

Hysnes Rehabilitation Center

RCT with qualitative studies, Norway

Marius Steiro Fimland

Researcher, Project Leader, PhD

Department of Public Health and General Practice

Norwegian University of Science and Technology



A political start and end

- 2010 – 2014



- 1 more year



- «Too expensive»



Mixed diagnoses in the same group



Musculoskeletal



Psychological



Unspecific

Hysnes Rehabilitation Center

Acceptance and Commitment
Therapy (ACT)
Physical exercise
Work-related problem-solving
Plan for RTW
3 ½ weeks or 4+4 days

Outpatient



6 weekly ACT sessions

For more info



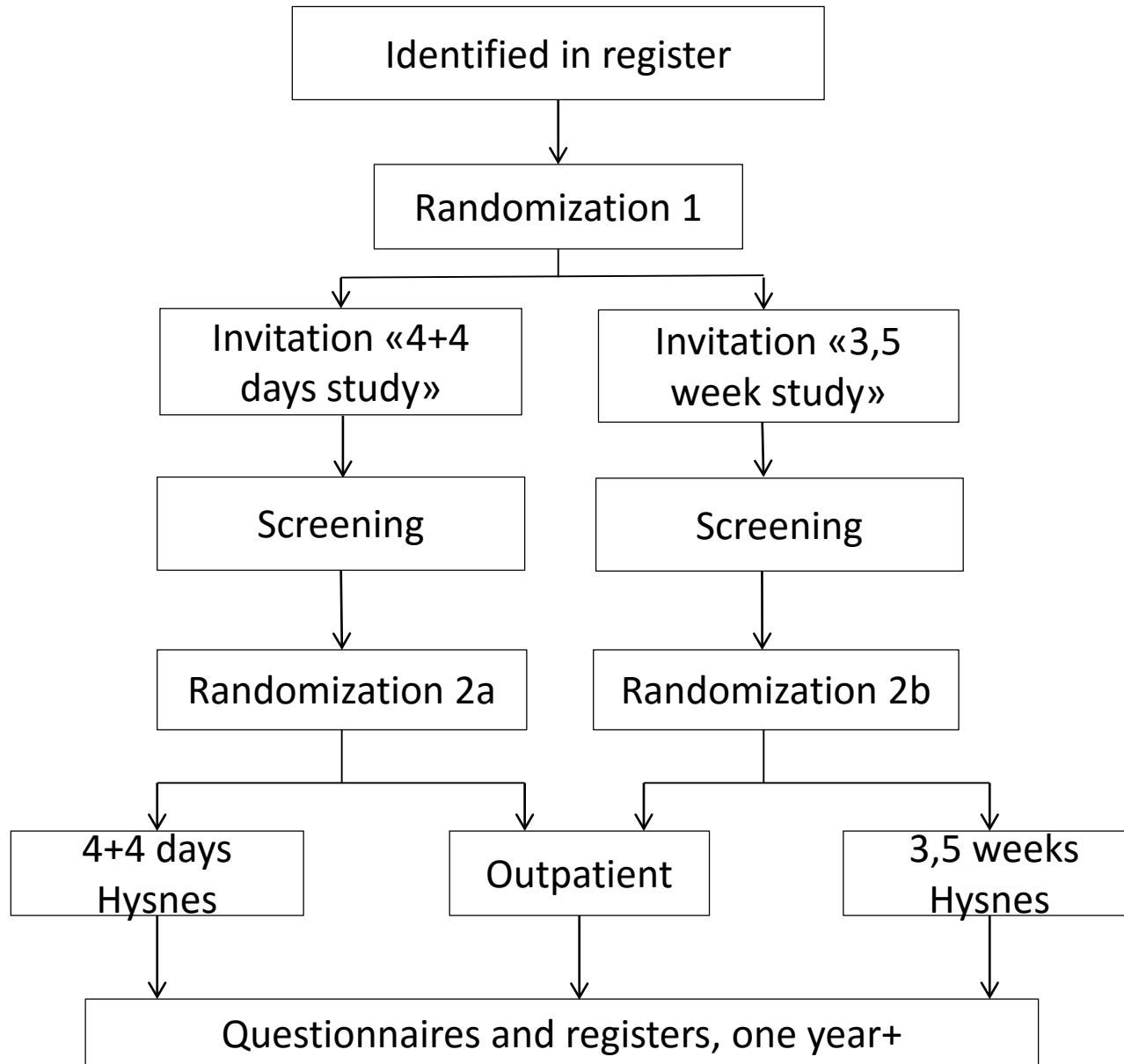
Vidar Johansen



Martin Skagseth



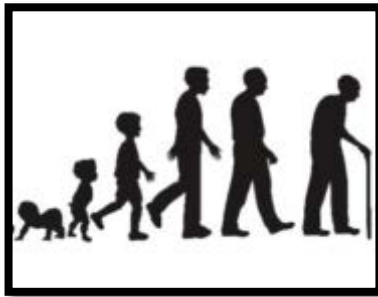
Geir Are Nyeng



Participants



