - The elderly

The complexity of Work Disability



A Clinical Trial in MSD-TWD

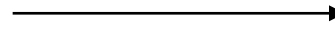
Inclusion: 12 months

Follow-up: 12 months

Randomization

**TWD initiation
due to MSDs**
(13.000 non
selected and d
non-
occupational
episodes)

Control



Results

Duration of TWD

Evolution to PWD

Patient's satisfaction

Economical Analysis

**Early Intervention
Program**



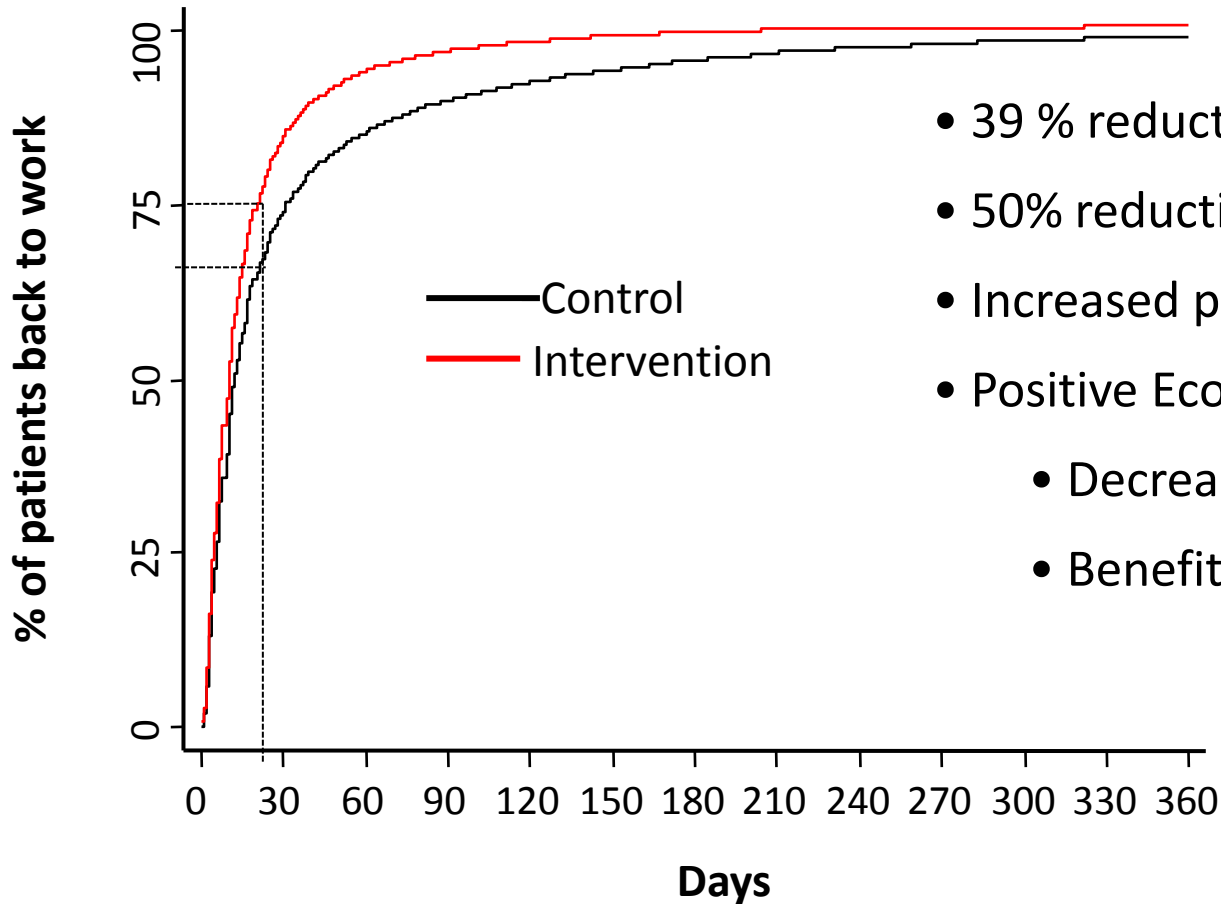
Results



Intervention program

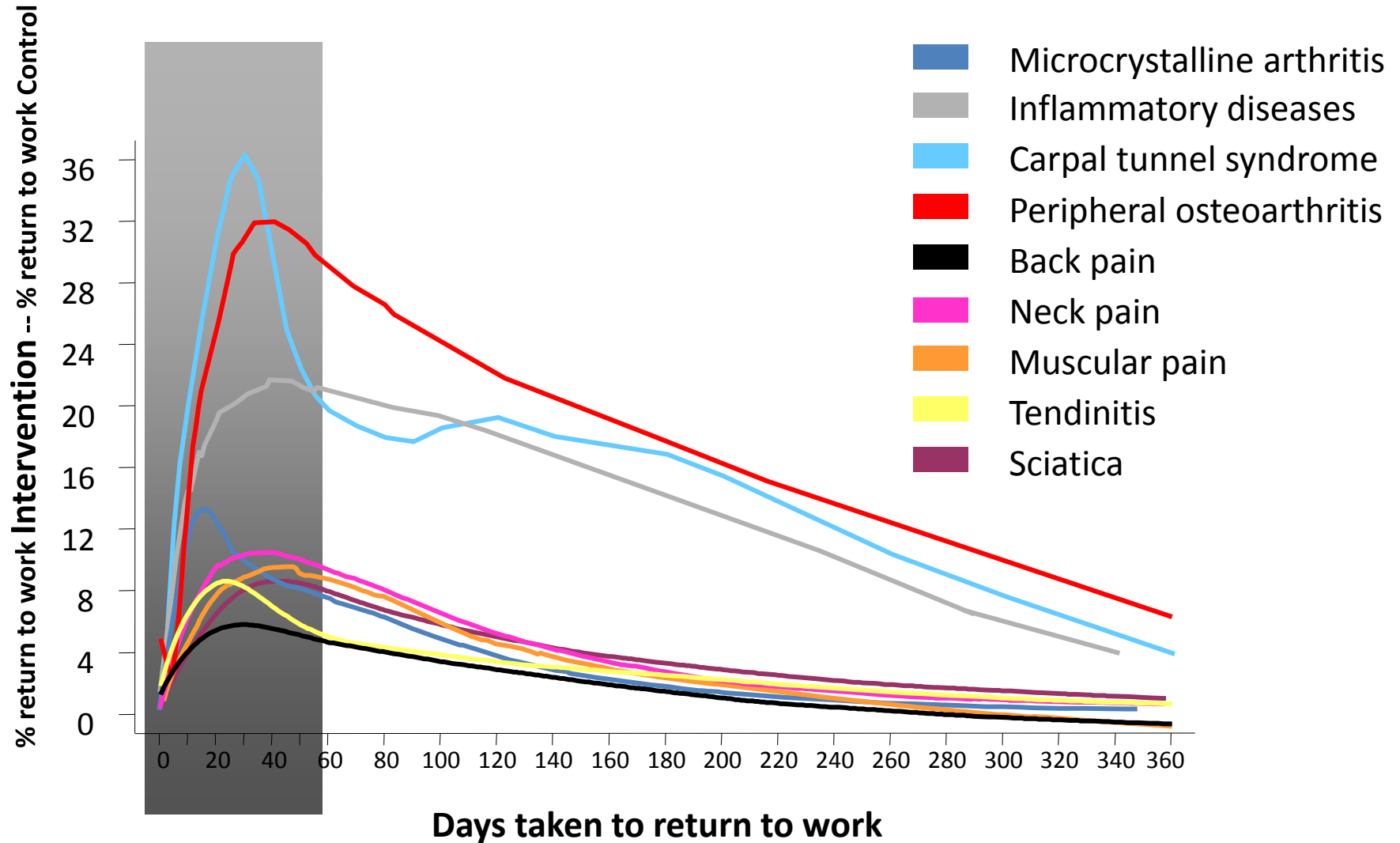
- **Protocolized management of the patient**
- **Made from specific syndrome diseases**
- **Three growing levels of complexity. Depending on:**
 - Clinical judgment of the rheumatologist
 - Timing of diagnostic tests in a stepwise manner
- **Based on:**
 - Expert Clinical Management,
 - Pharmacological Management,
 - Patient Education
 - Physical Exercises,
 - Return to work support

Research results



- 39 % reduction of TWD duration (days)
- 50% reduction of PWD (cases)
- Increased patient satisfaction
- Positive Economic evaluation
 - Decreased direct and indirect costs
 - Benefit/cost at two years: 11 euros

A clinical approach to MSD-TWD: efficacy and early response



When is early enough?

