

Work-Able Solutions: An occupational therapy vocational rehabilitation service

Submission date 05/10/2026	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 05/10/2026	Overall study status Completed	☐ Statistical analysis plan
		☐ Results
Last Edited 05/10/2026	Condition category Musculoskeletal Diseases	☐ Individual participant data
		☒ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Principal investigator, Public, Scientific

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Additional identifiers

Study information

Scientific Title

Work-Able Solutions, an occupational therapy vocational rehabilitation service, for improving work participation, work role functioning and health outcomes among working-age adults with rheumatic and musculoskeletal disorders: a prospective pre-post study

Study objectives

Ethics approval required

Ethics approval required

Ethics approval(s)

1. Approved 21/09/2023, SVHG Research Ethics Committee (St Vincent's Universtiy Hospital, Elm Park, Dublin 4, Ireland, Dublin, D04 T6F4, Ireland; +353 12214000; no email provided), ref: RS23-059

2. Approved 13/10/2023, Naas General Hospital Research Ethics Committee (Naas General Hospital, Naas, Co. Kildare, Naas, W91AE76, Ireland; +353 45849500; no email provided), ref: Work-Able Solutions: An Integrated Care Pilot of an Occupational Therapy Vocational Rehabilitation Service

3. Approved 22/11/2023, HSE South East Research Ethics Committee (University Hospital Waterford, Waterford, Waterford, X91 ER8E, Ireland; no telephone number provided; no email provided), ref: Re: "Work-Able Solutions: An Integrated Care Pilot of an Occupational Therapy Vocational Rehabilitation Service

Primary study design

Interventional

Allocation

N/A: single arm study

Masking

Open (masking not used)

Control

Uncontrolled

Assignment

Single

Purpose

Health services research, Treatment

Study type(s)

Health condition(s) or problem(s) studied

Rheumatic and musculoskeletal disorders in working-age adults experiencing difficulties or concerns related to work

Interventions

Work-Able Solutions is an individualised occupational therapy vocational rehabilitation service for adults with rheumatic and musculoskeletal disorders experiencing difficulties or concerns related to work. The intervention begins with an approximately two-hour occupational therapy assessment, followed by up to four individual sessions tailored to the participant's work-related needs. Sessions may be delivered face-to-face, virtually or in the workplace and address factors

affecting work participation, including symptom and condition management, work-related problem solving, self-management, communication and self-advocacy, workplace accommodations and return-to-work planning. Follow up for 3 months.

Intervention Type

Other

Primary outcome(s)

1. Work status measured using self report binary yes/no question at pre-intervention, post-intervention, 3-months follow-up
2. Illness benefit usage measured using self report binary yes/no question at pre-intervention, post-intervention, 3-months follow-up

Key secondary outcome(s)

Completion date

30/06/2025

Eligibility

Key inclusion criteria

1. Working-age adult aged 18 years or older; there was no upper age limit
2. Confirmed diagnosis of a rheumatic or musculoskeletal disorder
3. Presented to hospital rheumatology or primary care services
4. Either in paid employment or receiving illness-related social welfare payments for six months or less
5. Self-reported difficulties or concerns related to work
6. Provided written informed consent for inclusion of outcome data in the research evaluation

Healthy volunteers allowed

No

Age group

Mixed

Lower age limit

18 Years

Upper age limit

120 Years

Sex

All

Total final enrolment

283

Key exclusion criteria

1. No confirmed diagnosis of a rheumatic or musculoskeletal disorder
2. Not currently employed
3. Absent from work for more than six months
4. An ongoing medico-legal case
5. No self-reported difficulties or concerns related to work

Date of first enrolment

21/09/2023

Date of final enrolment

31/03/2025

Locations

Countries of recruitment

Ireland

Sponsor information

Organisation

National Clinical Programme for Rheumatology

Funder(s)

Funder type**Funder Name**

HSE Sláintecare Integration Innovation Fund (SIIF) 2022 — Grant ID 951462U_81

Results and Publications

Individual participant data (IPD) sharing plan**IPD sharing plan summary**

Not expected to be made available