



# **EXTENDED REHABILITATION AND PROCESS OF RETURNING TO WORK WITH PATIENT WITH TUMOR (CASE STUDY)**

**Brussels, Belgium-7-March 2019**

**Bojana Fulder, psychologist**



*University Rehabilitation Institute Republic of Slovenia*

# UNIVERSITY REHABILITATION INSTITUTE - URI



**Is the central national rehabilitation organisation in Slovenia, with programs of complex rehabilitation for persons with physical disabilities, as well as vocational rehabilitation. It unites medical and psychosocial programs, research and education in the field of rehabilitation.**



## Basic information about the URI and VRC

Number of employees	~ 500	~ 50
Number of clients/Year	~ 15000	~ 1000

### Departments & Centers

- **Medical departments**
- **Center for vocational rehabilitation**
- **Center for prosthetic and orthotics**
- **Rehabilitation engineering**

- Department for rehabilitation of patients after amputation
- Department for (re)habilitation of children
- Department for rehabilitation of patients after injuries, with peripheral nervous impairments and rheumatologic diseases
- Department for rehabilitation of patients after traumatic brain injury, with multiple sclerosis and other neurological diseases
- Department for rehabilitation of patients after stroke
- Department for rehabilitation of patients with spinal cord lesions
- Unit for rehabilitation of patients with muscular and neuromuscular diseases



## **Vocational rehabilitation centre**

### **The Ljubljana service**

- Persons with physical disabilities
- Blind and visually impaired

### **The Maribor service**

**(units in Murska Sobota and Ptuj)**

- Persons with physical disabilities
- Persons with mental health problems



- National Capital (265,000 in 2004)
- over 90,000
- over 30,000
- over 10,000
- over 2,000
- other city



## Target groups

- Persons with **disabilities** that are going to be assessed by the pension board (pension and disability insurance)
- Persons with **physical and combined disabilities** – part of comprehensive rehabilitation programs in the Institute (health insurance)
- Unemployed persons with **physical disabilities, visual impairments and mental health problems** (employment service)
- Others



## **Main principles of work**

- **Team work**
- **Client orientation**
- **Assessment/ intervention through work**
- **Connection and cooperation of all parties involved (family, school, employer, social services...)**



## Rehabilitation team

- **Medical doctor, spec. occupational medicine** (How are consequences of the patient's disease matched to the demands of the rehabilitation process, education, workplace, possibilities on the labour market...?)
- **Social worker** (the persons position in the world of work/employment, with regard of the level of his **or her** rights and social support systems, help them in contacts with employers and other institutions)
- **Psychologist , spec. clinical psychology** (intellectual, emotional, psycho-social abilities, potentials and obstacles)
- **Occupational therapist** (occupational performance in daily activities, work and leisure (process and interaction abilities and skills) assessment and training, adaptation of environment and/or equipment





## Rehabilitation team

- **Rehabilitation technologist/ instructor (effectiveness in standardised, simulated and real working tasks)**
- **Special teacher (learning disabilities, blind and partially sighted)**
- **Others**



# Rehabilitation programmes

## Occupational rehabilitation

- Referrals:
- Gps,
- Pediatricians
- Other specialists (rehabilitation medicine, neurology, surgeons...)
  
- Paid by: National Health Insurance Institute of RS

## Vocational rehabilitation

- Referrals:
- Employment service
- Employers
- National Pension and Invalidity Institute of the RS
  
- Paid by: Ministry of Labour and Social Affairs
- National Pension and Invalidity Institute of the RS



## Case study

### Backgrounds

- 47 year old electrical engineer
- employed as installer II
- diagnosed with an acoustic neuroma (left side)
- balance disorders and hearing loss remained
  
- rehabilitation treatment at the Vocational Rehabilitation Centre URI-Soča
- he will be permanently incapable for doing **his previous work** (work was at height, physically difficult, outdoor in all weather conditions).





