

## Appendices

### Appendix 1

#### Further Resources for Professionals and Patients

##### Information on completing Fit to work certificates

Government website which summarises and clarifies fit lines and is very user friendly, especially for GP trainees

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/465918/fit-note-gps-guidance.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/465918/fit-note-gps-guidance.pdf)

##### Work-related asthma

HSE resources on work related asthma <http://www.hse.gov.uk/asthma/>

##### Work-related ULD

HSE resources on work related ULD <http://www.hse.gov.uk/msd/uld/index.htm>

##### Work-related back pain

HSE resources on work related back pain <http://www.hse.gov.uk/msd/backpain/index.htm>

STaRT Back Risk Assessment Tool, online version which calculates patient risk and suggests appropriate management <https://www.keele.ac.uk/sbst/startbacktool/>

STaRT Back management plans. These describe components of low, medium and high risk 'packages' <https://www.keele.ac.uk/sbst/matchedtreatments/>

##### Work-related stress and mental health problems

HSE resources on work related stress <http://www.hse.gov.uk/stress/index.htm>

Information on promoting mental health at work for employers and employees <http://www.healthyworkinglives.com/>

##### Websites that can help alleviate symptoms and promote self-management

<http://www.moodjuice.scot.nhs.uk/>

<http://www.stepsforstress.org/>

<http://wellbeing-glasgow.org.uk/> self-help booklets which address anxiety, low mood, stress, panic attacks and sleep issues

## Organisations helping people back to work

Working Health Services Scotland <https://www.healthyworkinglives.scot/workplace-guidance/illness-absence/Pages/employees-with-health-conditions.aspx>

The Princes Initiative for Mature Enterprise aims to help over-50s who are unable to find work. PRIME provides its members with advice on making sure a business is a successful, training and mentoring. <http://www.primebusinessclub.com/>

Social Firms Scotland <https://socialfirms.org.uk/socialfirms/> and Social Firms UK <http://locality.org.uk/our-members/social-firms-uk/> are social enterprises designed to help disadvantaged people back into employment

The ACAS helpline for the workplace advice can give advice to employers and employees. <http://www.acas.org.uk/index.aspx?articleid=2042>

Working Health Services are an Occupational Health scheme for small businesses. It is for the self-employed who can be absent for any length of time or in work and struggling and employees of small businesses with less than 250 employees who are struggling at work or off with short term absence. It provides case management, occupational therapy, physiotherapy, mental health support, and welfare and rights signposting. Clients can self-refer or be referred by their GP. Telephone Working Health Services on 0800 019 2211 and select option 3.

<http://www.healthyworkinglives.com/working-health-services-scotland/about.aspx>

MacMillan provide information on work and Cancer

<https://www.macmillan.org.uk/information-and-support/organising/work-and-cancer/information-for-employees>

## Further learning resources for professionals

e Learning for Health – Occupational Health module, a short online module in Occupational Health. It requires free registration that also allows access to many e-Learning modules <https://www.e-lfh.org.uk/programmes/occupational-health/>

Virtual Patient – Occupational Medicine a free online learning resource with virtual Occupational Medicine patients. It states a ‘subscription required’ but it means ‘registration required’ and in fact no subscription is required. <http://www.virtualpatient-work.net/>

Diplomas in Occupational Medicine are available at Universities of Birmingham, Kent, Manchester and the Royal Society of Public Health in London. The Manchester course is a part time Distance Learning Course that prepares candidates for the DOccMed

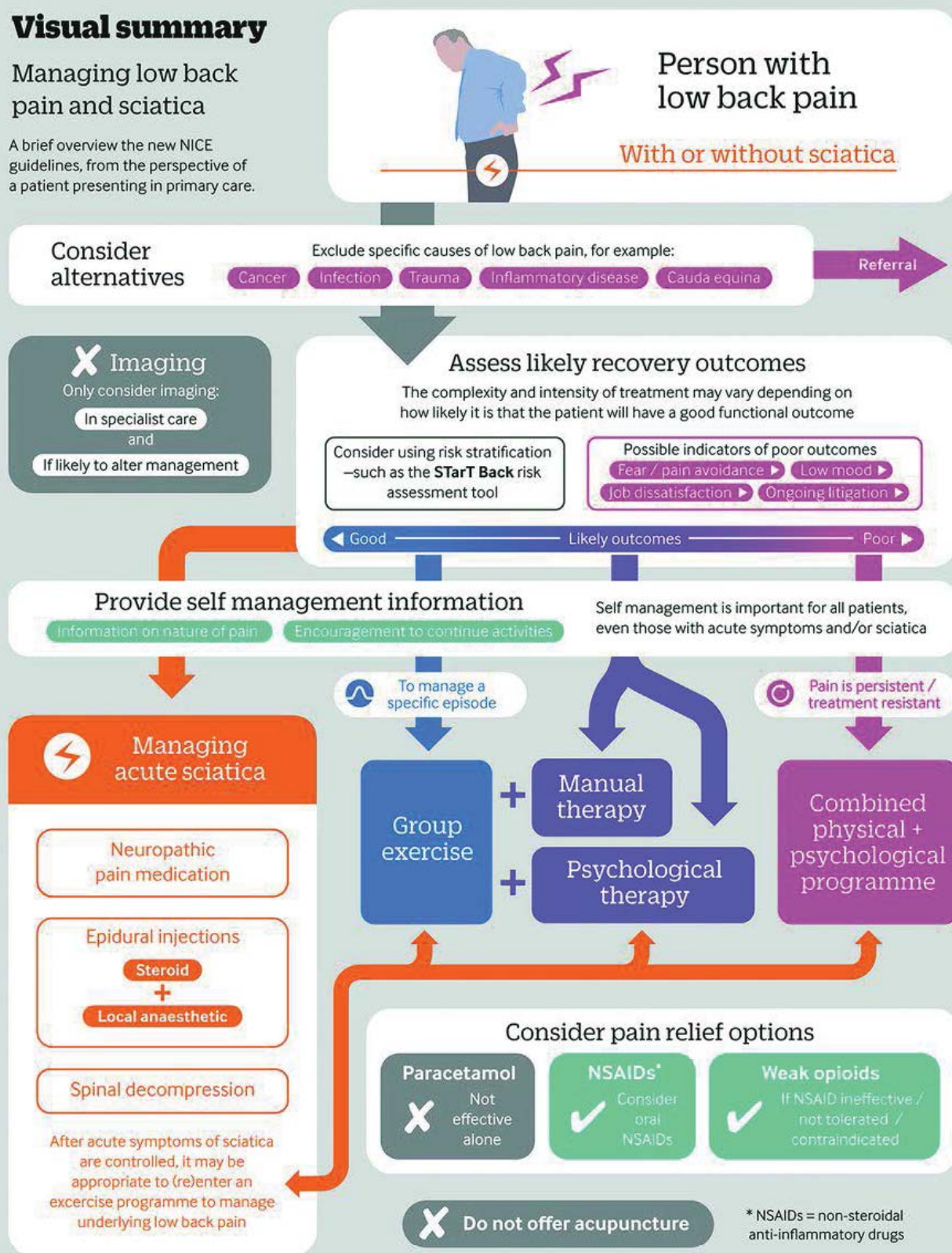
<http://www.fom.ac.uk/education/examinations/diplomas/doccmmed>

## Appendix 2

### Visual summary

#### Managing low back pain and sciatica

A brief overview the new NICE guidelines, from the perspective of a patient presenting in primary care.



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