

# STAY ACTIVE

## An Austrian pilot project within the Fit for Work Europe framework

Klaus Machold

# Obstacles to seeking medical advice for actively employed people

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- Lag time to decision to start seeking advice („it's only aches and pains“)

*Raza et al Ann Rheum Dis 2011*

- Long waiting times for appointments

*Gärtner et al Ann Rheum Dis 2012*

- (No time off from employers)
- Long distance to clinics/offices

*Nell-Duxneuner et al Clin Exp Rheumatol 2012*

- Inappropriate referral (Ortho-Phys-Neuro-Rheum-GP-Psych-...)

# Obstacles to seeking medical advice for actively employed people

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- Possible solution: Move the MSK specialist close to the workplace



# Project Fit 4 Work Abbvie Austria

Establish cooperation with enterprises interested in promoting employee's health

Distribute self assessment questionnaire (by in-house mail etc.) for musculoskeletal pain

Score positive:  
First assessment by Specialist Physicians **at the workplace**

Recommendation for  
In case of suspected RMD: further workup by project partners (cooperating clinics/offices)  
In case of work-related complaints: workplace intervention by occupational medicine

**EARLY Intervention RMD**

RMD: rheumatic and musculoskeletal disease



# 1st Round of realisation of the „Stay active“ program

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- Large city hospital (approx. 2500 employees)
- Mix of professions:
  - Medical staff
  - Nursing staff
  - Administrative personnel
  - Maintenance (housekeeping, cleaning, kitchen,...)
- Approached by internal mail (e-mail and/or paper) in September 2014

# „Stay active“ for employees of a large city hospital

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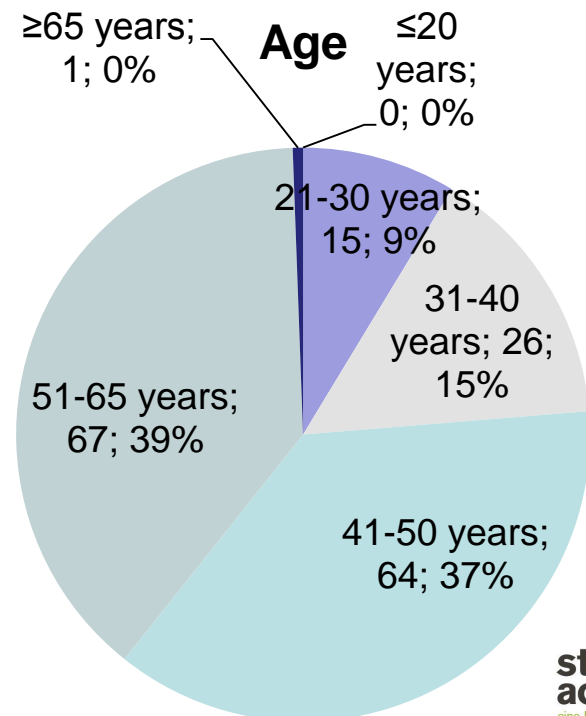
- Appointments on-site (within working hours)
- 2 physicians (1 Rheumatologist, 1 Orthopaedic specialist)
- „10-Minute timeslots“:
  - Brief history
  - Brief symptom centered examination
  - Written recommendation (no formal referral)



# 1st Round of realisation of the „Stay active“ program

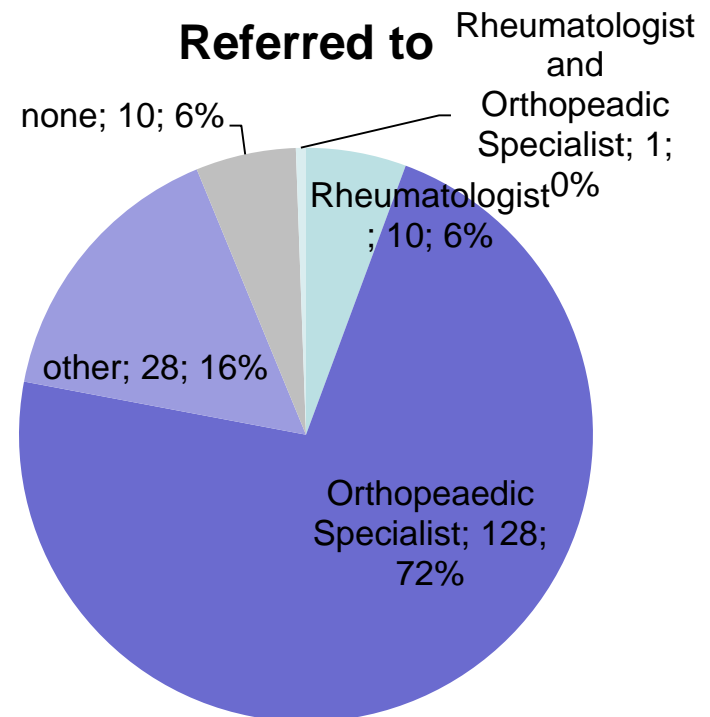
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- Screening days: 8
- Screened individuals: 179 (72.6% f)
- Screened by
  - Rheumatologist: 79
  - Orthopeaedic Specialist: 100



