

# O14

## **MAKING IT WORK – SCOTLAND and the UNIQUE STUDY: ADAPTING THE CANADIAN MAKING IT WORK PROGRAMME FOR INFLAMMATORY AND NON-INFLAMMATORY CONDITIONS WITHIN A UK HEALTH AND SOCIAL CARE CONTEXT**

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### Background

Musculoskeletal (MSK) conditions greatly impact people's working lives[1]. Making it Work™ is a Canadian self-management programme which effectively supports the work ability of people with inflammatory arthritis[2]. It includes educational material and interactive activities covering topics related to arthritis and employment, such as managing fatigue and stress, obtaining job accommodations and building supportive work relationships.

### Aims

This study expands the Making it Work™ programme for non-inflammatory MSK conditions, and adapts it for UK modern working contexts.

### Methods

The 'UNderstanding the Impact of non-inflammatory musculoskeletal conditions on work and work transitions' (UNIQUE) study comprised a literature review and interviews with 15 people with non-inflammatory MSK conditions to inform MiW content. A mapping exercise identified components of the existing programme that required modification to meet the project aims. These were presented in deliberative focus groups[3] to people with MSK conditions, and separately to employers and healthcare professionals (HCPs). We explored individuals' ideas on existing programme components, structure, delivery, and aspects to change. Sessions were transcribed verbatim and thematically analysed[4]. A workshop was held, agreeing key changes.

### Results

Focus group data analyses suggested the following key changes: programme structure (e.g. less 'linear' delivery), information content (e.g. adapting condition-specific information), communication support (e.g. help discussing work with HCPs), terminology (e.g. making examples more inclusive of diverse work situations) and signposting to resources for the UK context (e.g. incapacity benefits).

### Conclusions

Participants proposed key changes which we will use to adapt the existing programme, before evaluating acceptability in its new context.

References:

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- [4] Clarke, V., Braun, V., & Hayfield, N. (2015). Thematic analysis. *Qualitative psychology: A practical guide to research methods*, 3, 222-248