

New approaches to rehabilitation using the facilities of an accident clinic run by an institution for statutory insurance and prevention

"Medical and occupational rehabilitation"

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Reasons for a new medical concept

- Role of statutory accident insurance in Germany
 - to use all appropriate means
 - to eliminate injury and damage to health
 - and ensure employment for individuals with restricted fitness for work

Definition

Restoring, adapting and optimising a patient's individual skill set in relation to the requirements of his job

Aims

- Optimising the patient's skill set
- Restoring his fitness for work (and thus avoiding a pension being payable due to diminished employment capacity)
- (Faster) reintegration into the workforce
- Sustainability of the programme (long-term success)

Target groups / factors

- Personal capabilities of the accident victim do not correspond to the job-related performance requirements
- Job-related requirements call for special skills
- Reintegration into the workforce has already failed
- Functional testing in the workplace is not possible
- Special context factors

Simulated work environments



Requirements that the facility must meet

- Local unit featuring surgical/acute medical expertise and rehabilitation groups
- Simulated work environments for various groups of jobs
- Database with job-related stress data to be applied to rehabilitation-specific treatment areas
- Inclusion of equipment/protective clothing etc. needed on an individual basis

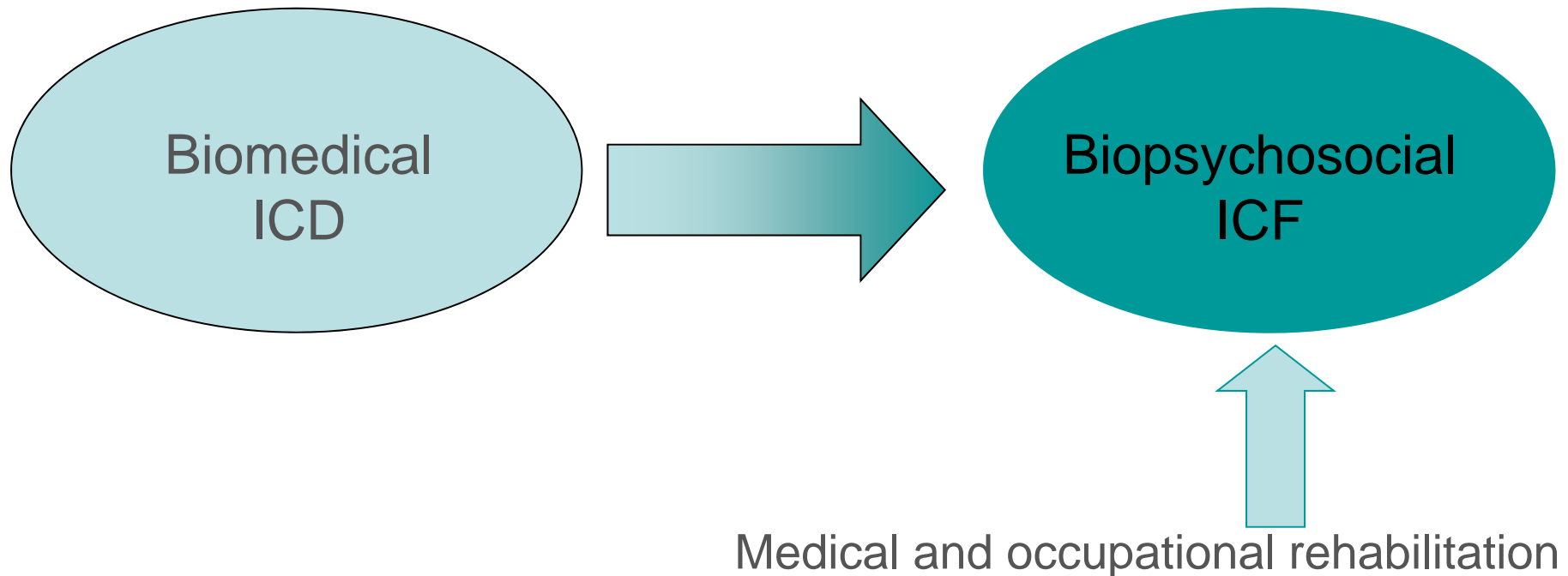
Evaluation at the start of the programme (assessment)

