

# Return to work after a handinjury: the effects of solution-focused grouptherapy - a Cohort-study

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<b>Ethical review</b>	Approved WMO
<b>Status</b>	Pending
<b>Health condition type</b>	Other condition
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON32027

### Source

ToetsingOnline

### Brief title

Solution-focused grouptherapy to facilitate return to work

### Condition

- Other condition
- Therapeutic procedures and supportive care NEC

### Synonym

hand injury, hand trauma

### Health condition

problemen met betrekking tot de werkhervatting

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Universitair Medisch Centrum Groningen

**Source(s) of monetary or material Support:** Ministerie van OC&W, SHARE  
Graduateschool; Stichting Beatrixoord en Jan Kornelis de Cockstichting

## Intervention

**Keyword:** Group training, hand injury, return to work, solution focused therapy

## Outcome measures

### Primary outcome

Primary study parameter is the percentage of patients, working 10 weeks after their injury occurred.

### Secondary outcome

secondary study parameters are self-efficacy, health locus of control, satisfaction with the hand, satisfaction with the worksituation, number of work-related activities and handfunctioning (mobility, sensibility and strength).

## Study description

### Background summary

Hand injuries caused by accidents often result in a long period of sick leave. Research suggests that return to work is more difficult when duration of sick leave is longer.

After a while the medical rehabilitation is not the most important factor that influences return to work, but several psychological, social and work-related factors play a significant role.

The current medical treatment in rehabilitation centers is medically oriented. Possibilities for return to work are discussed in an advanced stage of rehabilitation (after at least six weeks).

When earlier in the rehabilitation treatment attention is given to return to work, and this attention is more psychosocially oriented, patients will return to work faster, search for a new job or start education earlier than patients

who do not receive this training.

## **Study objective**

objective of this study is to estimate effect-size of solution-focused grouptherapy aimed at return to work, added to the care-as-usual treatment. Aim of the treatment is to fasten return to work in patients with acute hand injuries.

A secondary objective is to investigate for which patients the treatment is most effective.

## **Study design**

This study is a cohort-study, in which we compare the percentage of patients working at 10 weeks after their hand injury with a historical cohort. 100 patients receive the solution-focused grouptherapy.

To investigate why this intervention works, at three moments in time several questionnaires will be administered en analysed (once at inclusion, one at two months after the injury and once five months after the injury).

## **Intervention**

Patients receive solution focused group therapy added to the care-as-usual treatment. This therapy is aimed at return to work. Four work-related subjects are discussed during the sessions: law and welfare, social support, medical recovery and (re-)education.

Each session lasts 2 hours, and are given once every fortnight.

The group consists of at least two patients, with a maximum of 6.

## **Study burden and risks**

There are no risks involved in this study because of the psychosocial character of the study. Burden for the patients is the amount of time they are asked to invest. Measurements lasts 3 hours maximally, divided over three periods. The therapy (including intake-conversation) takes 9 hours in total.

## **Contacts**

### **Public**

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)  
Elderly (65 years and older)

### Inclusion criteria

acute traumatic hand injury

### Exclusion criteria

unemployment

## Study design

### Design

**Study type:** Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

## Recruitment

NL  
Recruitment status: Pending  
Start date (anticipated): 01-07-2008  
Enrollment: 100  
Type: Anticipated

## Ethics review

Approved WMO  
Application type: First submission  
Review commission: METC Universitair Medisch Centrum Groningen (Groningen)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
CCMO	NL23596.042.08