

DEPARTMENT OF
OCCUPATIONAL THERAPY

Work Assessment, Rehabilitation and Prevention Services



WHAT IS WORK REHABILITATION?

Work rehabilitation enables individuals with functional, physical or cognitive impairments or health conditions to retain or regain their ability back to the workforce. This is conducted through a range of assessment, intervention and preventive services.

At Tan Tock Seng Hospital, work rehabilitation services are offered by Occupational Therapists and can be divided into Work Assessment, Work Rehabilitation and Work Injury Preventive services.





WORK ASSESSMENT SERVICES

FUNCTIONAL CAPACITY EVALUATION (FCE)

A FCE is a detailed examination and evaluation that measures an individual's current level of bodily function compared to their job demands. It comprises a comprehensive series of performance-based tests that determine an individual's level of functional abilities in relation to their job/occupational requirements and make recommendations to help them return to work. Results from the FCE can also be used to create rehabilitation care plans following an individual's injury or illness or for pre-employment or re-employment purposes.

RETURN-TO-WORK (RTW) SCREEN

RTW screen is adapted from an FCE to provide a brief functional assessment to make return-to-work decisions. Upon returning to work, individuals are assessed on their capability to perform three to four most physically demanding requirements. Recommendations are given to resume suitable return-to-work duties or continue with further clinical treatment. This approach of managing the injured employee with RTW screening is effective for early and safe return to work and can create cost savings for the employer and better outcomes for employees.

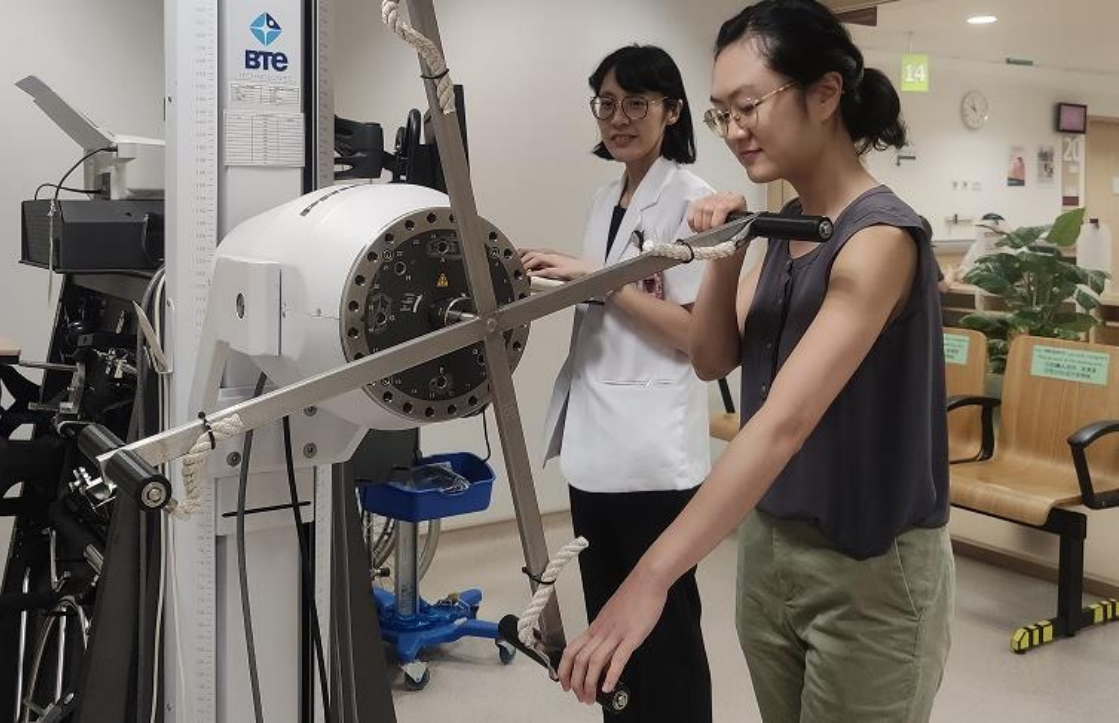


WORK ASSESSMENT SERVICES

WORKPLACE ASSESSMENT

Workplace assessment involves the observation of an individual performing tasks associated with their job in their actual work environment (where it is safe and practical to do so).

This determines the suitability of the job and the work environment for the individual. Barriers that may interfere with or inhibit an individual's ability to return to work or work to full capacity are identified and minimised through liaison between the employer, employee and occupational therapist for a successful return to work.



WORK REHABILITATION SERVICES

WORK CONDITIONING AND WORK SIMULATION

Work conditioning aims to improve an individual's work fitness and tolerance by restoring physical strength and endurance or cognitive abilities. This is conducted through physical conditioning and simulated work activities through work tasks or a computerised work simulator. Early incorporation of work simulation as part of therapy allows the individual to progress in performing job demands in the clinical environment before having to perform those demands at work.