# Status of the project

- Pre-existing RMD: 35.8%
- RMD suspected: 87.2%





# Follow-up-study by MUW

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- Informed consent
- Questionnaires at entry and after 6-12 months:
  - days of sick leave, musculoskeletal pain (VAS), disease costs,...
  - EQ-5d
  - HADS
  - FACIT

# Follow-up-study by MUW

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# Status of the FU-study

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- Individuals consented: 137
- FU (by telephone) planned: Q2/3 2015
- FU currently under way

# Status of the FU-study

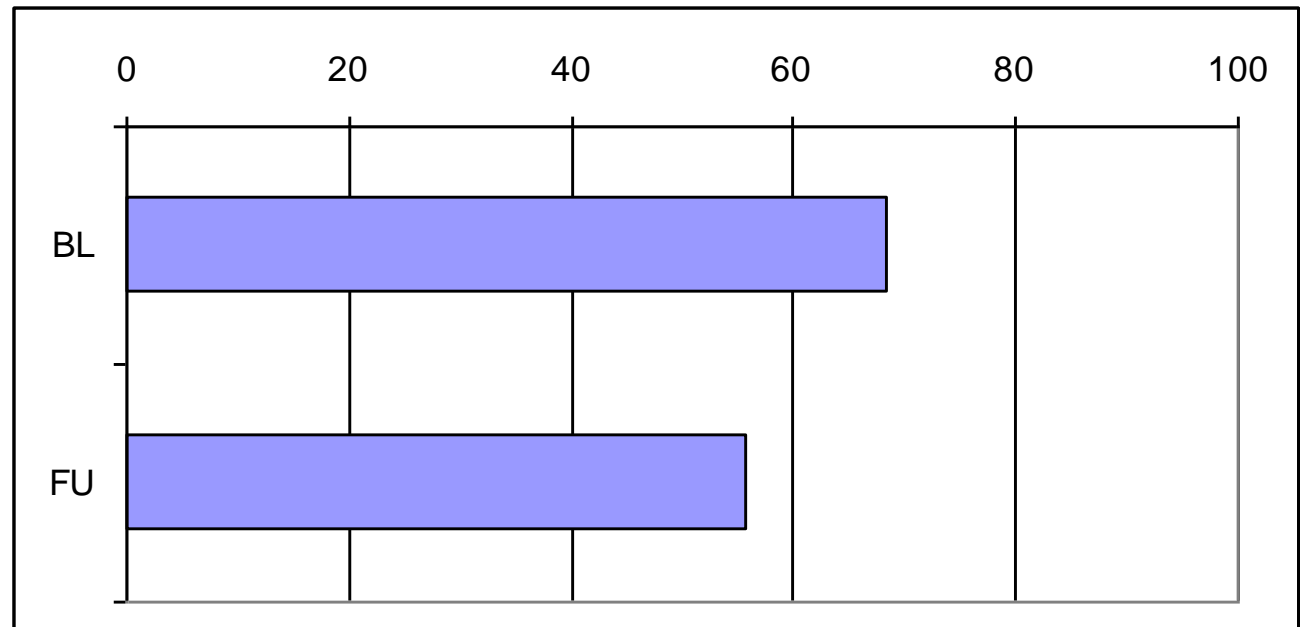
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20/137 patients called:

# Status of the FU-study

20/137 patients called:

