



CASE STUDY – MR B

Rehabilitation recommendations and case management solutions that enabled return to work nine months following multiple complex traumatic injuries

BACKGROUND

On 25 February 2021, Mr B sustained multiple complex traumatic fractures to both lower limbs as well as significant open wounds to his left calf, after a collision with a forklift truck whilst at work. Naturally, the incident also had an impact on his mental health, resulting in him experiencing trauma related reactions and distress.

Mr B was married with three grown up children and was working full-time as an engineer for a manufacturing company. It was a physically, psychologically, and cognitively demanding role and one that often required him to drive long distances. Outside of work he would enjoy going to his local gym several times a week, was a keen cyclist and walker. He enjoyed socialising with friends and within his local faith community, as well as participating in charity events.

This is a case study providing a summary account of Mr B's rehabilitation journey so far.



"Many thanks for the assistance that you provided and facilitated for Mr B. I have no doubt it has made a tangible difference to his outcome and that he's grateful for your help and support. I look forward to working with you again."

Jonathan Syddall

Partner, Serious Injury Law Limited

WORKPLACE INCIDENT RESULTING IN COMPLEX MUSCULOSKELETAL POLYTRAUMA

Mr B was aged 47 when he was involved in a workplace incident resulting in severe personal injuries

After Mr B was discharged from Addenbrookes Hospital, Jonathan Syddall of Serious Law LLP and Mr G, Technical Claims Handler, of the Insurance Company jointly instructed Transcend Rehabilitation to prepare an Immediate Needs Assessment (INA) and implement the recommendations made. This involved the co-ordination of Mr B's clinical and rehabilitation needs, to enable him return to work and participate in the various hobbies he enjoyed before his injury.

We visited Mr B to conduct the INA on 18 May 2021. It was evident that he was experiencing severe difficulties mobilising around the home and he was dependant on the use of a Zimmer frame. Mr B was also unable to climb the stairs and so he was confined to living and sleeping downstairs.

Every day living tasks such as personal hygiene and dressing tasks were challenging and he was experiencing high levels of persistent pain, which he was attempting to manage through strong opiate-based pain medication which was prescribed to him whilst in hospital. The incident had also impacted Mr B's immediate family, and they had been required to take time off work themselves to care for him.

During the INA, we took time to establish exactly what Mr B wanted to accomplish from the rehabilitation phase of his recovery journey, and also set goals which could then be objectively measured and re-measured throughout the rehabilitation programme, to ensure that progress was made and that these goals were accomplished. It was important to us that these goals were evidenced and that the results were demonstrable for Mr B as well as the instructing parties.

MULTI-DISCIPLINARY TEAM WORKING AND A FUNCTIONAL APPROACH TO REHABILITATION

Using our expertise and national network of trusted providers, we set out to work to build the right rehabilitation team, who would provide a functional approach to rehabilitation so that Mr B would be able to safely and independently carry out his personal hygiene and dressing, return to helping with domestic chores around the home, do the gardening, drive and return to work; as well as, resume his enjoyment of cycling and walking with his wife.

Mr B also had a strong desire to fulfil his plans to go abroad on holiday and to be able to have confidence to participate in the booked excursions which he managed. We also ensured that pain management and education was integrated into the rehabilitation programme which also enabled him reduce and cease taking opioid-based medications.

Psychological support was also put in place to enable the self-management of Mr B's mood, anxiety and trauma reactions so that he could enjoy and maintain a positive mindset and be proactive during recovery.



RETURN TO LIFE & WORK

Mr B's functional and return to life goals were successfully achieved; he commenced a phased return to work programme in November 2021.

The case management and rehabilitation teams' input had all been completed by February 2022, soon after Mr B return to work full-time



A summary from the final reports included:

"Mr B has worked hard to self-manage his physical recovery and to progress his phased return to work. He has reported he has now successfully returned to full-time work hours, and is aware of how to gradually progress his return to heavier duties and his full-time role.

Mr B completed the work and social adjustment scale before and after his return to full-time work hours, and the scores reflect the success of his return. In July 2021, before his return, he scored 25/40 (where 40 = maximum impact of symptoms upon work). In January 2022, after his return to full time hours, he scored 9/40 (a clinically significant improvement).

It has been a pleasure to work with Mr B and I wish him all the best for the future."

Rehabilitation Provider



"I would like to thank you for all your assistance here."

Mr G

Technical Claims Handler, Insurance Company



A message from our CEO:

“Our mission - and ultimate priority - is to return our seriously injured clients to self-sufficiency in all aspects of their daily living (including work & play) in the shortest period of time where possible, preventing the need for long-term dependency on health, social, personal care support or case management services.”

PROUD SUPPORTERS & MEMBERS OF:

