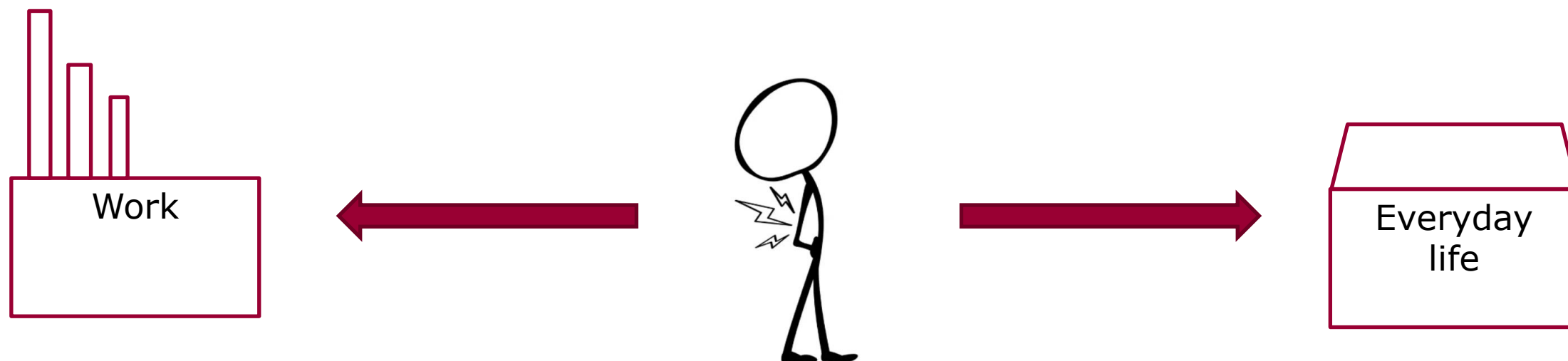


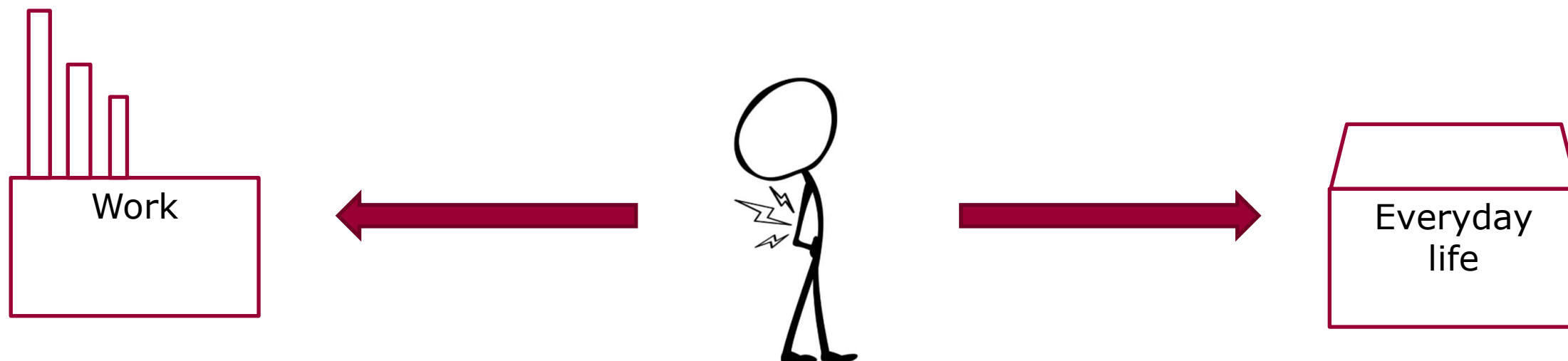
# WORK-IT-OUT

Hvordan hjælper vi bedst sygemeldte med  
lænderygsmærter?