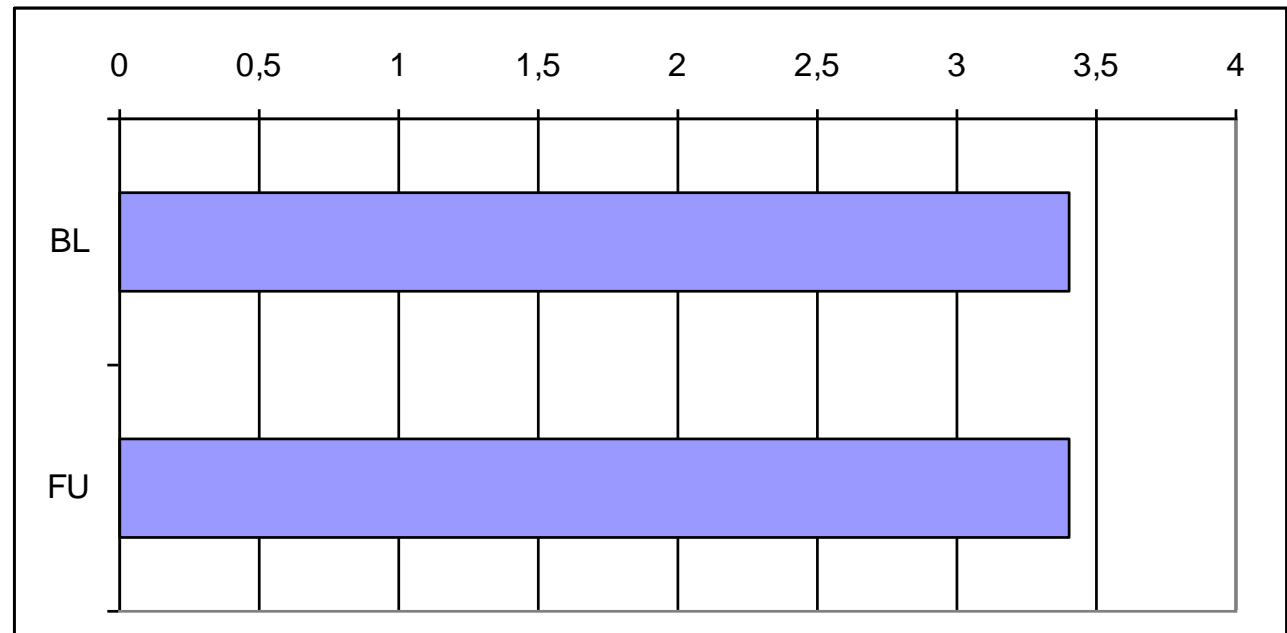
- EQ-5D QOL:



# Status of the FU-study

20/137 patients called:

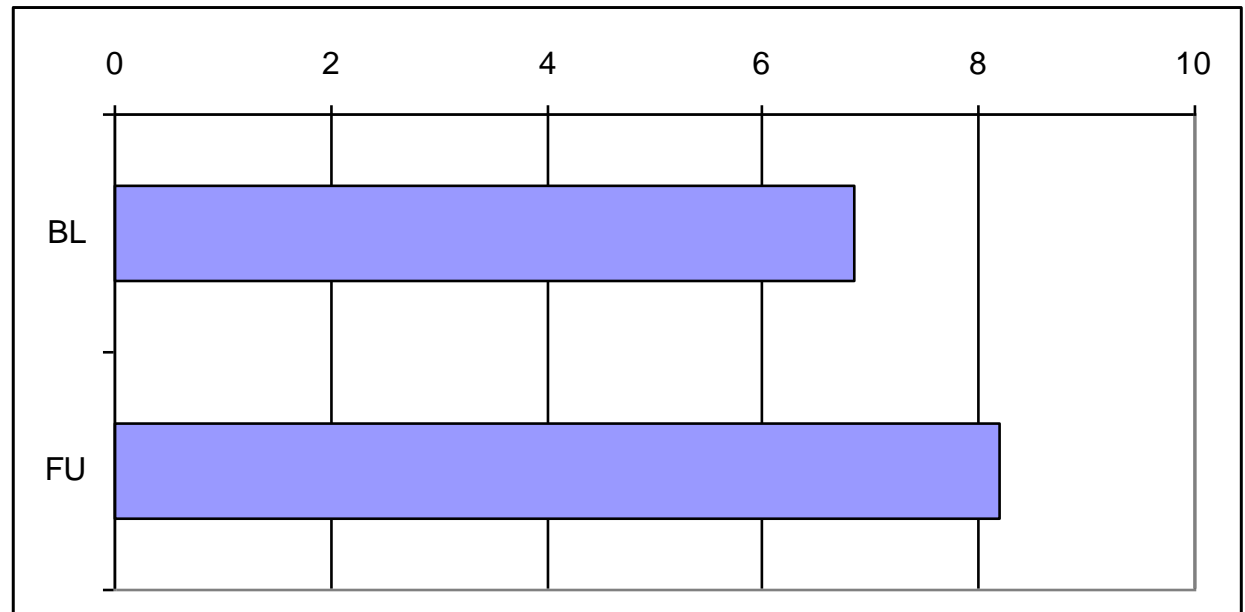
- Physician visits/year:



# Status of the FU-study

20/137 patients called:

- Sick-leave days/year:



# Next Step: next company

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- Large Austrian Bank (approx. 3000 employees)
  - Clerical staff
  - Tellers
  - Maintenance personnel
- Screening analogous to first phase
- Screening days planned for End of May 2015



Thank you!