

# Return to work after Trauma (ROWTATE): A programme to develop, evaluate and implement a job-retention intervention for trauma survivors

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## Background

- Despite improved survival, many trauma survivors experience physical and psychological problems, reduced quality-oflife, and difficulty working.
- Psychological and occupational needs are frequently unmet. Workless-ness negatively impacts health, NHS costs and society.
- Our programme (RP-PG-0617-20001) will develop and test an occupational therapy/clinical psychology intervention to support return-to-work in people with moderate-severe trauma (ISS>8) and test its effectiveness/cost-effectiveness.

# **Methods**

- Programme commenced in March 2019 and comprises four work packages.
- Five MTCs will be involved including Nottingham Queens Medical Centre, Royal London Hospital, Cambridge Addenbrooke's Hospital, Leeds General Infirmary and Bristol Southmead Hospital.
- Patient and public stakeholder involvement (PPI) is embedded throughout the programme.

Package

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## **Intervention Development** and Service Mapping

- Person based approach

- Interviews and focus groups with key stakeholders

**Feasibility Study** 

- Test feasibility of recruitment, intervention delivery and acceptability in two MTCs –
- Nottingham and London

- **Randomised Controlled** Trial (RCT)
- All five MTCs involved
- 722 participants to be recruited and
- randomised to receive ROWTATE intervention +



- Development of intervention - Development of training package - Exploring context for implementation - Mapping of usual care across five MTCs



- Clinical outcome measures and health economics data collection tools tested for feasibility

usual care or usual care

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Package

- Health economic evaluation

## Work Package 4

### Implementation and Process Evaluation Study

- Process evaluation and identifying potential barriers to implementation
- Developing service provider and commissioner toolkits

## **Results**

### Work package 1 (March-October 2019)

- Stakeholder interviews and focus groups (n=61) highlight the **complexity** of the trauma rehabilitation pathway and issues trauma survivors face in accessing vocational and psychological support.
- A proposed intervention logic model, ratified against stakeholder experience, highlights service-provider training needs and suggests the **timing and availability of support** is key.

# **Next Steps**

- 1. Ethnographic observations of rehabilitation pathways within the five MTCS.
- 2. Stakeholder co-design workshops (n=5) to refine intervention for use in within the five MTCs.
- 3. Complete training package
- 4. Feasibility study in Nottingham and London to
- Defining the psychological component, which has been informed by 10 trauma psychologist interviews, a training development group and trauma survivors (PPI), proves challenging.

#### commence in February 2020.

• Findings from this programme of work will inform vocational and psychological service development, implementation and future research.

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