**National rehabiliteringskonference 2024**  
***Tema 2: Brugerinvolvering til løsning af komplekse problemer***

**Ph.d.-studerende Katrine Schilling Andersen**

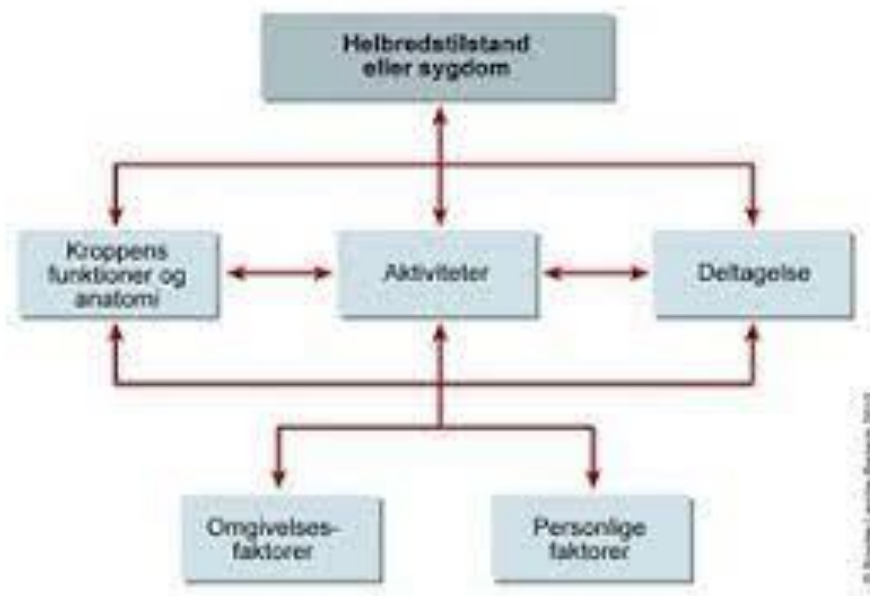


Udvikling af en **tidlig** **interdisciplinær** **rehabiliterende** intervention til sygemeldte med lænderygsmærter

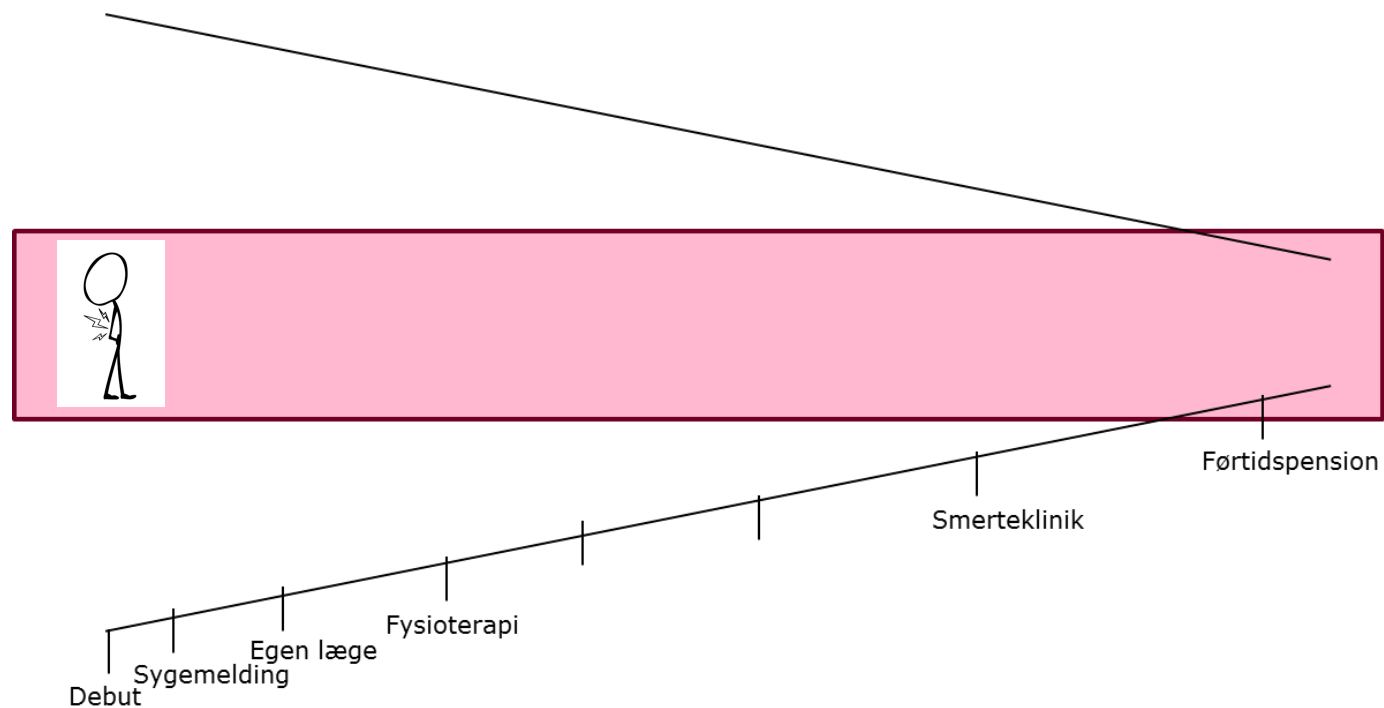


Rehabiliteringsteammøde

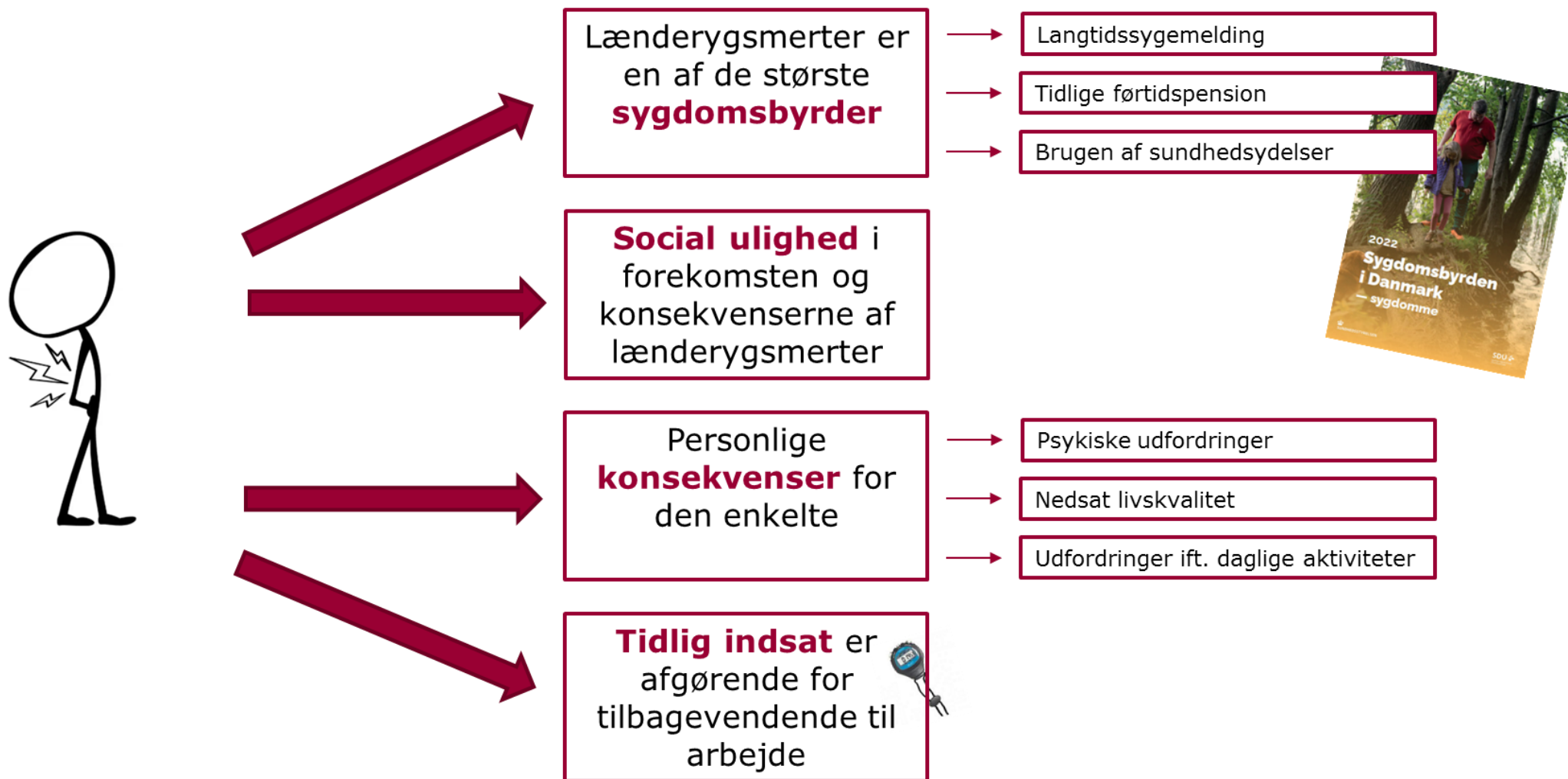
## Socialmedicinske undersøgelser

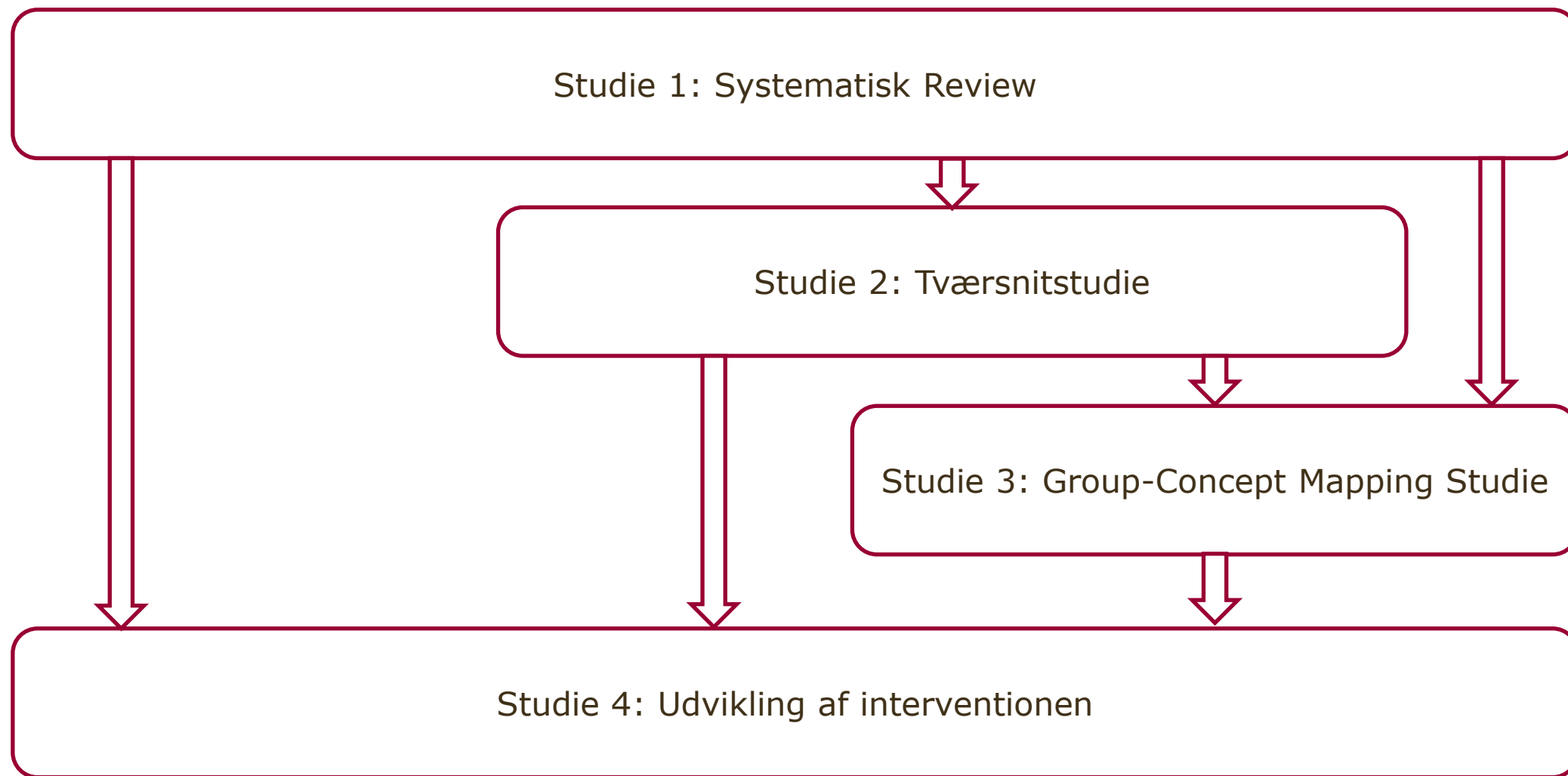


# Lænderygsmarter

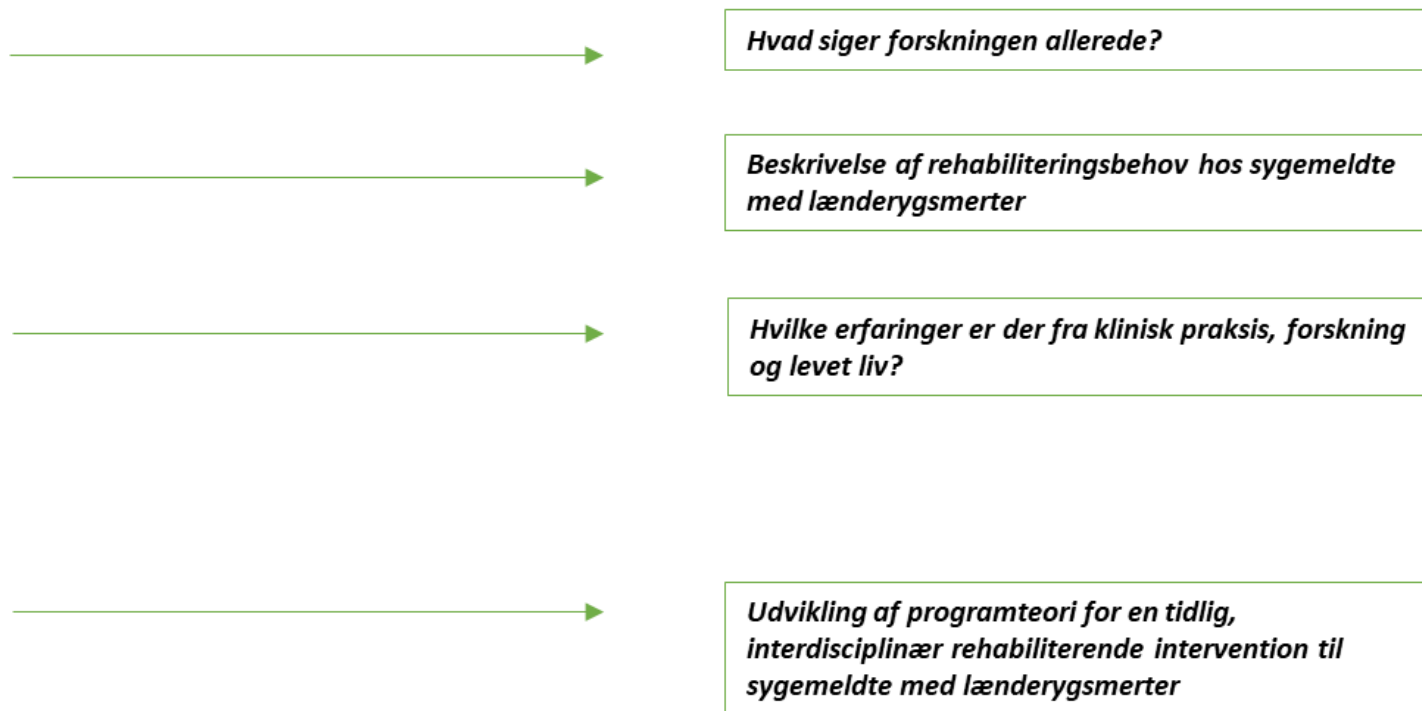
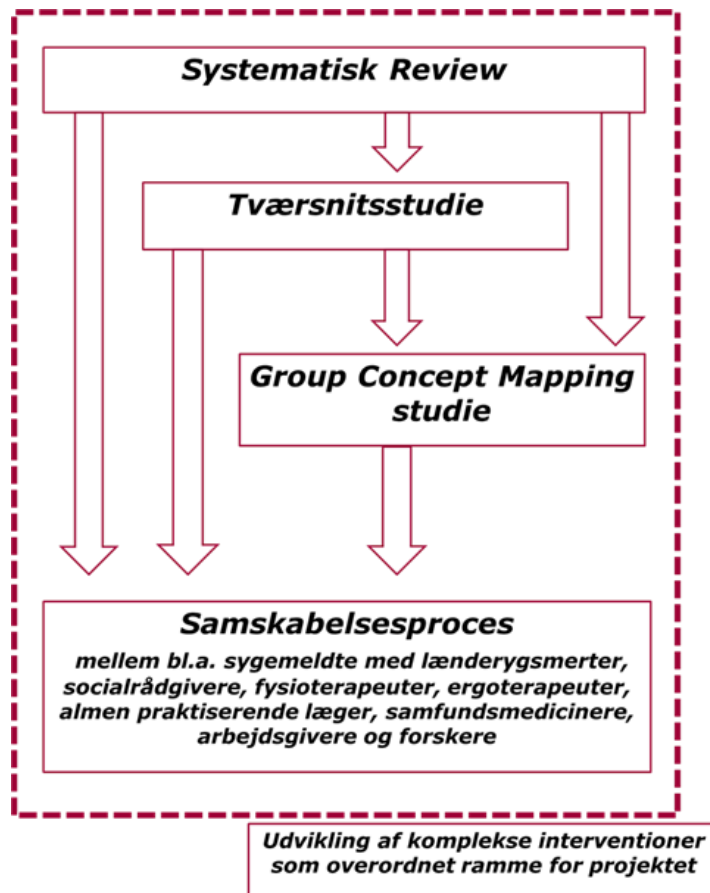


# Lænderygsmarter





# WORK-IT-OUT



**Hvad**

**Hvorfor**

**Hvordan**

**Brugerinvovlering**

# Metode relateret til komplekse intervention

U  
N  
D  
E  
R  
S  
Ø  
G  
E

## Rehabiliterings Behov

Tværsnitstudie

Mixed-method  
litteraturgennemgang af  
rehabiliteringsbehov

WORKSHOP 1 + 2

## Interventions komponenter

Group-concept mapping Studie

Systematisk review om effekt af  
interventions komponenter

Observation af eksisterende  
praksis

WORKSHOP 2 + 3 + 4 + 5

## Mulige effekt- mekanismer

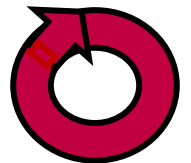
WORKSHOP 4 + 5

B  
E  
S  
L  
U  
T  
T  
E

Målgruppe

Målrette rehabiliteringsbehov ↔  
outcomes

Interventions komponenter



Involvering af interessenter – borgere, professionelle, ledere osv.

