



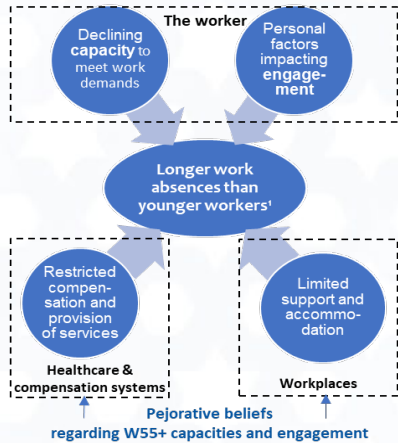
Rehabilitating Workers Aged 55 and Over: Professionals' Perspectives and Solutions

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Introduction

- ✓ Growing number of workers aged 55 and over (W55+)



- ✓ Some rehabilitation interventions are effective in promoting the return to work, but adaptation may be required to take into account these W55+ specific issues.²
- ✓ Although rehabilitation professionals are on the front line, only 2 studies^{1,3} have considered their perspectives.

Objectives

With rehabilitation professionals (RPs), to explore:

- (1) Perceived difficulties regarding the rehabilitation services offered to W55+ with musculoskeletal disorders (MSD).
- (2) Strategies and solutions for improving and personalizing these services based on this population's characteristics and needs.

Methodology

- ✓ Descriptive design
- ✓ Purposive sampling
- ✓ Semi-structured interviews
- ✓ Thematic analysis

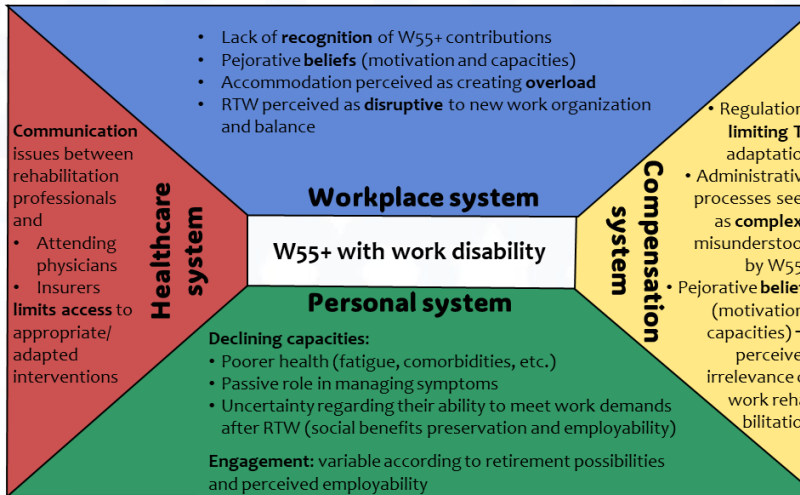
Results

Participants (n=15)

Profession	5 occupational therapists 6 physiotherapists 4 psychologists	Experience	2 to 25 (median 7)
W55+ clientele	< 50% (14/15)	Age	25 to 55 (median 36)
		Sex	8 females / 7 males



Perceived difficulties^{4,5}



⁶Based on Loisel et al. work disability paradigm

Solutions^{4,5}

- ✓ Training and tools to help healthcare professionals better take into account the issues encountered with W55+
- ✓ Mechanisms for information exchanges
- ✓ RTW coordinator
- ✓ Development of a joint action plan (raising awareness about W55+ specific needs and issues; easing laws and regulations to improve adaptability)
- ✓ Integrated prevention management programs in organizations.

Discussion

- This study **improves understanding** of the perspectives of Quebec RPs regarding practice issues faced with W55+ who have work disabilities, and the possible solutions for these issues.
- The difficulties described correspond to a **multifactorial vision of work disability**. This reflects a clinical stance among RPs based on a **biopsychosocial approach** that is highly recommended in practice guidelines to help people with pain function better.
- The difficulties described and solutions proposed emphasize the **importance of communications and coordination** between stakeholders from multiple disciplines and systems to better adapt interventions to W55+ specific issues and needs.

Conclusion

- ✓ Our results constitute a first step toward mapping various stakeholder needs to support management of W55+ with MSD-related work disabilities.
- ✓ Other studies will need to explore the perspectives of employers, insurers and W55+ to complete and refine this description of needs and the actions to be taken.

References

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