



STAYING WELL AT WORK

CASE STUDY



UNDEB EWROPEAIDD
EUROPEAN UNION



Llywodraeth Cymru
Welsh Government

Cronfa Gymdeithasol Ewrop
European Social Fund



RHONDDA CYNON TAF

“ I think the service is amazing...You guys go above and beyond.”



About SWAW

Staying Well @ Work offers a proactive and integrated approach to the prevention of physical and mental ill health, whilst supporting rehabilitation and the management of long-term conditions.

We provide clinical support to staff within small and medium sized businesses in Rhondda Cynon Taf to improve daily functioning and symptom management enabling people to return to, or continue to work.

Their Problem

Client had been off work for approx. 4 weeks and was really struggling. Through assessment, it became clear that the client was not just suffering from simple low back pain but a flare up of a long term inflammatory spinal condition.

The gold standard of treatment for her inflammatory condition would have been a review with the client's rheumatology consultant however this initially was not possible due to coronavirus restrictions. This meant what could be done for the client was very limited.

Our Solution

The SWAW physiotherapist arranged reviews by the clients GP and A and E. They also stayed in telephone contact with the client weekly to provide extra support and advice, as her usual services were not available. They signposted her to the rheumatology nurses and Ankylosing Spondylitis charity helpline which the client found very helpful.

The client was also struggling with her mental health due to the severity of her symptoms and the inability to access her normal medical care. The physiotherapist therefore inter referred into the SWAW counselling service.

Feedback

Client Testimony - **“I think the service is amazing, it's the best Occupational Health service I have ever had. You guys go above and beyond.”**



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The Staying Well at Work Service offers support to small businesses in RCT and their employees with their approaches to equality, health and wellbeing - enabling businesses to become more resilient and prosperous.