Rehabiliteringsteori - ICF

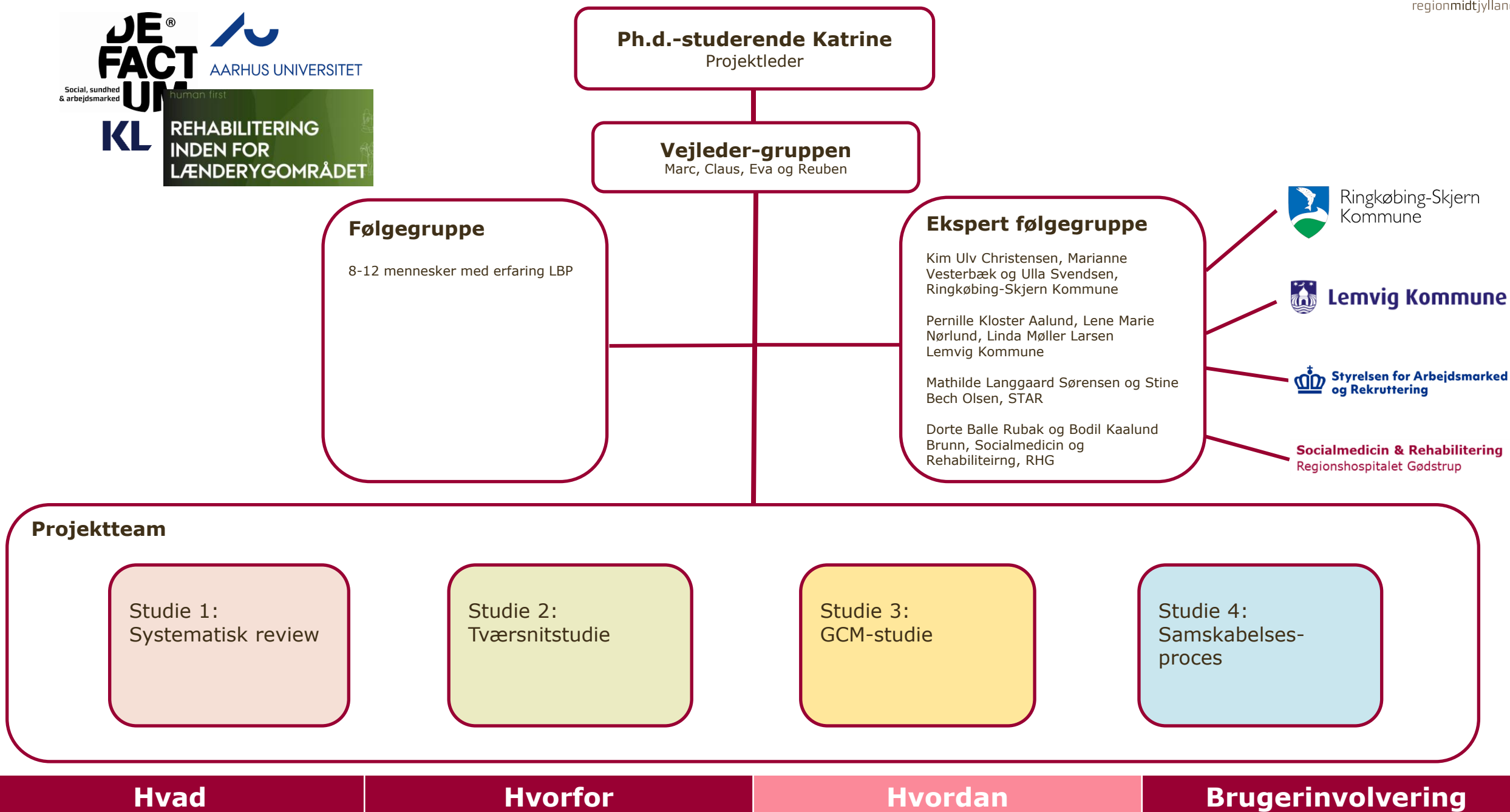
Socioøkologisk tankegang

Hvad

Hvorfor

Hvordan

Brugerinvovlering



## Development

Feasibility

Evaluation

Plan the development  
process

Involve stakeholders

Bring together a team  
and establish decision-  
making processes

Review published  
research evidence

Draw on existing  
theories

Articulate programme  
theory

Undertake primary data  
collection

Understand context

Pay attention to future  
implementation of the  
intervention in the real  
world