DEVELOPING SUITABLE RETURN-TO-WORK (RTW) PLAN

A suitable RTW plan aims to help injured workers return to work safely and gradually through a supervised process at their workplace. An employee's condition and recovery, work experience and skills, and pre-injury job demands are taken into consideration to match their ability to perform their work tasks with appropriate work hours while recovering. Work duties are gradually progressed to help the employee gain confidence in resuming all pre-injury work duties.



ERGONOMICS CONSULTATION

SERVICES ARE AVAILABLE
FOR EMPLOYEES WHO HAVE
DIFFICULTY COPING WITH
THEIR WORK DUTIES DUE
TO WORK-RELATED INJURY
OR PAIN.

WORK INJURY PREVENTION SERVICES

INDIVIDUAL ERGONOMICS CONSULTATION

Ergonomics consultation services are available for employees who have difficulty coping with their work duties due to work-related injury or pain. This includes postural education, workstation modifications, advice on adaptive equipment and tools and other pain management services.

WORKPLACE ERGONOMICS PROGRAMME

Customised workplace ergonomics programmes and consultancy services are offered to help individuals and organisations maintain a good quality of working life by promoting awareness of workplace safety practices.

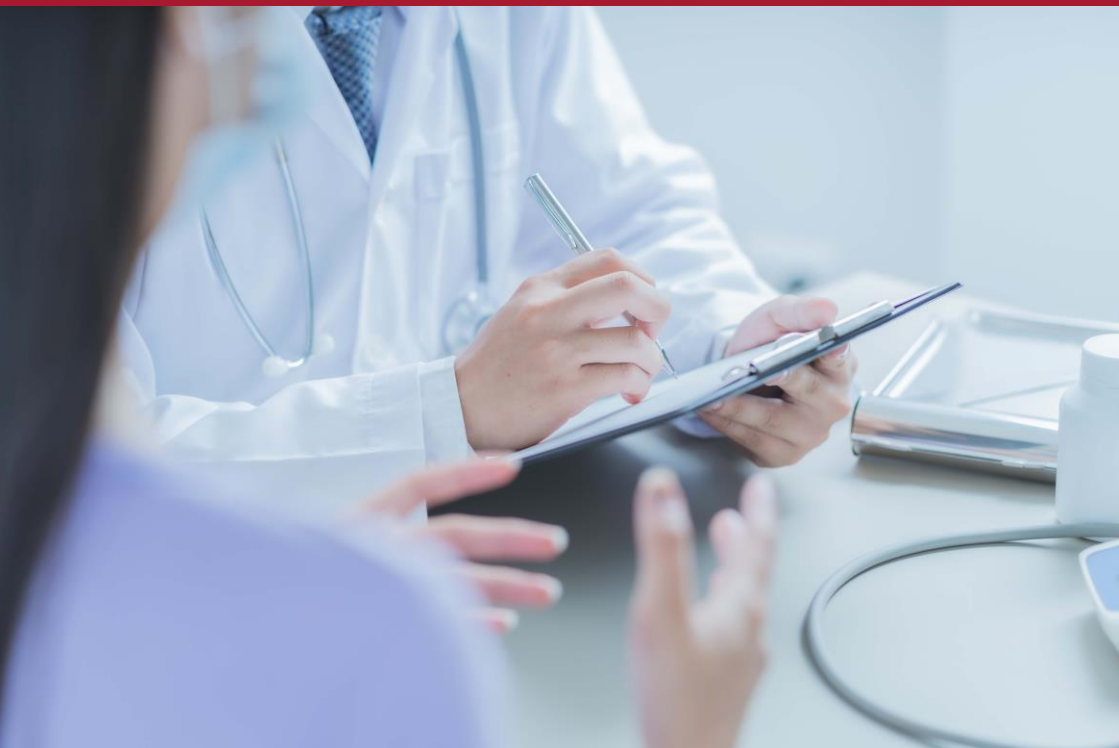
This helps to reduce the risks of work-related repetitive strain injuries such as neck strains, backaches and carpal tunnel syndrome. These services include workplace evaluation and recommendations, symptom surveys, and customised educational talks and workshops.

HOW TO BE REFERRED FOR WORK ASSESSMENT

An individual can be referred for any **Work Injury Assessment** and **Rehabilitation Services** through a medical doctor, healthcare professional, lawyer or self. Relevant medical information must be available to process the referral.

Individuals and organisations can contact the **Occupational Therapy** department directly to enquire or make appointments for **Work Injury Prevention Services**.

For more information, please contact Occupational Therapy Department at: 6889 4848 or occupational_therapy@ttsh.com.sg.





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