

# HEALTH AND WORK PRODUCTIVITY WEB-PORTAL: KNOWLEDGE TO ACTION FOR DISABILITY PREVENTION AND MANAGEMENT

- A PILOT STUDY

MARC I. WHITE\*, JANUS KACZOROWSKI\*, IZABELA Z.  
SCHULTZ\*, RICK IVERSON+, SHANNON WAGNER++  
\*UNIVERSITY OF BRITISH COLUMBIA, +SIMON FRASER  
UNIVERSITY, ++UNIVERSITY OF NORTHERN BRITISH  
COLUMBIA

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# About The Canadian Institute for the Relief of Pain and Disability (CIRPD)

- Federally incorporated, registered charitable organization
- Dedicated to preventing and reducing disability
- Affiliated with the Canadian Cochrane Centre
- Partner with Canadian Institutes of Health Research – Small Health Organization Partnership Program

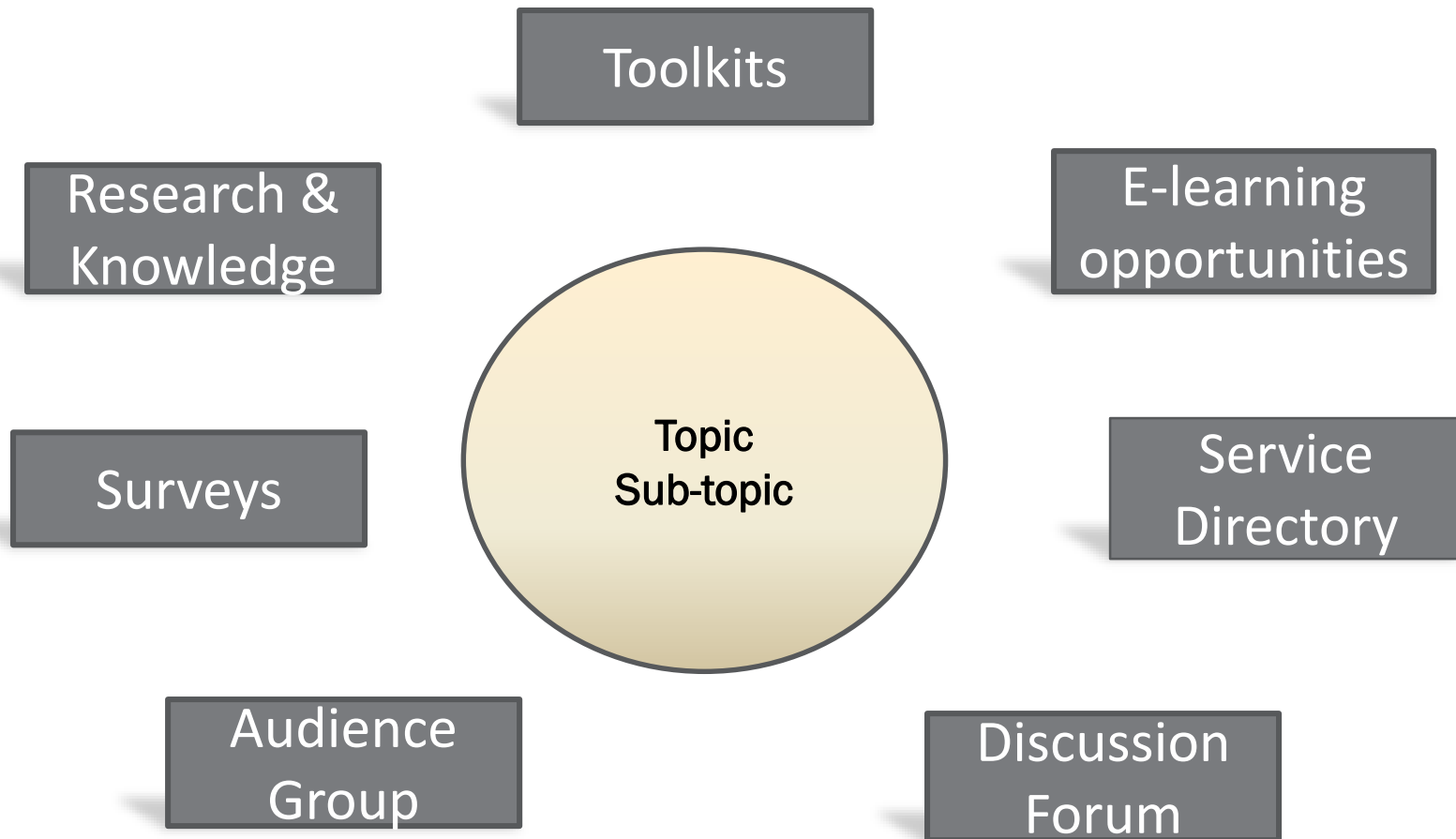
# HWP Portal Goals

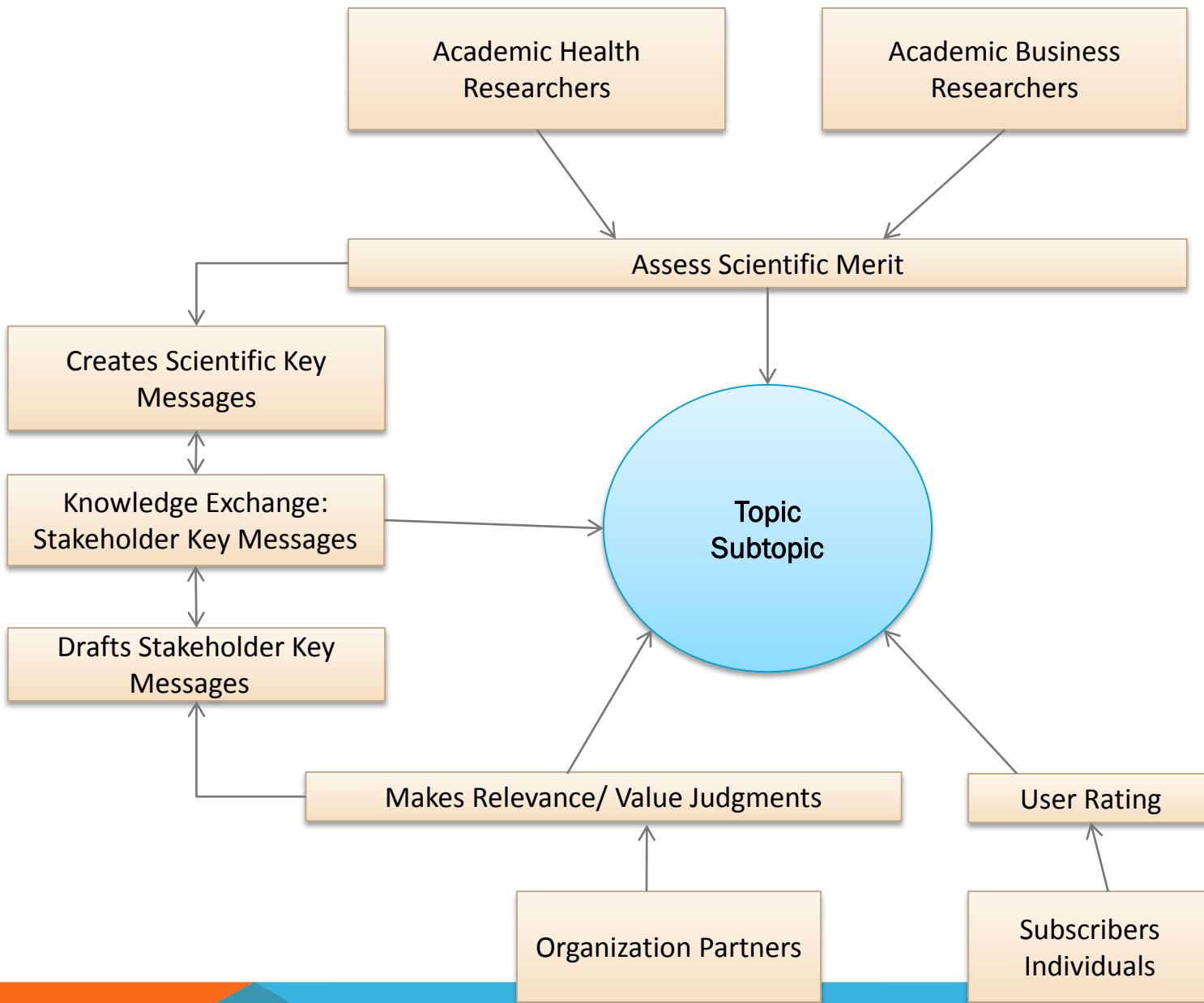
- Engages stakeholders in strategic planning to identify priority issues with academic researchers (Business & Health Sciences)
- Conducts needs assessment and dissemination of best practices in workplace disability prevention and management
- Facilitates collaborative research
- Moves research into policy, training and practice across all stakeholders

