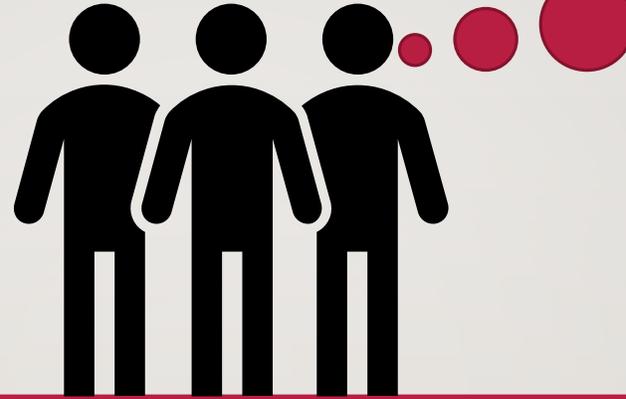




WWW.CGVDH.CO.UK



According to Macmillan (UK), there are currently over 750,000 people of working age living with cancer and it is predicted that there will be 3 million with cancer by 2030*.

RETURN TO WORK ADVICE FOR HSCT / GVHD PATIENTS

Updated Dec 2017

BENEFITS OF RETURNING TO WORK

Facilitates recovery from illnesses and enhances mental well-being ¹.

Being employed is one of the important part of quality of life (QoL) for many patients ³.

Provides a sense of purpose, dignity and an income ².

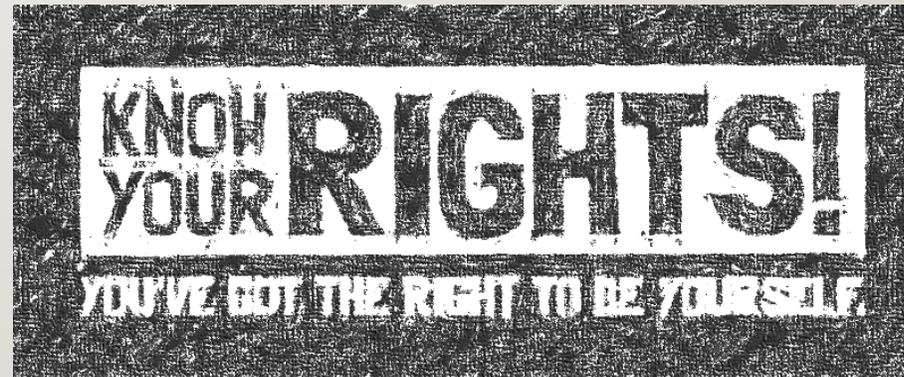


Returning to work for many individuals is one of the indicator of complete recovery ⁴.