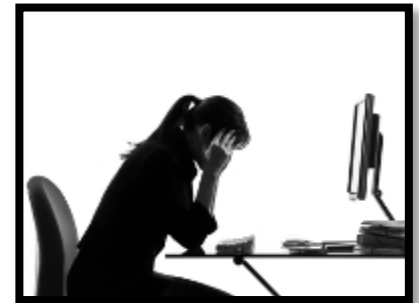
4/5



40s

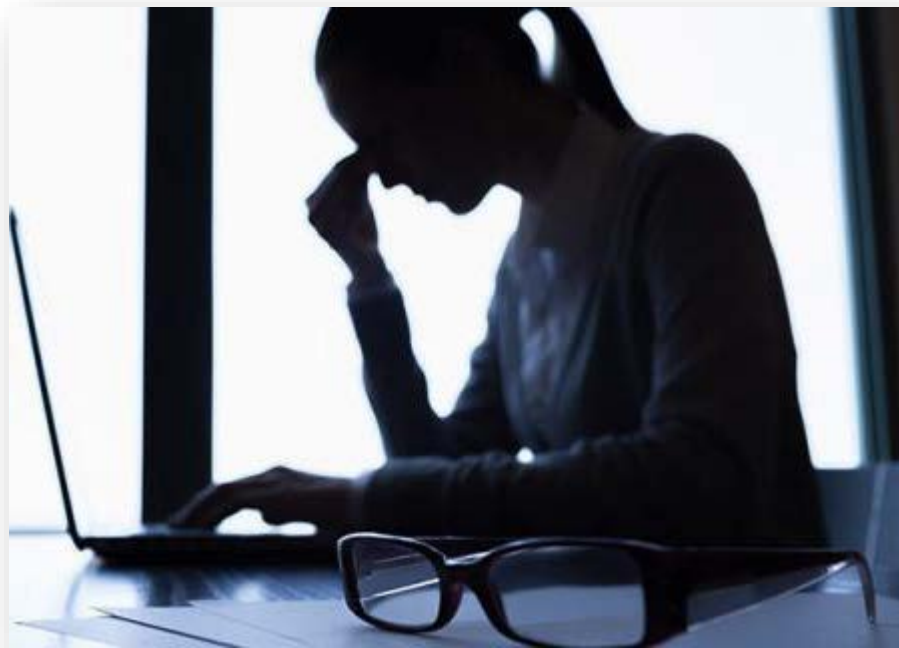


1/2



50/50
Full vs graded
Sick leave

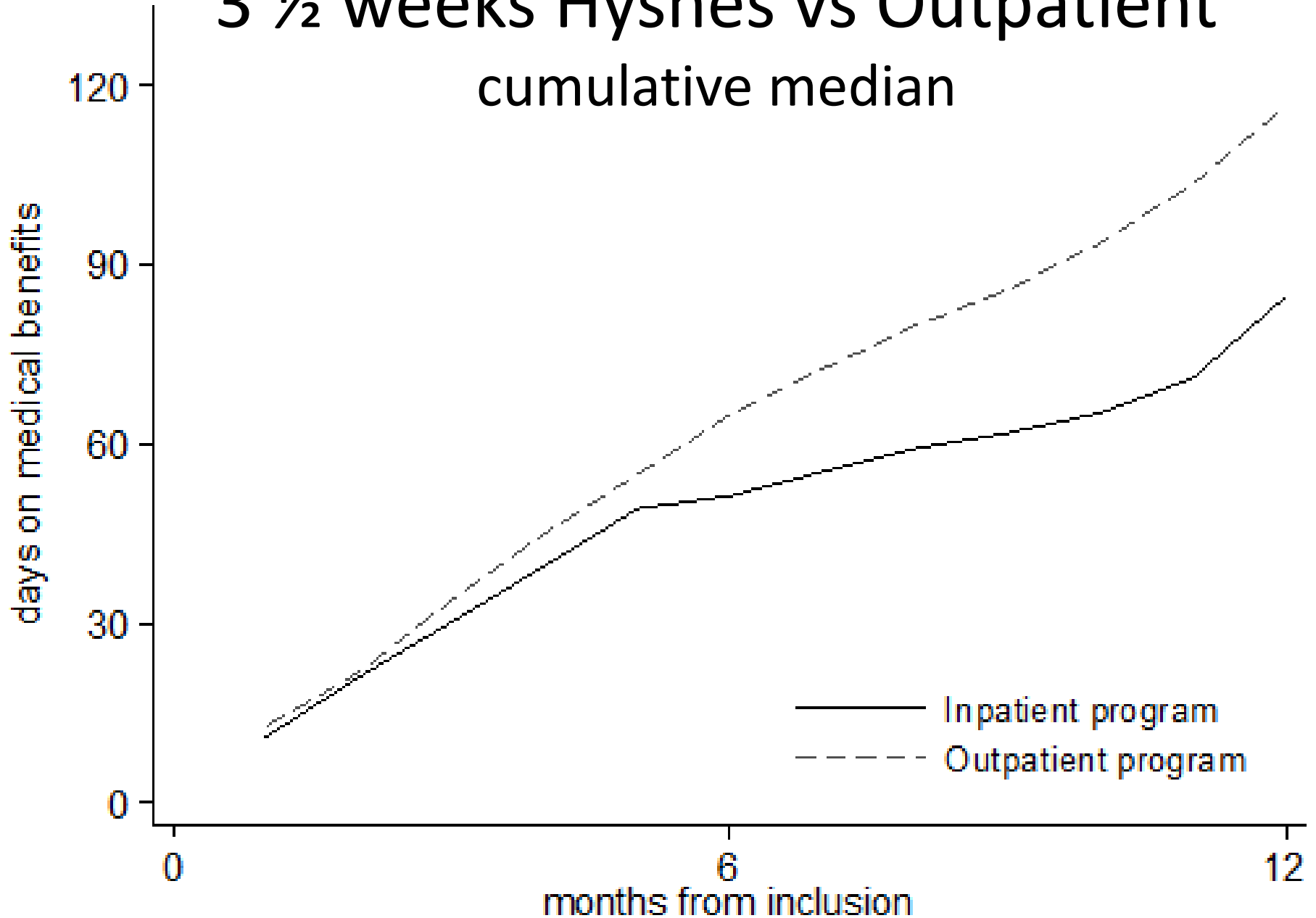
200 days sickness absence



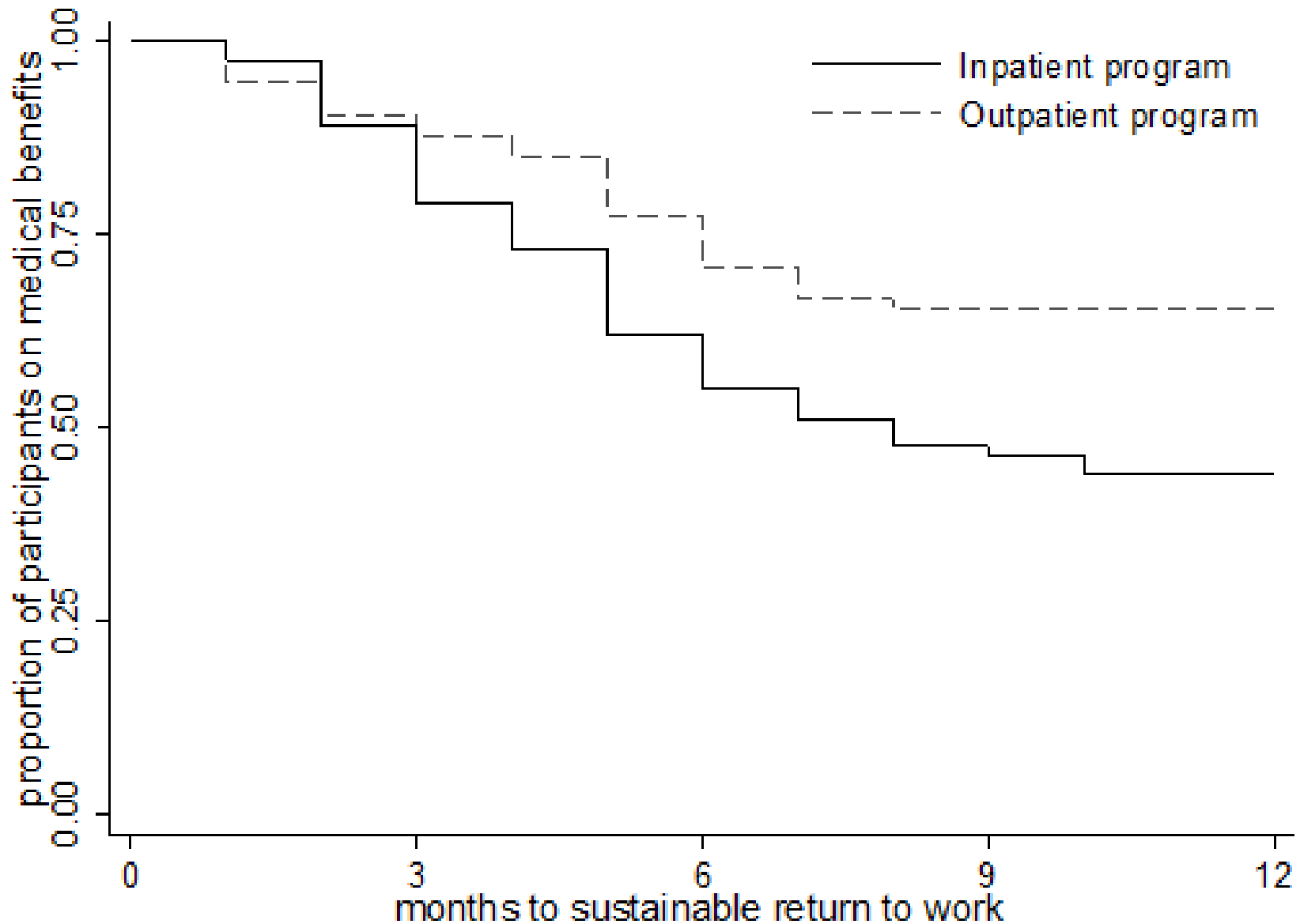
