

PSYCHOSOCIAL BARRIERS TO RETURN TO WORK

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ABSTRACT

This paper overviews the work of psychologists Steve Linton, Chris Main and Michael Sullivan in the area of psychosocial barriers to return to work with practical application/examples relevant to the New Zealand Work Place from the view point of a Worksite Assessor.

INTRODUCTION

The paper explores the fact that not everyone with the same injury/disability responds in the same manner or time frames to their post injury rehabilitation and return to work management. We will review the concepts of Yellow, Blue and Black Flags as researched by Steve Linton and Chris Main as barriers to return to work. We will also discuss how these barriers can be identified and practically managed by Onsite Managers and Health Care Providers sighting the work of Michael Sullivan and Steve Linton.

BIOGRAPHY

Kirsty Powell is a Worksite Assessor with KPA Rehab providing Worksite Assessments and monitoring return to work programmes over the greater Auckland Area. She is qualified in Physiotherapy, Ergonomics and Health and Safety Management. With a background in pain management she has an interest in psychosocial factors and how best to manage their impact on return to work.

References

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