



Helping clients to better understand and deal with disabilities and incapacity in the work place

The Right Integrated Solution for you

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The Collective

2nd Edition

"Because managing disability in the workplace is a collective process"

July 2009

IRELAND – THE LAND OF A THOUSAND WELCOMES

July already! Only 160 days left to Christmas and 352 days till the soccer world cup. Man, time flies when you are having fun, and fun is certainly what I experienced on a recent trip to Ireland. My primary reason for going there was to meet my new extended family, a rather daunting affair I must tell you, especially since a grand affair was set up with 22 relatives from all across Europe! I am glad to say though, that I survived my relatives and managed to get a fair amount of sight-seeing under my belt and as you can see from the pictures I even managed to spot a rather oversized leprechaun, although no one could tell me how he manages to fit into his WEE house!



Besides the sightseeing, what I found most intriguing, were the people themselves. Ireland is certainly the land of a thousand welcomes. However, in a small community such as Lisbon, their sunny dispositions and friendly smiles seemed out of place for a community with a large number of suicides. When I asked family members about it, they commented that people in their community didn't feel very comfortable reaching out for help because of their over involved nosy neighbours and happy go lucky cultural ways...proving that the grass isn't always greener on the other side... even in Ireland where it never seems to stop raining!



INSIDE THIS ISSUE

Welcome to the second edition of "The Collective", the official Remedy Room newsletter. In this issue, read about:

- Interesting Ireland insights – The Human dimension
- Workwell – The new FCE Protocol

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REMEDY ROOM NEWS FLASH

Heather Patton, the managing member of Remedy Room is conducting a research study to define the selection criteria of occupational therapists by Life Assurers for work related assessments. The study would help set an industry benchmark for occupational therapists and Insurers alike!

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WORKWELL – A NEW FCE PROTOCOL

Remedy Room recently acquired a license to administer the Workwell Solutions FCE protocol. It provides therapists with an objective and SAFE method of assessing lifting capacity and other physical demands such as pushing, pulling etc. You may ask, "But what do you mean objective?" Well, instead of relying on pain behaviours, they focus almost exclusively on observing biomechanics to decide on the SAFE maximum which someone can lift/push/pull. Biomechanical signs that someone is reaching their SAFE maximum lift would be if there was increased accessory muscle recruitment, an inability to maintain a neutral spine, frequent weight shifting, unequal loading on the joints, abnormal movement patterns etc.

So what is Remedy Room's verdict? It's great! I have yet to read the reams of research, but at face value they represent a unique opportunity to conclude with confidence that if someone can sit comfortably for 30 minutes then they can tolerate a full working day of frequent sitting! (They don't however seem take into account the fact that most people have to not only sit but concentrate for those 8 hours). They also use heart rate monitors and blood pressure readings, which in the absence of an underlying heart condition gives a real physiological look at someone's pain. Finally the reports are very well designed. They allow for a concise and thorough picture of a client in only 3-4 pages! I have adapted the report to include clerical work samples and cognitive-perceptual tests where appropriate. I look forward to hearing your feedback on what you like and don't like about the new reporting structure and methodology ☺

Till next month, I bid you farewell, or as they say in Gaelic (otherwise known as Irish) "Slán"

(pronounced: shlahn) Regards: *Heather Patton*

FORWARD TO A FRIEND

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