Design and refine the  
intervention

End the development  
phase

Møder med følgegruppe

Tværsnitstudie

Observation af eksisterende  
praksis

Group Concept Mapping  
Studie

Samskabelsesproces

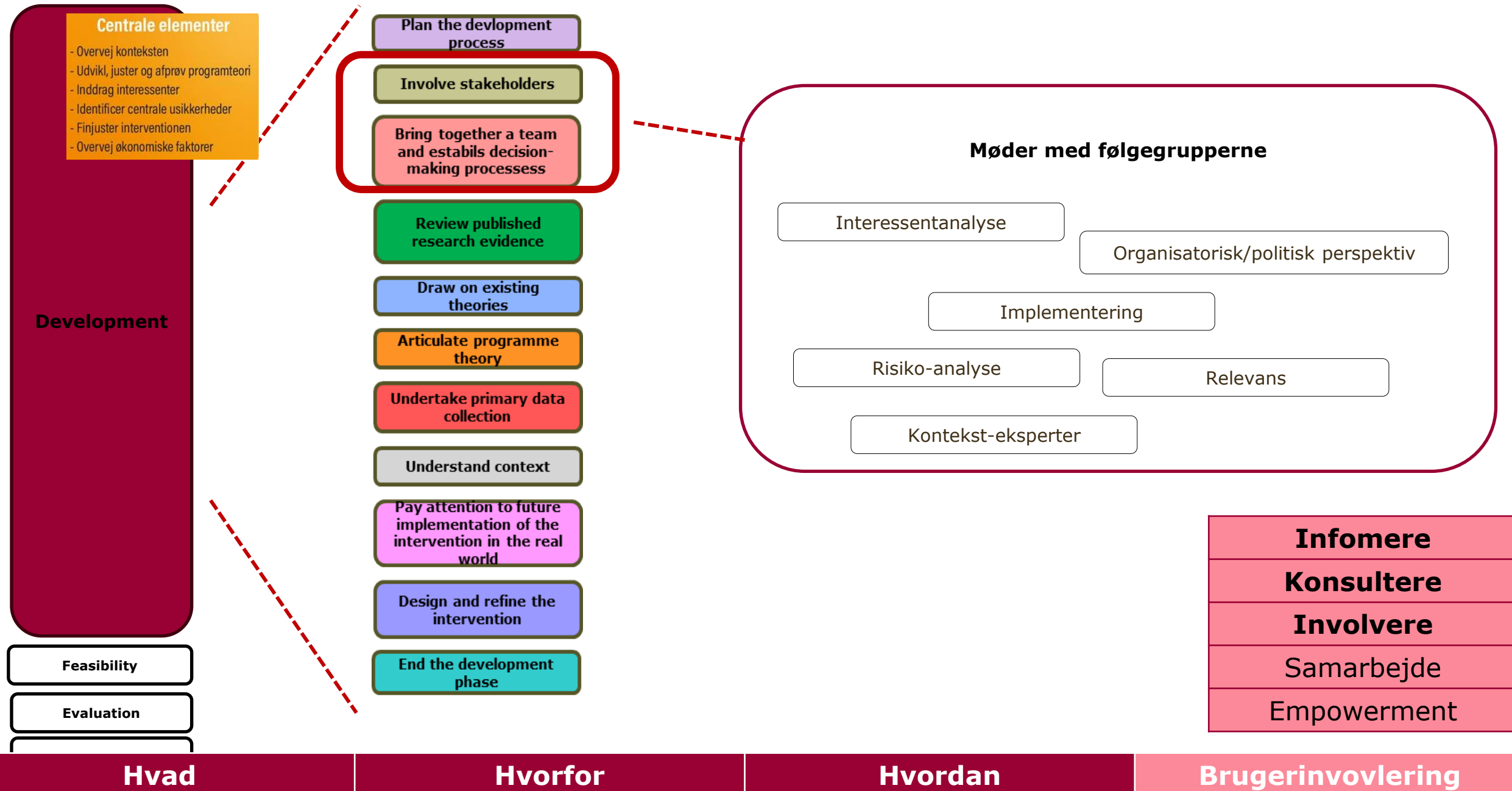
Systematisk Review og  
litteratur gennemgang

Hvad

Hvorfor

Hvordan

Brugerinvolvering



## Development

Feasibility

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collection

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Pay attention to future  
implementation of the  
intervention in the real  
world

Design and refine the  
intervention

End the development  
phase

## Tværsnitstudie

Hjemmebesøg ved 120 sygemeldte med  
lænderygsmerter i Lemvig og Ringkøbing-  
Skjern Kommune

Infomere

**Konsultere**

Involvere

Samarbejde

Empowerment

Hvad

Hvorfor

Hvordan

Brugerinvolvering

## Development

Feasibility

Evaluation

Plan the development  
process

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Bring together a team  
and establish decision-  
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collection

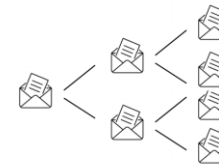
Understand context

Pay attention to future  
implementation of the  
intervention in the real  
world

