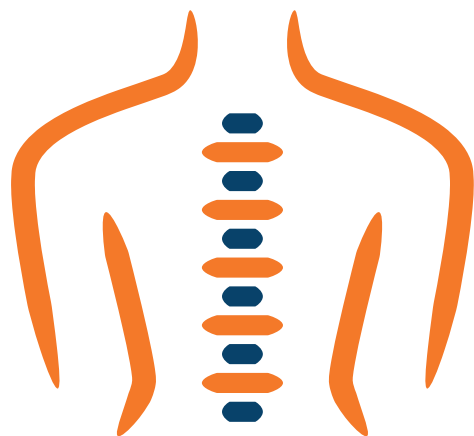




PARTNERIAETH IECHYD YN Y GWAITH CYMRU
WALES HEALTH AT WORK PARTNERSHIP



BACK-on-LINETM

let us help you to help yourself

gadewch i ni eich helpu – helpwch eich hun

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Technolegau ar gyfer Iechyd mewn Gwaith / Technologies for Health in Work

Cyfleoedd

- Canllawiau clinigol - canolbwyntio ar atal yn y gymuned, gwaith, iechyd y cyhoedd a gofal sylfaenol
- Polisi - Cymru Iachach, Iechyd a Gofal Gwybodus yn cefnogi'r defnydd o dechnolegau
- Strategaeth - Rhaglen gyfranogiad digidol y GIG, canllaw cynhwysiant digidol ar gyfer HC
- Cyllid - Cronfa Her Iechyd, cronfa Trawsnewid

Heriau

- Ni ystyrir amgylchiadau unigol
- Ychydig o ffocws ar weithgaredd corfforol ac ymarfer corff ar 'sut i...'
- Egwyddorion a damcaniaethau newid ymddygiad yn cael eu tanddefnyddio

Opportunities

- Clinical guidelines - focus on prevention in the community, work, public health and primary care
- Policy - Healthier Wales, Informed Health and Care supporting use of technologies
- Strategy - NHS digital participation programme, Digital inclusion guide for HC
- Funding - Health Challenge Fund, Transformation fund

Challenges

- Individual circumstances not considered
- Physical activity & exercise little focus on 'how to...'
- Behaviour change principles and theories under-utilised





Beth yw Back-on-Line™ ? / What is Back-on-Line™ ?

ETH YW BACK-ON-LINE™

- System cymorth hunanreoli ddigidol ar gyfer pobl sydd â phoen cefn galwedigaethol
- Cam 1. HUNANSGRIN i benderfynu a oes angen i berson weld meddyg am ei broblem gefn
- Cam 2. Mae HUNANASESU yn gofyn i berson am ei boen cefn
- Cam 3. YN RHOI ADBORTH ar ffactorau sy'n cyfrannu yn debygol, sgôr gweithgaredd corfforol, sgôr ffordd o fyw eisteddog, sgôr cysgu
- Cam 4. DARPARU help ac arweiniad HUNANREOLI PERSONOL
- Cam 5. Mae MYFYRDOD yn gofyn i'r person am BACK-on-LINE a beth ellid ei wella

WHAT IS BACK-ON-LINE™ ?

- Digital self-management support system for people with occupational back pain
- Step 1. SELF-SCREEN to decide whether person needs to see a doctor for their back problem
- Step 2. SELF-ASSESSMENT asks a person about their back pain
- Step 3. GIVES FEEDBACK on likely contributing factors, physical activity score, sedentary lifestyle score, sleep score
- Step 4. PROVIDES PERSONALISED SELF-MANAGEMENT help and guidance
- Step 5. REFLECTION asks person about BACK-on-LINE™ and what could be improved





BETH YW BACK-ON-LINE™ ?

- Canllawiau pwrpasol ar sail hunanasesiad
- Adborth ar y math o boen cefn, gweithgaredd eisteddog gweithgaredd corfforol.
- Yn seiliedig ar dystiolaeth (cynnwys, dull cyflwyno, theori addysgol a newid ymddygiad)
- Iechyd Galwedigaethol penodol
- Modiwlau 3 modiwl :
 1. Popeth yr Oeddech Chi Bob Amser Eisiau ei Wybod am Boen Cefn Ond yn Ofni Gofyn
 2. Cael Eich Asgwrn Cefn yn Ffit Am Waith
 3. Cael Eich Meddwl yn Ffit Am Waith

WHAT IS UNIQUE ABOUT BACK-ON-LINE™?

- Bespoke guidance on basis of a self-assessment
- Feedback on type of back pain, physical activity sedentary behaviour.
- Evidence-based (content, mode of delivery, educational theory and behaviour change)
- Occupational Health specific
- Modules 3 modules:
 1. Everything You Always Wanted To Know About Back Pain But Were Afraid To Ask
 2. Getting Your Spine Fit For Work
 3. Getting You Mind Fit For Work





Introduction

What is BACK-on-LINE?

We know that back pain affects everyone differently. So, BACK-on-LINE specifically asks you about your own symptoms and experiences.

This allows us to give you tailored guidance and practical help relevant to you.

What will you learn?