# The Health and Work Productivity Web Portal

- Assists stakeholders to identify/utilize credible resources to facilitate safe, healthy, accommodating and productive workplaces
- Provides practical implementation tools and resources - toolkits, multimedia resources e-learning opportunities providing practical guidance for organizational implementation
- Creates 'Communities of Practice' bringing together academic and community partners to translate research into best practices

# 95% of HWP Portal Architecture Integrated Around Topics / Sub-Topics







- Topics**
- Business & Labour
- Disability Prevention & Management
- Human Resources Management
- Legislation & Legal Resources
- Primary Care & Occupational Health
- Wellness & Productivity
- Health Conditions**
- A to Z
- Addiction / Substance
- Chronic Disease / Infection
- Environmental Health
- Healthy Communities
- Injury Prevention / Safety
- Lifestyle behaviours
- Mental Health
- Musculoskeletal Disorders
- Social Determinants of Health
- BC Consumer Services
- Quick Links**
- Public
- Human Resource Professionals
- Researchers
- Health Care Providers
- Policy Makers
- Occupational Health and
- Business and Labour

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**Effectiveness of exercise on work disability in patients with non-acute non-specific low back pain: Systematic review and meta-analysis of randomised controlled trials.**

Oesch P, Kool J, Hagen KB, Bachmann S.   
 Research Department, Rehabilitation Centre Valens, Valens, Switzerland.   
 p.oesch@klinik-valens.ch

Relevance: (6 reviews)   
 Usefulness: (3 reviews)   
 [Plan to Implement: 5 users](#)

**Abstract**

**OBJECTIVES:** To determine whether exercise is more effective than usual care to reduce work disability in patients with non-acute non-specific low back pain, and if so, to explore which type of exercise is most effective.

**METHODS:** Systematic review and meta-analysis of randomized controlled trials investigating the effectiveness of exercise in non-acute non-specific low back pain, and reporting on work disability. Data sources: MEDLINE, EMBASE, PEDro, Cochrane Library databases, NIOSHTIC-2, and PsycINFO until August 2008. Work disability data were converted to odds ratios. Random effects meta-analyses were conducted.

**RESULTS:** A total of 23 trials met the inclusion criteria, 20 of which were suitable for inclusion in meta-analysis allowing 17 comparisons of exercise interventions with usual care and 11 comparisons of 2 different exercise interventions. A statistically significant effect in favour of exercise on work disability was found in the long term (odds ratio (OR) = 0.66, 95% confidence interval (CI) 0.48-0.92) but not in the short (OR = 0.80, 95% CI 0.51-1.25) and intermediate term (OR = 0.78, 95% CI 0.45-1.34). Meta-regression indicated no significant effect of specific exercise characteristics.

**CONCLUSION:** Exercise interventions have a significant effect on work disability in patients with non-acute non-specific low back pain in the long term. No conclusions can be made regarding exercise types.

[Scientific Rating: 10 out of 10 \(very strong\)](#)

[Human Resource Key Messages](#)

[Scientific Key Messages](#)

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# Pilot Project

## **Convenience sample partnered with**

- Healthcare Benefit Trust
- Food Industry Occupational Safety Association
- Construction Safety Alliance of BC



# HWP Portal Audience and Stakeholders

## **Target Audiences** (tailored homepages)

- Public
- Researchers
- Business & Labour
- Health Care Providers
- Policymakers
- Human Resources Professionals
- Occupational Health and Safety

# Pilot Project

## **Identified two high priority issues**

- I. Predictors and risks of disability
- II. Economic models to help small business compute costs of disability (congruent with predictors of disability)

# The Health and Work Productivity Pilot

## **Secondary Objectives**

- I. Refine metrics for success measures of process and outcomes
- II. Review, test and refine stakeholder relevance review and scientific review process

# Methods – Part I

- Identify, review and refine process and outcome evaluation measures
- Review and adapt stakeholder/scientific review instruments
- Baseline Survey – Expectations
- Refine research question(s)
- Create, test and refine Search Strategy (business/ health sciences)

# Methods – Part I

- Pilot test inclusion/ exclusion (titles only, titles and abstracts)
- Critical appraisal of article (relevance/ scientific merit)
- Identify risks of disability and level of evidence
- Scientific key messages/ stakeholder key messages
- Formulate key messages within and across stakeholders

# Preliminary Results

Needed to construct different search strategies of business/ health databases  
Business databases have limited taxonomy or experience with meta-analysis or structured methods to reduce selection bias

Original citation 1906 with 55 duplicates

Systematic Reviews (qualitative & quantitative) plus “reviews” 374 citations with 49 duplicates

Stakeholders relevance review focus on

Scientists are using modified Glasgow Checklists to address both health care and business articles.