Design and refine the  
intervention

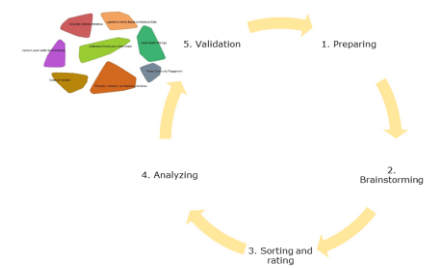
End the development  
phase

## Group Concept Mapping Studie



Online proces

Sygemeldte  
med LBP  
Arbejdsgivere  
Professionelle  
(tværfaglige)  
Forskere



Infomere

Konsultere

**Involvare**

**Samarbejde**

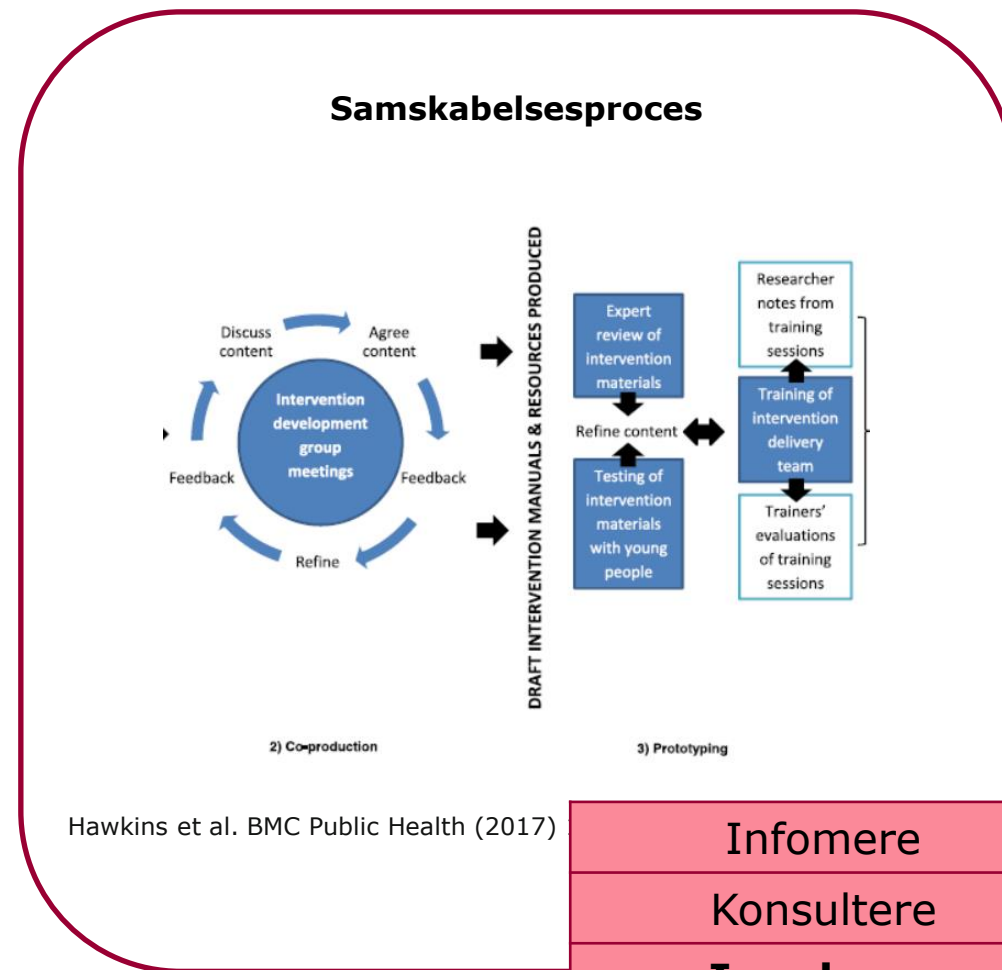
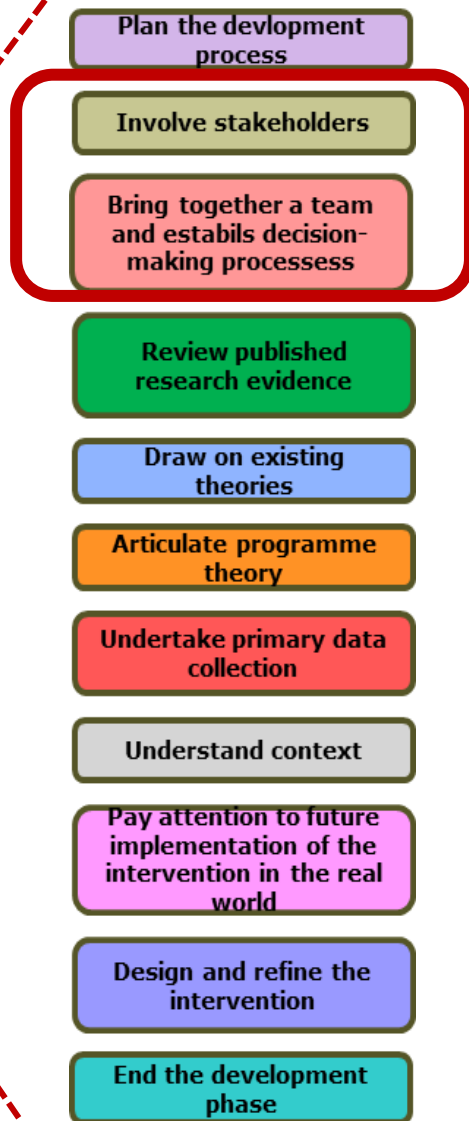
**Empowerment**

Hvad

Hvorfor

Hvordan

Brugerinvovlering



Hvad

Hvorfor

Hvordan

Brugerinvolvering



**Socialmedicin & Rehabilitering**  
Regionshospitalet Gødstrup



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Eva Elisabeth Wæhrens



Professor  
The University of Vermont  
Reuben Escorpizo



**NIDO**  
Regionshospitalet Gødstrup

