HEALTH AND WORK PRODUCTIVITY WEB-PORTAL: KNOWLEDGE TO ACTION FOR DISABILITY PREVENTION AND MANAGEMENT

- A PILOT STUDY

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About The Canadian Institute for the Relief of Pain and Disability (CIRPD)

- Federally incorporated, registered charitable organization
- Dedicated to preventing and reducing disability
- Affiliated with the Canadian Cochrane Centre
- Partner with Canadian Institutes of Health Research – Small Health Organization Partnership Program
HWP Portal Goals

- Engages stakeholders in strategic planning to identify priority issues with academic researchers (Business & Health Sciences)
- Conducts needs assessment and dissemination of best practices in workplace disability prevention and management
- Facilitates collaborative research
- Moves research into policy, training and practice across all stakeholders
The Health and Work Productivity Web Portal

• Assists stakeholders to identify/utilize credible resources to facilitate safe, healthy, accommodating and productive workplaces

• Provides practical implementation tools and resources - toolkits, multimedia resources e-learning opportunities providing practical guidance for organizational implementation

• Creates ‘Communities of Practice’ bringing together academic and community partners to translate research into best practices
95% of HWP Portal Architecture Integrated Around Topics / Sub-Topics
Effectiveness of exercise on work disability in patients with non-acute non-specific low back pain: Systematic review and meta-analysis of randomised controlled trials.

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Abstract

OBJECTIVES: To determine whether exercise is more effective than usual care to reduce work disability in patients with non-acute non-specific low back pain, and if so, to explore which type of exercise is most effective.

METHODS: Systematic review and meta-analysis of randomised controlled trials investigating the effectiveness of exercise in non-acute non-specific low back pain, and reporting on work disability. Data sources: MEDLINE, EMBASE, PEDro, Cochrane Library databases, NIOSHIC-TIC-2, and PsycINFO until August 2008. Work disability data were converted to odds ratios. Random effects meta-analyses were conducted.

RESULTS: A total of 23 trials met the inclusion criteria, 20 of which were suitable for inclusion in meta-analysis allowing 17 comparisons of exercise interventions with usual care and 11 comparisons of 2 different exercise interventions. A statistically significant effect in favour of exercise on work disability was found in the long term (odds ratio (OR) = 0.68, 95% confidence interval (CI) 0.48-0.92) but not in the short (OR = 0.80, 95% CI 0.12-1.30) and intermediate term (OR = 0.79, 95% CI 0.45-1.34). Meta-regression indicated no significant effect of specific exercise characteristics.

CONCLUSION: Exercise interventions have a significant effect on work disability in patients with non-acute non-specific low back pain in the long term. No conclusions can be made regarding exercise types.
Pilot Project

Convenience sample partnered with

• Healthcare Benefit Trust
• Food Industry Occupational Safety Association
• Construction Safety Alliance of BC
HWP Portal Audience and Stakeholders

Target Audiences (tailored homepages)

• Public
• Researchers
• Business & Labour
• Health Care Providers
• Policymakers
• Human Resources Professionals
• Occupational Health and Safety
Identified two high priority issues

I. Predictors and risks of disability

II. Economic models to help small business compute costs of disability (congruent with predictors of disability)
The Health and Work Productivity Pilot

Secondary Objectives

I. Refine metrics for success measures of process and outcomes

II. Review, test and refine stakeholder relevance review and scientific review process
Methods – Part I

• Identify, review and refine process and outcome evaluation measures
• Review and adapt stakeholder/scientific review instruments
• Baseline Survey – Expectations
• Refine research question(s)
• Create, test and refine Search Strategy (business/health sciences)
Methods – Part I

- Pilot test inclusion/exclusion (titles only, titles and abstracts)
- Critical appraisal of article (relevance/scientific merit)
- Identify risks of disability and level of evidence
- Scientific key messages/stakeholder key messages
- Formulate key messages within and across stakeholders
Preliminary Results

Needed to construct different search strategies of business/health databases. Business databases have limited taxonomy or experience with meta-analysis or structured methods to reduce selection bias.

Original citation 1906 with 55 duplicates.

Systematic Reviews (qualitative & quantitative) plus “reviews” 374 citations with 49 duplicates.

Stakeholders relevance review focus on

Scientists are using modified Glasgow Checklists to address both health care and business articles.
Invite John A Cairns to review an article

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<tbody>
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[Invite]
Outcomes

• Facilitate the use of evidence-informed best practices across all stakeholders

• Identification of needs in disability prevention and management programs

• Provide access to validated outcome assessment tools to track progress
Partner Benefits

• Academic Benefits

• Organizational Partner Benefits