Lag Time to First Visit	HR (95% CI)
0-2 days (ref. category)	1
2-5 days	0.92 (0.83-1.03)
5-7 days	0.78 (0.70-0.88)
7-10 days	0.68 (0.61-0.77)
10-14 days	0.54 (0.46-0.63)
14-21 days	0.41 (0.34-0.51)
21-28 days	0.24 (0.16-0.34)
>28	0.25 (0.18-0.35)

Socio-Demographic Variables	HR (95% CI)
Age (per year)	0.99 (0.98-0.99)
Being woman	0.77 (0.71-0.82)
Self-employed	0.63 (0.54-0.73)
Unemployed	0.41 (0.28-0.58)

Diagnostic categories	HR (95% CI)
Neck pain	1.31 (1.19-1.45)
Back pain	1.20 (1.12-1.29)
Sciatica	0.63 (0.58-0.69)
Knee pain (not osteoarthritis)	1.01 (0.70-1.2)
Peripheral osteoarthritis	0.82 (0.65-1.03)
Muscle pain	0.89 (0.72-1.10)
Tendonitis	1.03 (0.95-1.12)
Inflammatory diseases	0.79 (0.60-1.03)
Microcrystalline and undifferentiated arthritis	1.68 (1.46-1.93)
Carpal tunnel syndrome	0.94 (0.66-1.34)
Others	0.42 (0.25-0.71)

Cox multivariate analyses for duration of TWD episodes of patients attended at the Program.