**Topics**

- Best Practices
- Disability Management
- Health & Productivity Management
- Human Resources
- Insurance & Compensation
- Labour Management Partnership
- Legislation & Compliance
- Occupational Medicine
- Wellness & Prevention

**Health Conditions**

- A to Z
- Most Popular

**Quick Links**

- Learning & Education
- Services & Directories
- Surveys
- Research Resources
- News & Blogs
- Questions & Answers
- Subscribe to Newsletters

Sponsors

Home -> Researchers->Research Directory->Search Results

Search results for first name 'John'

31 results from selected criteria

Click on the investigator's name to view his or her profile.

Name	Status	BC academic affiliation	Research discipline
<a href="#">Anderson, John F</a>	Researcher	University of Victoria	Epidemiology and Biostatistics
<a href="#">Beatty, John T</a>	Researcher	University of British Columbia	Biology and Related Sciences
<a href="#">Brunstein, John D</a>	Researcher	University of British Columbia	Biology and Related Sciences
<a href="#">Cairns, John A</a>	Researcher	University of British Columbia	Cardiology
<a href="#">Cheng, John T.J</a>	Doctoral student	University of British Columbia	Chemistry
<a href="#">Egan, John P.</a>	Postdoctoral student or fellow	University of British Columbia	Andragogy
<a href="#">Esdalle, John</a>	Researcher	University of British Columbia	Rheumatology
<a href="#">Forbes, John C</a>	Researcher	University of British Columbia	Pediatrics
<a href="#">French, John G</a>	Researcher	-	-
<a href="#">Heale, John-Paul</a>	Researcher	University of British Columbia	Management
<a href="#">Hepburn, John W</a>	Researcher	-	-
<a href="#">Hill, John S</a>	Researcher	University of British Columbia	Cell Biology
<a href="#">Kadla, John F</a>	Researcher	University of British Columbia	Chemistry
<a href="#">Kramer, John L.K</a>	Doctoral student	University of British Columbia	Neurosciences
<a href="#">Mabbott, John W</a>	Researcher	University of British Columbia	Management

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**Topics**

- Best Practices
- Disability Management
- Health & Productivity Management
- Human Resources Management
- Insurance & Compensation
- Labour Management Partnership
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Sponsors

Home -> Researchers->Research Directory->Search Results-> Reviewer Details

[Invite John A Cairns to review an article](#)

IDENTIFICATION AND CONTACT INFORMATION			
Last name:	Cairns	First name:	John A
Address:	Gordon and Leslie Diamond HCC Room 9 113, Division of Cardiology 2775 Laurel Street Vancouver (British Columbia) V5Z 1M9	Fax:	(604) 875-5611
		BC academic affiliation:	University of British Columbia
		Department:	Medicine
E-mail address:	<a href="mailto:jacairns@medd.med.ubc.ca">jacairns@medd.med.ubc.ca</a>		
Web Page:			
Status:	Researcher		
Last update:	11/10/2007		

AREAS OF EXPERTISE	
Area of research:	Health sciences
Disciplines trained in:	Cardiology
Research disciplines:	Cardiology
Research topics:	Coronary Heart Diseases (Circulatory and Respiratory Health) Thrombosis and Embolism (Circulatory and Respiratory Health) Arrhythmia (Circulatory and Respiratory Health)
Fields of application:	Pathogenesis and Treatment of Diseases
Last update:	11/10/2007

LANGUAGE COMPETENCIES	
Understand:	English, French
Read:	English
Write:	English
Speak:	English, French
Last update:	11/10/2007



# Outcomes

- Facilitate the use of evidence-informed best practices across all stakeholders
- Identification of needs in disability prevention and management programs
- Provide access to validated outcome assessment tools to track progress

# Partner Benefits

- Academic Benefits
- Organizational Partner Benefits