

HIPS/21/01 – Supporting people with musculoskeletal disorders in Scotland to remain in work: adapting the Making it Work™ intervention developed for people with inflammatory arthritis in Canada.

Musculoskeletal conditions affect around 1 in 3 Scottish adults and have a substantial impact on individuals' work. There is a lack of services supporting individuals with long-term conditions, to help those who wish to remain working to do so. Making it Work™ is an online self-management programme developed in Canada which supports people working with inflammatory arthritis. The programme helped individuals to feel more capable to meet their work demands and reduced the likelihood of periods of sickness absence more than two months duration. Using group discussions and interviews, we will seek input from patients, employers, and healthcare professionals on aspects of the programme in order to expand it for people with a much wider range of musculoskeletal conditions in Scotland. Specifically we plan to expand the programme to individuals with non-inflammatory conditions such as osteoarthritis, fibromyalgia and chronic regional or widespread pain. We will work with experts and eLearning specialists to make changes to the programme based on this feedback and we will also establish how the programme could be delivered within NHS Scotland. After we have revised the programme, we will seek further patient feedback which will inform any final changes to the programme. The proposed research would lead to a modified version of an established programme and would inform a future study on the delivery of the programme within the NHS.