- Interdisciplinary team consisting of
 - doctors / psychologists
 - physiotherapists and occupational therapists
 - pain therapists
 - vocational assistance/
rehabilitation manager



International
Classification of
Diseases

International
Classification of
Functioning, Disability and
Health



Treatment plan

- Drawn up in conjunction with patient and rehabilitation manager
- Generally 4-week timeframe
- Minimum 2 x 2-hour job-specific training every day
- Augmented by various treatments, e.g. occupational therapy
- Weekly team conferences

Case study (trauma/consequences)

- 42-year-old male patient
- Fall from height of 4m when working as a roofer
- 1st-degree craniocerebral trauma without any neurological impairment
- Radius fractures on both sides
- Functional impairment after completion of regular measures
- Start of medical and occupational rehabilitation

Case study (job-related aspects)

- Roofer for 16 years
- Latterly construction worker / roofer in a small business
- Typical job-related activities
 - Work on a sloping surface/roof
 - Demolition work using heavy equipment
 - Work involving vibration
 - Awkward posture/work in unfavourable physical positions involving heavy loads



Case study: (reintegration/conclusion)

- Shortened training ability test and functional testing
- Full-shift working after three weeks
- Improved lifting and carrying performance in all areas:
 - From ground to waist level
 - Above head height
 - Carrying with one hand, left
 - Improvement in climbing ladders

Further examples

- Original 14-ton vehicle simulates work environment for truck drivers
- Training directly in the vehicle
- Simulated loading and unloading
- Particular focus on leg and foot injuries
- Checking necessary and possible changes on the truck

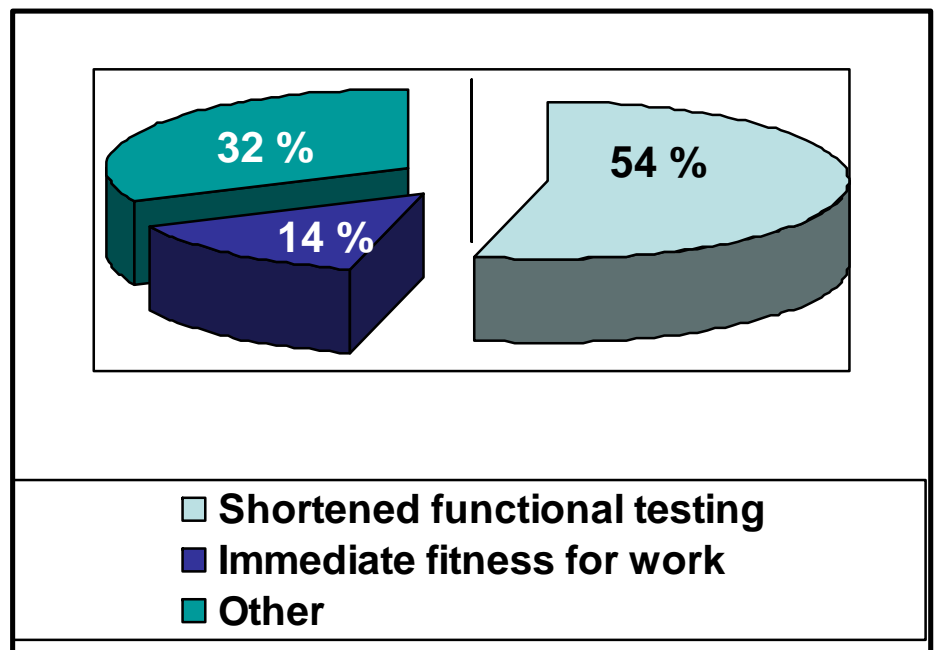


Track record

Patient feedback:

- Positive overall (progression, treatment, period of stay)
- Felt they were taken seriously
- Greater motivation
- Personal connection with therapist

Results of programme



We would like to offer our thanks for the kind support from

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Management, Institution for Statutory Insurance and Prevention
accident clinic in Ludwigshafen

Thank you very much for your attention