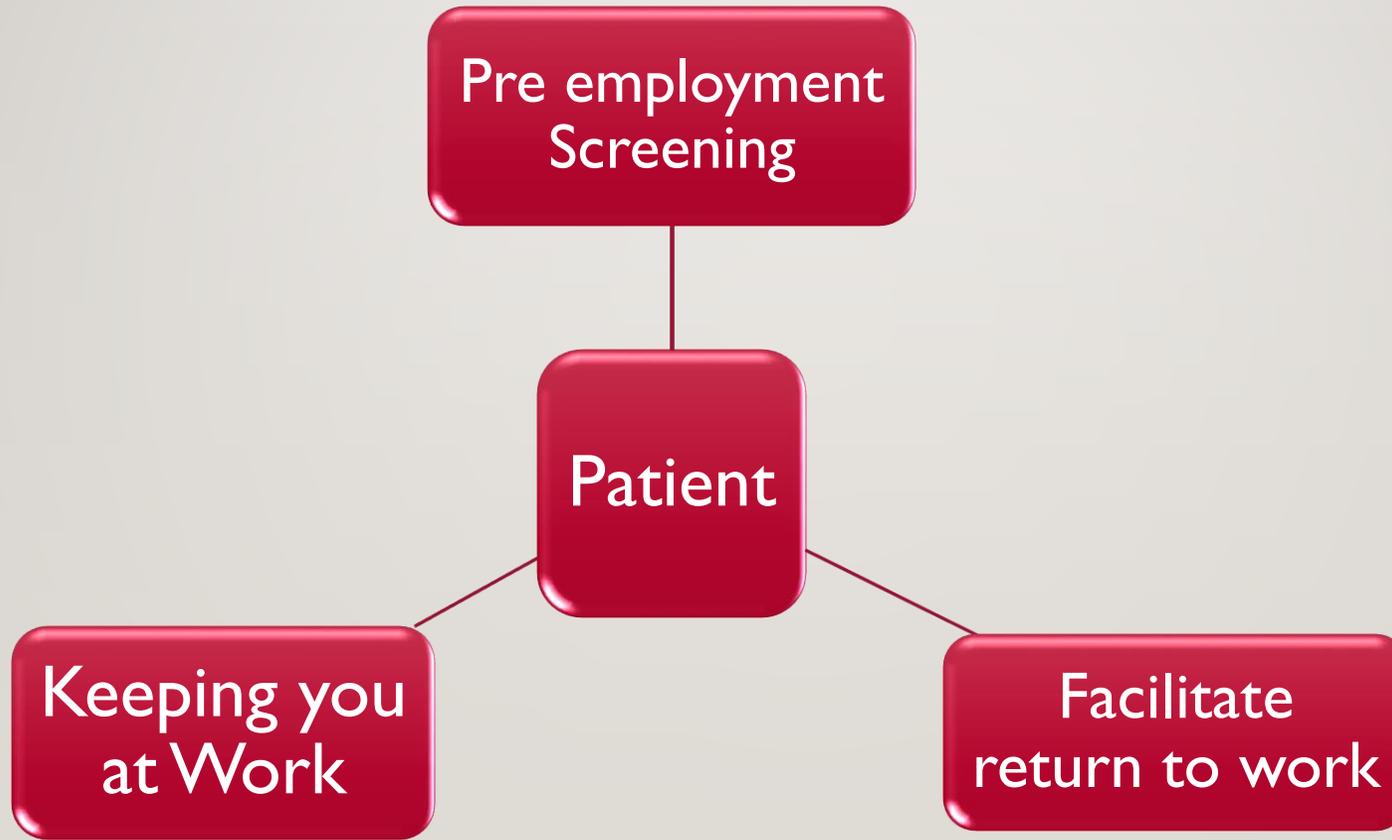
KNOW YOUR RIGHTS

Residents of United Kingdom can find more information on this topic by visiting www.macmillan.org.uk

- Majority of the developing and developed countries have laws in place to protect cancer patients from unfair treatment at work.
- In many countries, the law demands that your employer must try to support you by offering reasonable adjustments to help you stay in or return to work when you are ready and able to do so.



HOW CAN YOUR PHYSIOTHERAPIST HELP?



Unfortunately, in many work places, majority of the return-to-work plans are made without consulting the medical and the rehabilitation team.

Pre employment Screening

Appropriate knowledge of the job demands combined with the physical ability of the employee should be a vital part of planning return-to-work.

Physiotherapist trained in occupational health are best placed to carry out pre-employment physical and functional testing, thereby helping both employees and employers make informed decisions on job suitability.

Cancer patients can experience deteriorated physical work ability which can last from two to six years after diagnosis ⁵

Functional testing eliminates the clinical guesswork regarding the tasks and the employee's capability of performing the job

Facilitate return to work

Once the physiotherapist has assessed your functional capacity, they are in a position to communicate the results with the doctors to make a return to work plan.

With your consent, the physiotherapist can liaise with your employer and advice on the type and kind of work you can undertake, including phased return to work.

Phased return to work can included workplace adjustments, modified or reduced working hours, modified work tasks, modified workplaces, regular communication with or between managers, colleagues and health professionals.

Both employers and employees should seek guidance in planning return to work from medical and rehabilitation team²

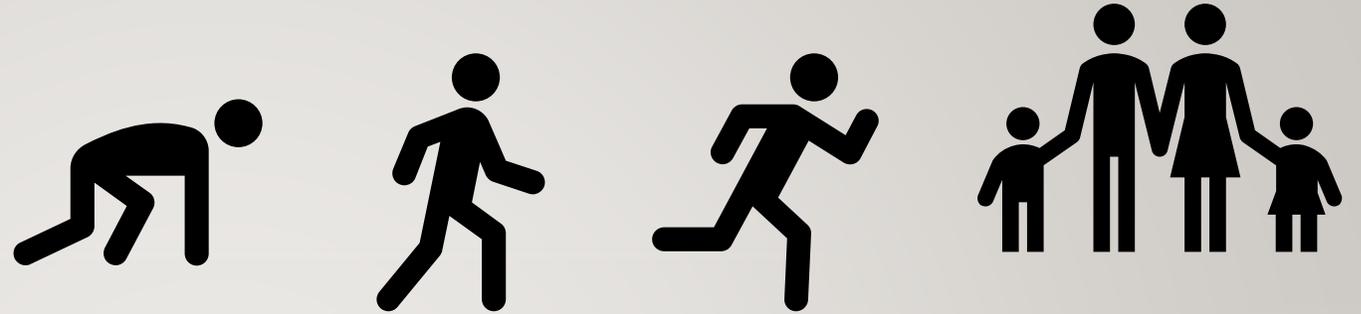
Disability in cancer can be episodic and hence patients require ongoing support from both medical and rehabilitation team².

Keeping you at Work

It is highly recommended that, if possible, your occupational health physiotherapist visits your work station to study your work demands. This will not only help in planning your return to work but will also help the therapist in designing a work specific rehab program and progression.

Please continue to make time for your rehabilitation and exercises as this can make a big difference in aiding your return to normal activities of daily life.





TAKE OWNERSHIP

- Aim to return to work as early as possible but only if advised by your medical and rehabilitation team.
- Make sure that your medical and rehabilitation team understands your job demands and your employer is aware of your work capacity.
- Pacing is vital to keep you going, do not burn out !

HELP IS JUST AN
EMAIL AWAY !

ask@cgvhd.co.uk



*https://www.macmillan.org.uk/_images/cancer-statistics-factsheet_tcm9-260514.pdf, available online. (Last accessed 27th Dec 2017)

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