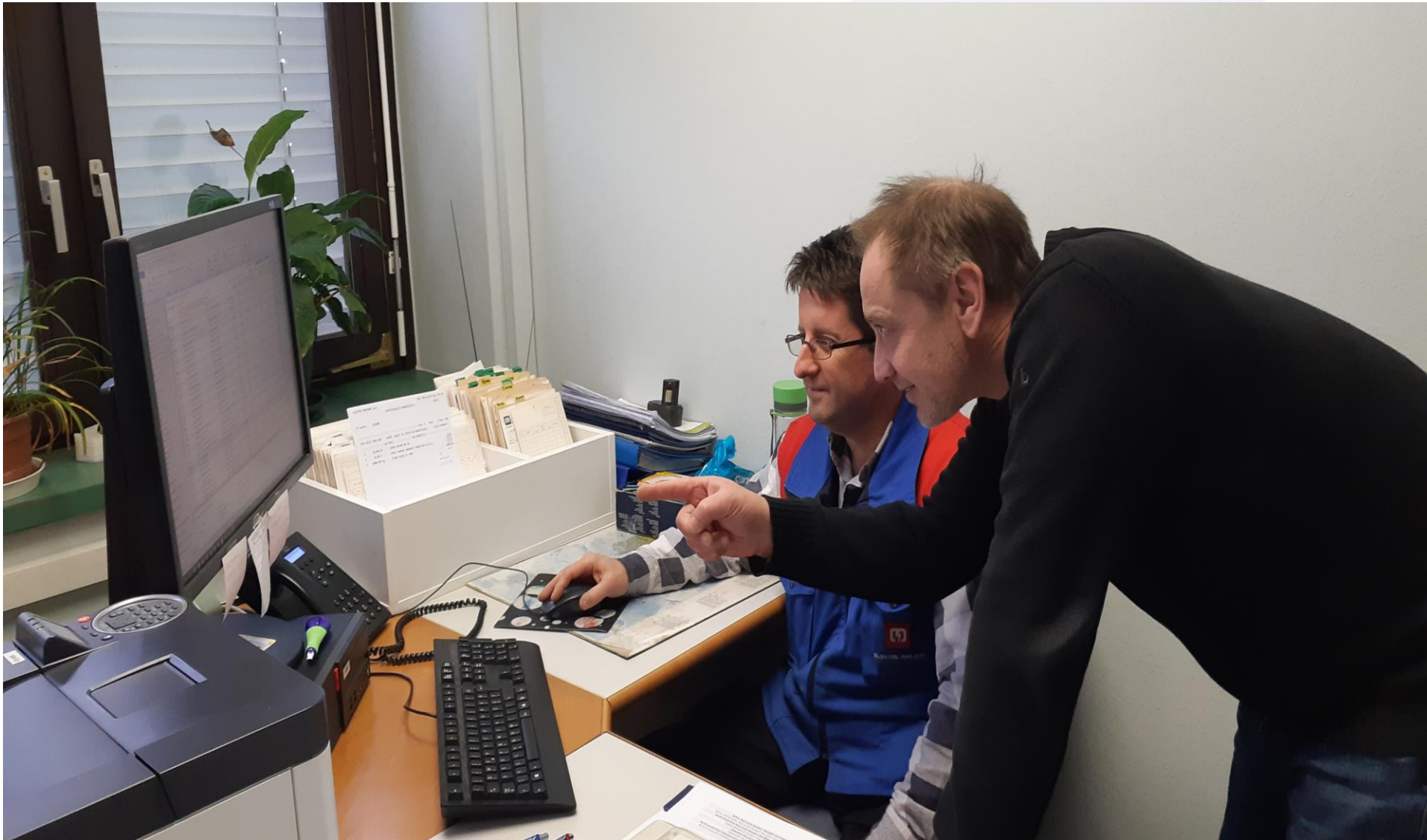
## Retutning to work

### Extended rehabilitation programs:

- in our institution
- contact with his employer, his authorized specialist for occupational, traffic and sports medicine.
- best option in the company: working in the warehouse
- rehabilitation continued with the training on the workplace (with mentor and accompanied by a professional worker from our institution with all psychosocial support he needed)
- at the beginning he worked in a shortened working time 4 hours per day, and after few months we increased daily working commitment to 8 hours



## Working in a warehouse







University Rehabilitation Institute Republic of Slovenia







*University Rehabilitation Institute Republic of Slovenia*







## Retutning to work

- **The extended rehabilitation lasted for 1 year.**
- **At the end he was qualified for working in a warehouse.**
- **Because of health problems he still needs some adjustments (instructions should be given by eye contact, occasionally he needs instructions to be re-explained, it is difficult for him to make phone calls).**



## Conclusions

**Attending the extended rehabilitation programs, it is easier for people with health problems, to return to their work safely. It is also very important to have good cooperation with the employer, security engineer, personnel service and authorized specialists for occupational, traffic and sports medicine.**



*University Rehabilitation Institute Republic of Slovenia*

# THANK YOU FOR YOUR ATTENTION



*Prof. dr. sc. Zvezdana Turk  
z.turk@upr.si*