Effects on sickness absence and RTW

3 ½ weeks Hysnes vs Outpatient

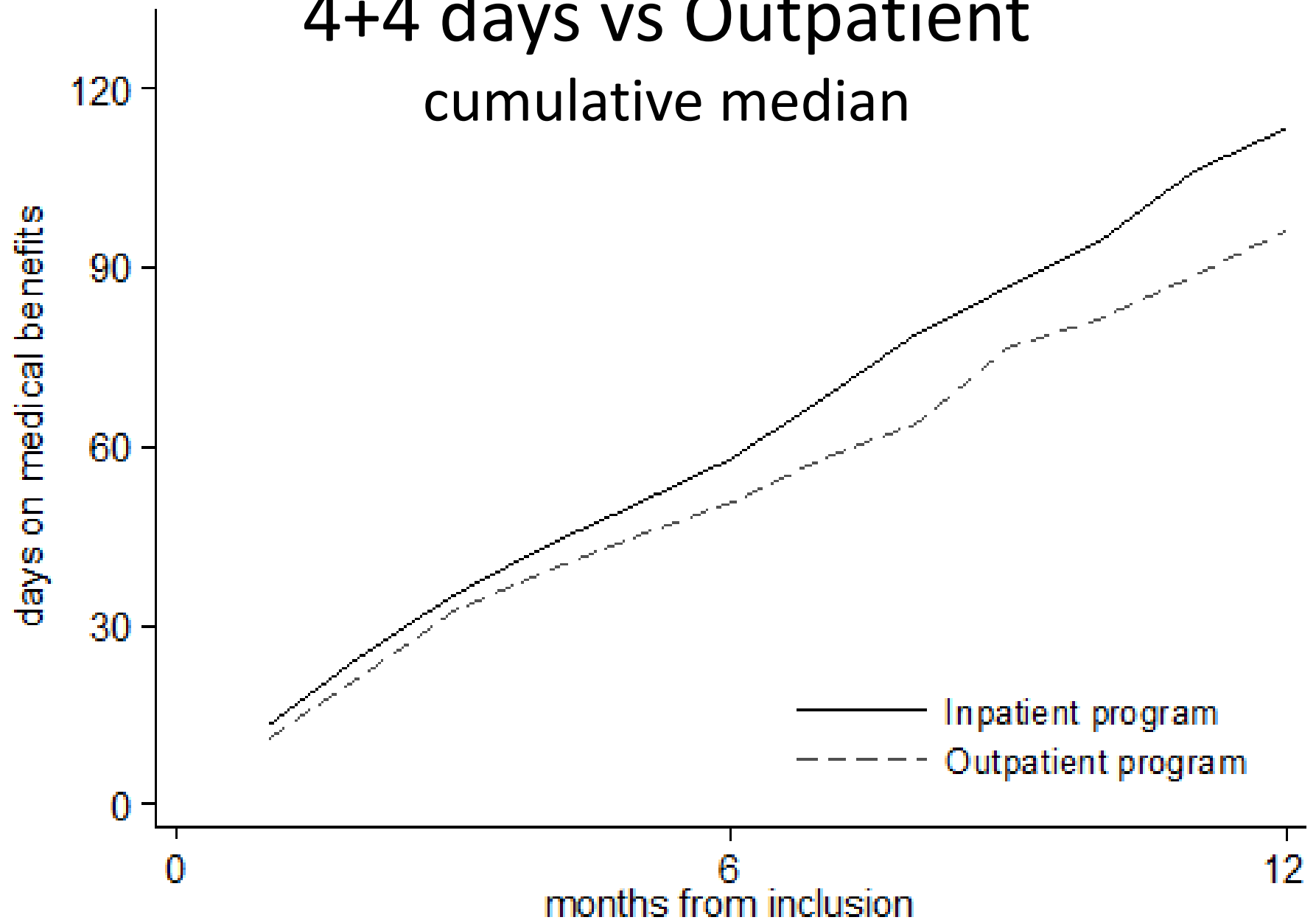
cumulative median



3 ½ weeks Hysnes vs Outpatient



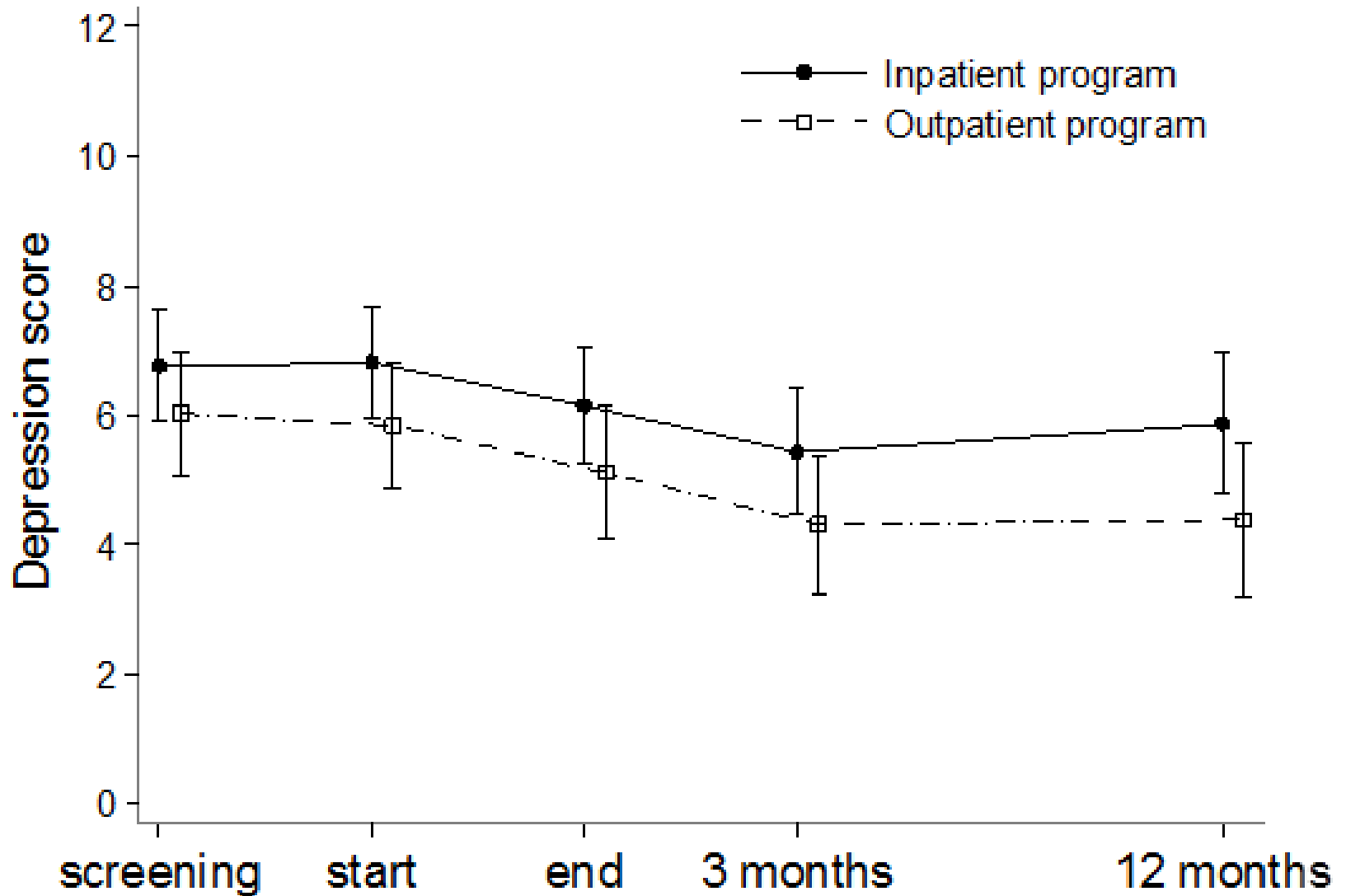
4+4 days vs Outpatient cumulative median



