The Rehabilitation Guarantee

A way to reduce sickness absence and help people back to work
Intentions

• Empower medical rehabilitation.
• Focus on:
  – Back pain and neck pain.
  – Mild to moderate mental ill health.
• Engage in evidence based interventions.
• Focus on early interventions.
Methods

• Using the Swedish Council on Health Technology Assessment research projects on evidence based methods for return to work.

• Two methods:
  – Multimodal Treatment (MMT)
    • Back pain and neck pain.
  – Cognitive Behavioural Therapy (CBT)
    • Mild to moderate mental ill health.

• New methods to be included.
  – 165 SEK for research projects.
Agreement with SALAR

- Extended resources for MMT and CBT.
- One billion SEK.
- Successive build up.
The Rehabilitation Guarantee

- Medical doctor initiates CBT.
- Patients:
  - Absent or at risk of becoming absent.
  - 35,000 in 2012.
- Treatment varies between 8-20 occasions.
Evaluations

- The Swedish Social Insurance Inspectorate was assigned to evaluate the CBT initiative.
- Mixed results.
  - Those not absent while offered CBT: lower risk of becoming absent than those who were not offered CBT.
  - Those absent while offered CBT: no positive effect on sickness absence, however improvement in self reported health.
- New report will be presented at the end of 2013.
The Future

• Strengthen the bond between the health care system and the employers.
Questions for Consideration

1. Is rehabilitation an effective way of reducing sickness absence, or is it rather a way of helping the individual?
2. How should different rehabilitation methods be selected and matched?
3. Is it possible to increase focus on return to work within the health care system?