

# 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?**