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Making things Happen

SPAIN

- **National Rheumatic and Musculoskeletal Diseases Strategy (2013)**

- ***TWD Early Intervention Programs***

More than 20 FfW Early Intervention Clinics

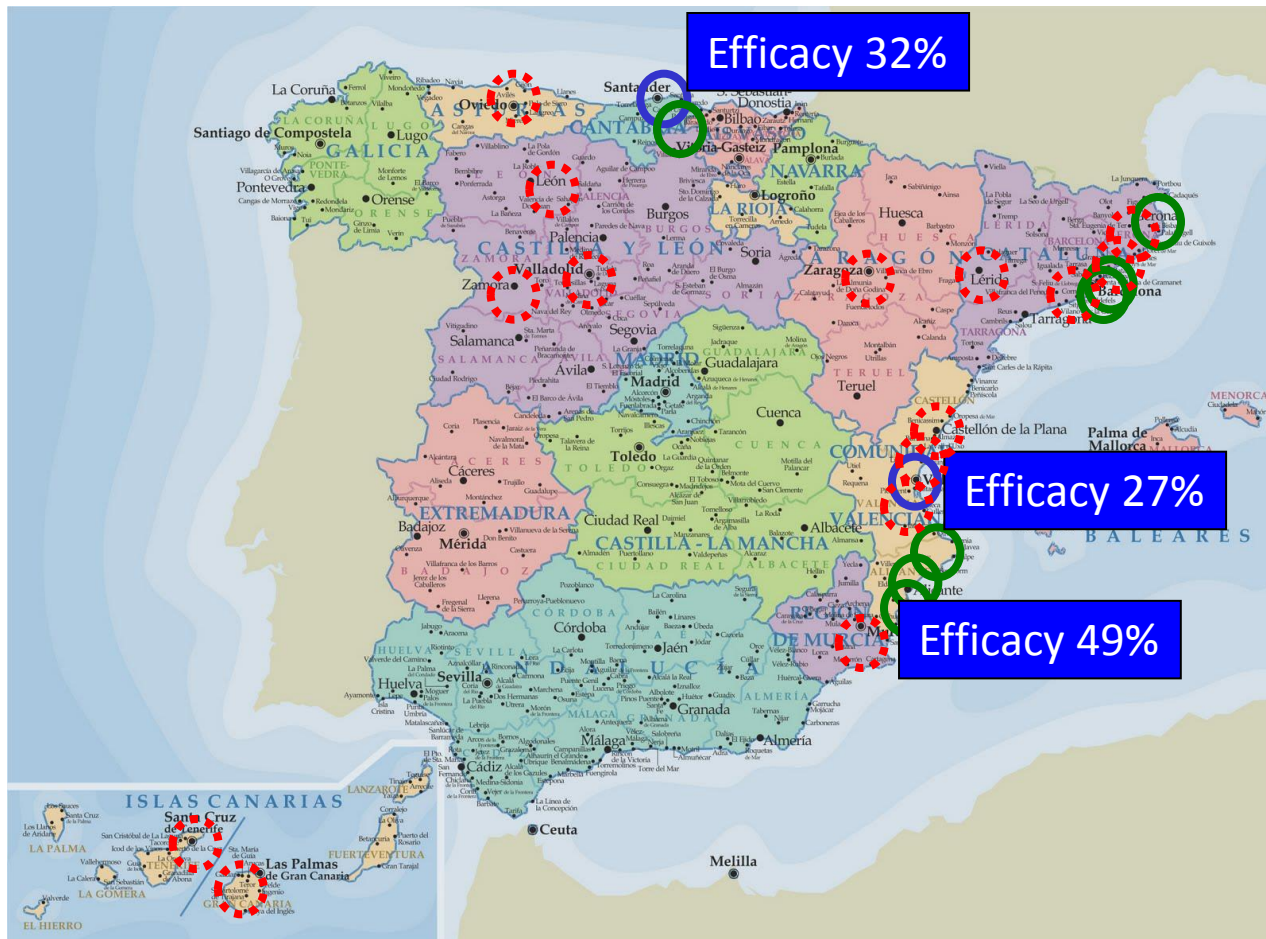
8 Autonomous Communities

Measured efficacy around 30%

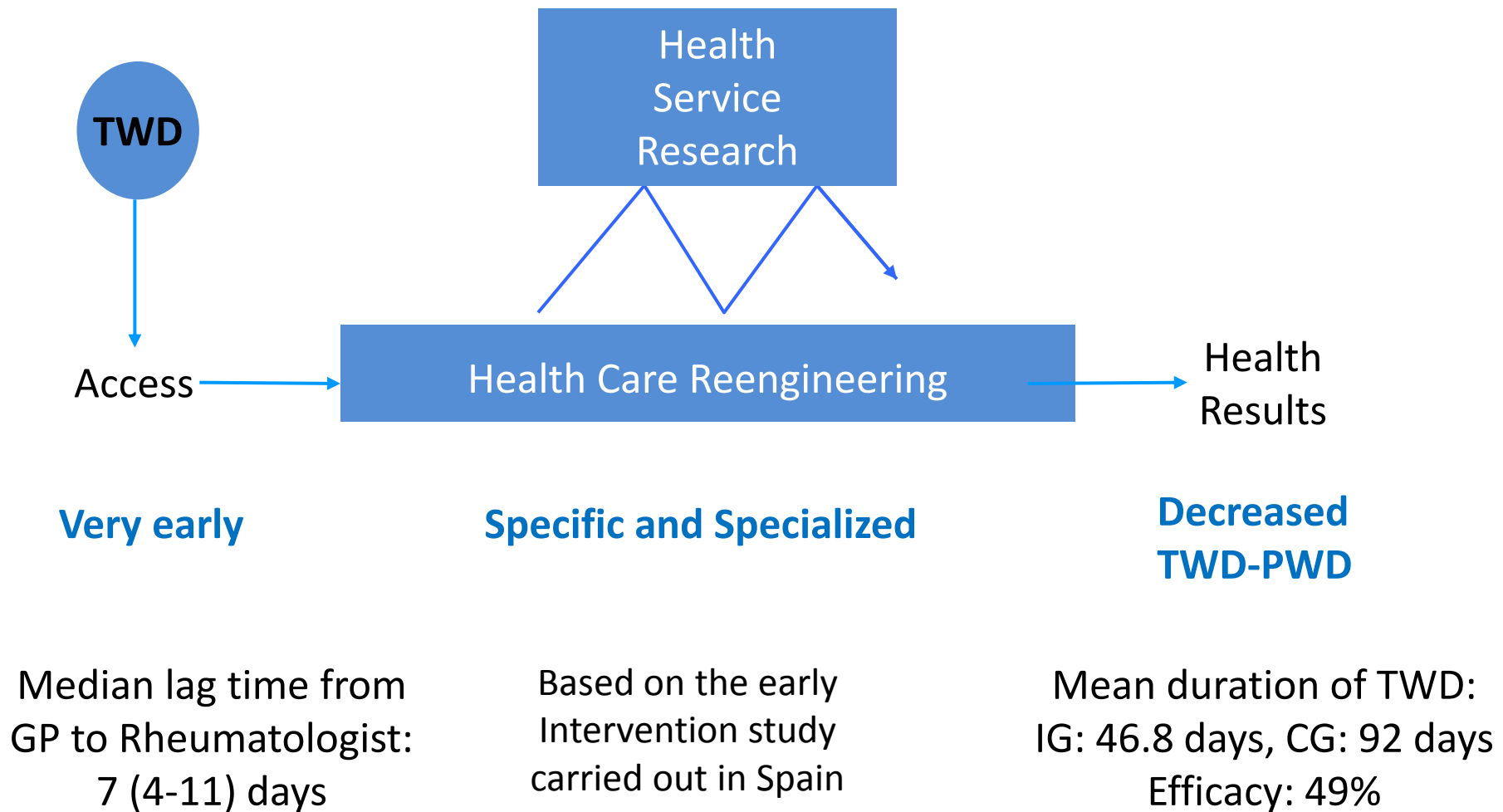
- **Early Intervention Clinics financed by National Institute of Social Security**