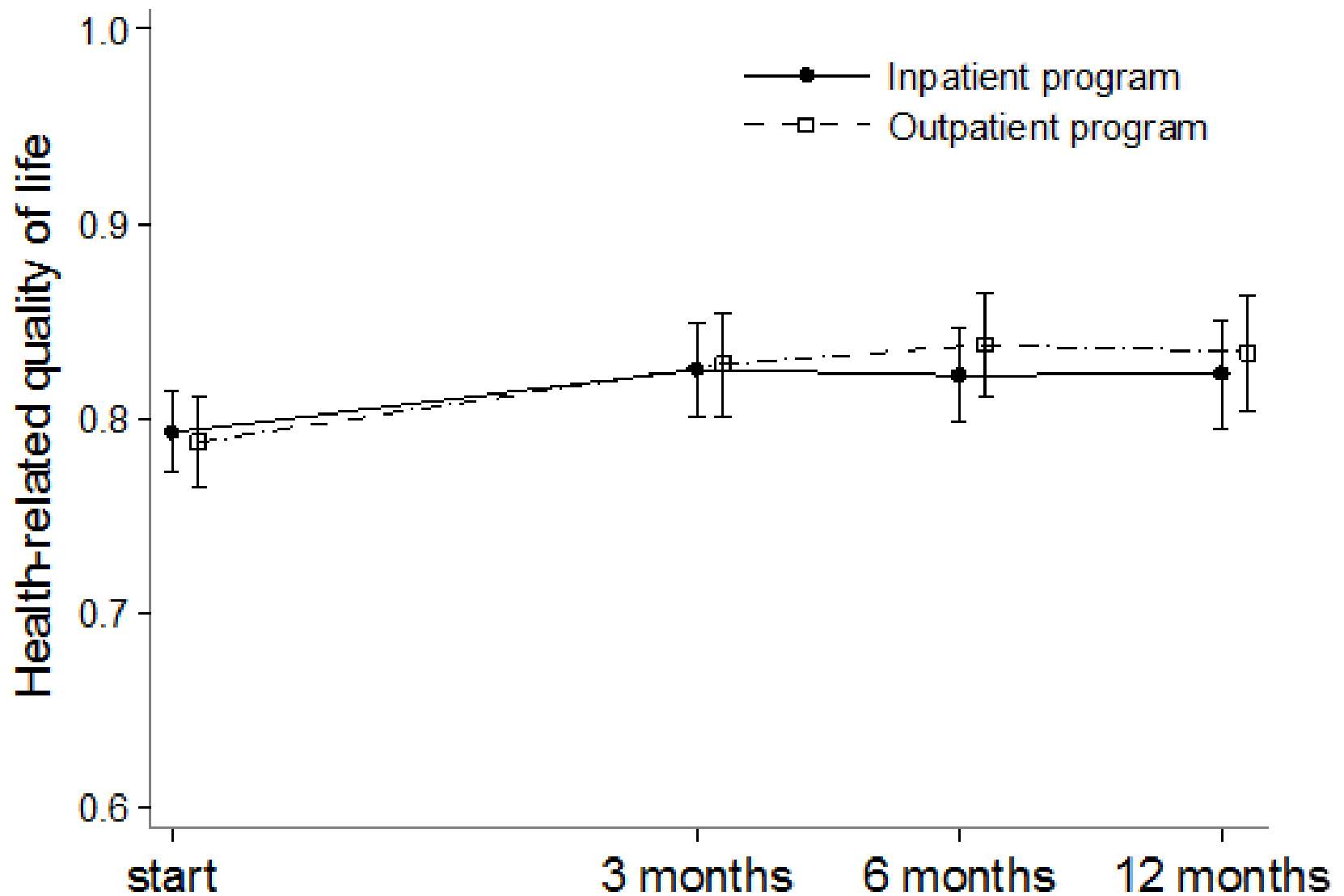


Effects on somatic and psychological health

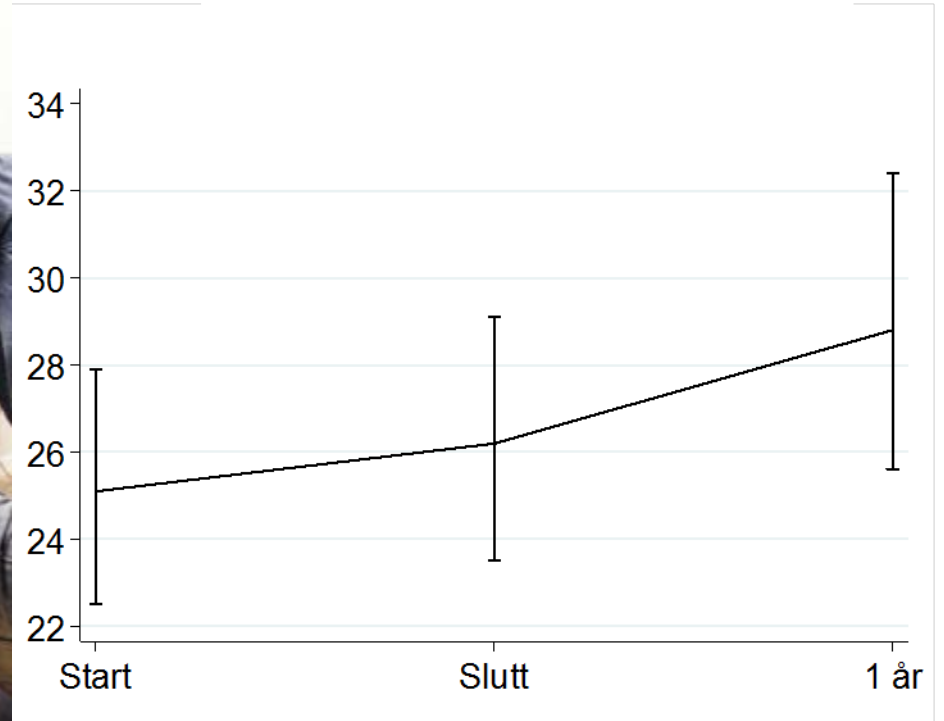
4+4 days vs Outpatient



4+4 days vs Outpatient



Very low fitness, but gets better



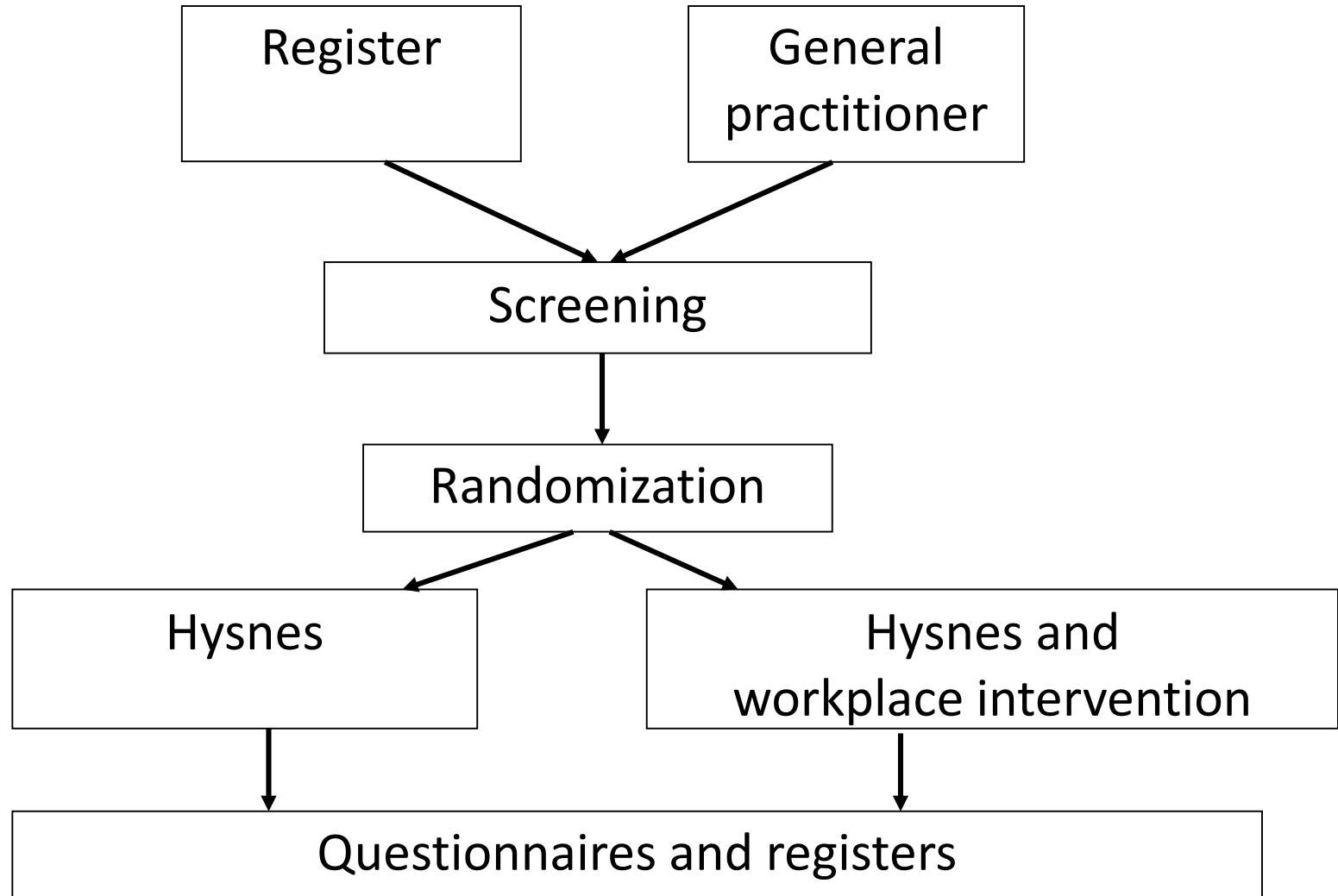
Conclusions

- 3 ½ weeks but not 4+4 days Hynes-rehabilitation substantially reduced sickness absence and improved RTW vs Outpatient program
- No important differences between groups for health outcomes

Why is 3 ½ weeks so much better than 4+4 days?

- Rehabilitation therapists more comfortable with 3 ½ weeks. Maturation process.
- Participants in all programs have positive experiences
- Group-process takes time?
- Change-process takes time?

Ongoing RCT



Q
U
A
L
I
T
A
T
I
V
E

S
T
U
D
I
E
S

Funding

- Government funding through the Central Norway Regional Health Authority
- The Research Council of Norway
- The Liaison Committee between the Central Norway Regional Health Authority and the Norwegian University of Science and Technology
- KLP - Kommunal landspensjonskasse, Norway

Hysnes Researchers

