



STAYING WELL AT WORK

CASE STUDY



UNDEB EWROPEAIDD
EUROPEAN UNION



Llywodraeth Cymru
Welsh Government

Cronfa Gymdeithasol Ewrop
European Social Fund



RHONDDA CYNON TAF

“Without the intervention of SWAW it is likely that this client would have had a protracted wait for investigation into their symptoms.”



About SWAW

Staying Well @ Work (SWAW) 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

The client was referred by their manager due to long-term ill health. They presented to the service with an MSK disorder that started during lockdown, it affected their movement and function. They had struggled to access services due to COVID 19 and has been off work for at least 8 months.

Our Solution

The client was urgently referred back to the GP by the physio for urgent referral onto the CMATS service for a specialist musculoskeletal opinion. The client had been referred to the specialist service by their GP previously, however hadn't been seen due to COVID 19. The SWAW physiotherapist pushed for a further review with CMATS as their symptoms were concerning. As a result of the Physio intervention the client is awaiting a MRI scan and potential surgery.

Feedback

Beth Ruff, Occupational Physiotherapist -
“Staying Well @ Work provided support to the client during coronavirus restrictions when they had struggled to access appropriate services. By pushing for a further specialist review, the client has been able to access the medical care they require which they had been unable to do themselves for many months.”



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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.