- ▶ The possible reasons contributing to your back problem
- ▶ How to manage your back problem better
- ▶ How to make your back more resilient
- ▶ How to look after your back at work
- ▶ How to discuss your back problem with your boss, colleagues and family



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Introduction

**How many of us
do you think get
back pain at
some point in
their life?**

Select how many people on average
out of 10 to test your knowledge...

YOU SAID **8**



**THAT'S
RIGHT!**

8 out of 10 of us will
experience back pain at
some point in our lives.



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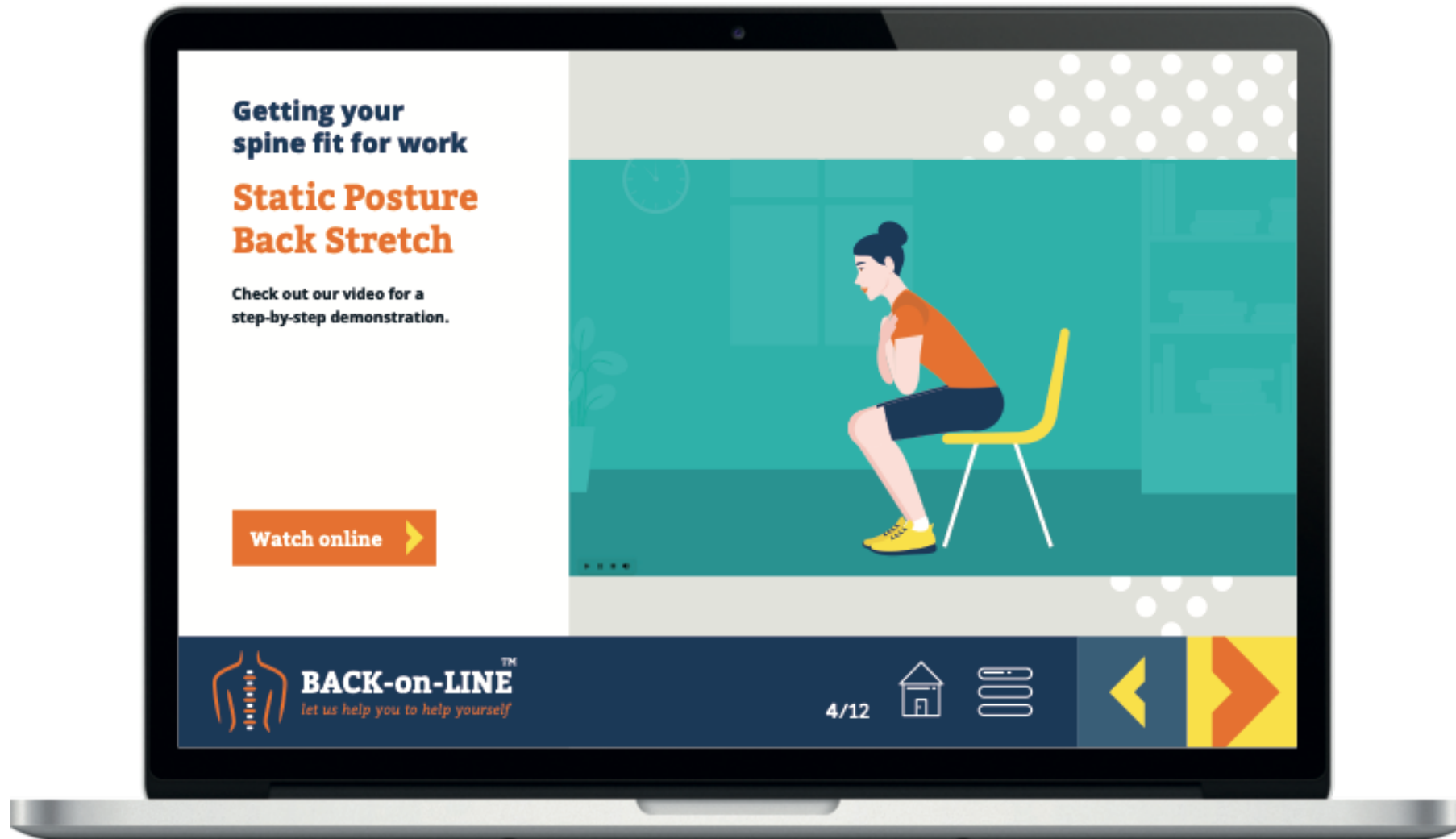
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CAMAU NESAF ...

- BACK-on-LINE™ i lansio mewn 9 Bwrdd Iechyd GIG Cymru a CU
- Cyrraedd 17,000 o weithwyr â phoen cefn
- Llwyfan casglu data awtomataidd i asesu :
 - dichonoldeb
 - derbynioldeb
 - buddion posibl o ran iechyd, gwaith a defnyddio adnoddau gofal iechyd

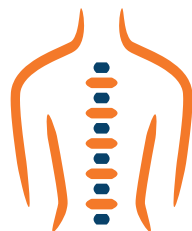
NEXT STEPS ...

- BACK-on-LINE™ to launch in 9 NHS Wales Health Boards and CU
- Reaching 17,000 employees with back pain
- Automated data collection platform to assess:
 - feasibility
 - acceptability
 - potential benefits in terms of health, work and healthcare resource use





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DIOCH!
QUESTIONS?