To be started in 2015

FfW Early Intervention Clinics



FfW EIC Concept: Example in HGU Alicante

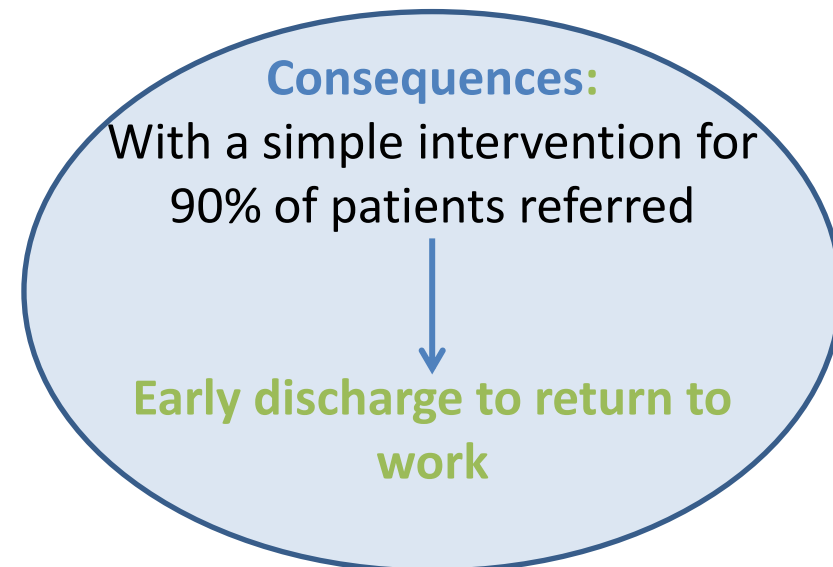


- **TWD programs in different Autonomous Communities**

- Inspection Services
- Primary care
- Rheumatology Services

- **Procedures**

- **Access in the first week of TWD**
- Immediate specialist examination
- Early diagnosis
- Specific Clinical Protocols
- Care in a “single window” environment provided by rheumatologists
- Close follow
- Return-to-work support



Recommendations for Health Care Providers



- **Include Disability, together with mortality, as one of your major Outcomes**
 - In MSD and other Chronic conditions
- **TWD and PWD are Health indicators already available, use them to:**
 - Stratify your population (Access)
 - Prevention and Chronic Care Management (Health Outcomes)
 - System Performance (Cross- Financing)
- **Early intervention in MSD-related TWD is highly efficient**
 - Include it in National Plans
 - Coordinate with Social Security and Employers
- **Early intervention in MSD-related TWD is focused to:**
 - Patients with “serious”, autoimmune conditions
 - Patients with “banal diseases” and recent-onset TWD
- **The Early Intervention Model may be applicable to**
 - Other age segments with acute MSD-related Disability

Thank YOU!

