Making-it-Work TM - Scotland:

Adapting a Canadian programme to support people working with musculoskeletal (MSK) conditions in the UK

Cara Ghiglieri¹, R Stuart Anderson¹, Elaine Wainwright¹, Rosemary Hollick¹, Diane Lacaille², Gary J. Macfarlane¹, LaKrista Morton¹

- ¹ Aberdeen Centre for Arthritis and Musculoskeletal Health (Epidemiology Group), University of Aberdeen and Medical Research Council / Versus Arthritis Centre for Musculoskeletal Health and Work (CMHW)
- ² Department of Medicine, University of British Columbia, and Arthritis Research Canada, Vancouver, British Columbia, Canada

INTRODUCTION

MSK conditions can impact work ability and often lead to long-term sickness absence. Making-it-WorkTM is an **online self-management programme** developed in Canada to support people working with inflammatory arthritis (IA).

The programme offers 5 modules addressing **challenges in work** such as fatigue, stress, and communication difficulties.

An RCT showed the programme improves work ability and reduces sickness absence.

ORIFCTIVES

The aim of this project was to adapt the Canadian programme:

- To include both inflammatory and non-inflammatory musculoskeletal conditions.
- To be relevant to UK healthcare and legal frameworks

To be relevant and relatable to a

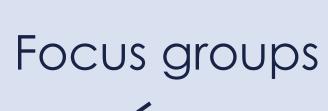
- wider range of working circumstances, including self-employment
- To offer flexibility to suit modern working lives

METHODS





Scoping review & interviews





Redevelopment







User testing

Implementation planning

Patient & public involvement

RESULTS: KEY CHANGES

Structure & navigation

- Modular format, with clear navigable sections
- 100% digital / online removal of group meetings

Branding & design

- Modernised, simple and graphical design
- Prioritisation of narration over on-screen text

Adapted content

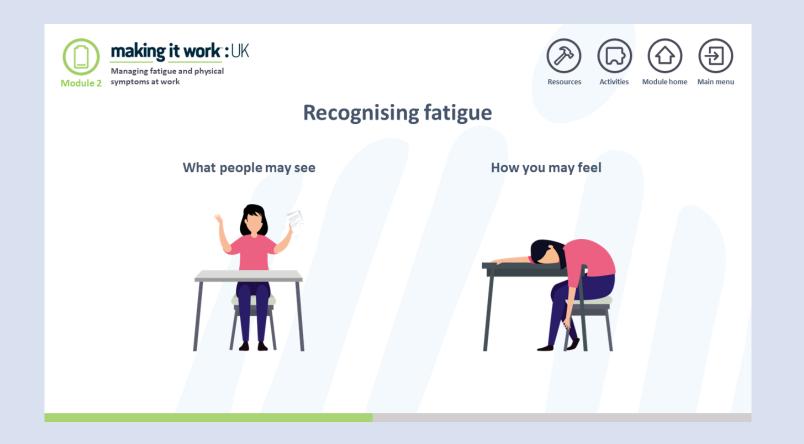
- Removal of IA-specific content
- More information about effects outside work and
 how these impact on work and vice-versa
- More inclusive array of conditions and employment examples
- Signposting to UK resources













IMPLICATIONS FOR POLICY & PRACTICE

As an online resource, the programme will offer an accessible source of support, aligning with national efforts to improve equality in access to support-to-work services.





