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FRESH - Facilitating Return to work through
Early Specialist Health-based interventions

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June 2014 NEWSLETTER

<https://www.nottingham.ac.uk/go/fresh>

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What is Fresh? Otherwise known as 'Working after Brain Injury' FRESH is a feasibility randomised control trial designed to test whether a method of supporting people who've had a Traumatic Brain Injury (TBI) to return to work that was developed and works well in Nottingham can be delivered in three other NHS trauma centres (Preston, London and Leeds). We want to know if it's possible to train therapists in other centres to deliver it and whether patients are willing to be randomised to receive it and whether we can measure the effects and cost effectiveness of this support compared to usual NHS rehabilitation.

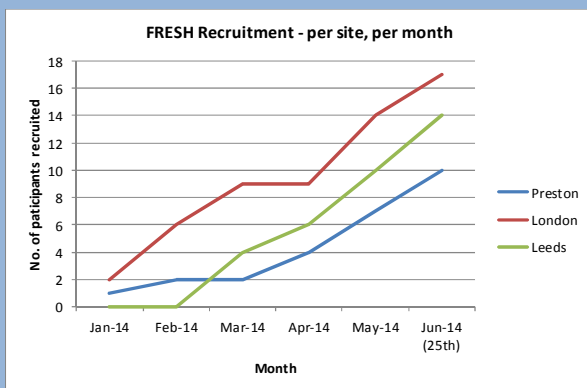
Study progress :

The sun is shining and things are looking up! Given the late start, recruitment is nearing the number expected for 6 months (41/48). We would like to reinstate the full 12 months recruitment period and continue recruiting until 31.12.14 so that we can get a better idea of all the factors that influence recruitment, intervention delivery and follow up. Only then will we know if the definitive trial is feasible! The study steering committee support these plans, so we will now formally ask the HTA for permission.

We are planning an extra training/case study day for the FRESH therapists.

Recruitment ON Track: Total number of participants recruited as at 25th June n=41 (Preston 10, London 17, Leeds 14)

We are delighted that in May and June (to date) all three sites have recruited to, or exceeded, the original target of 3 participants per month!



Also, congratulations to the London site staff, who have now reached the half-way mark with 17 recruits!

Announcement First FRESH Baby

Congratulations to FRESH therapist **Nicola Shilleto** from Leeds Community Hospital on the birth of her bouncing baby boy Benjamin.

What is the most important outcome of an early MHS TBI job retention intervention?

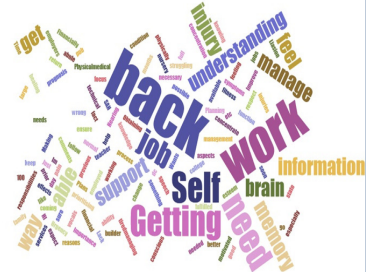
We asked service providers i.e. therapists, people with a newly acquired traumatic brain injury (Pw TBI early) and those some time after injury (Pw TBI late) .

Early findings: - told us ...

Pw TBI late after injury - Did not prioritise work! Understanding the impact of TBI and being able to cope with its effects more important than RTW.

Pw TBI early after injury - Work is important but understanding Recovery and TBI impact matters.

Therapists - Rated RTW but prioritised quality of life. The rehab process was felt to more important than the process.



CONGRATULATIONS -

to Kate Radford and Jain Holmes who both received awards at the VRA Conference on the 15th May 2014. Kate won the 'VR Research & Education Award 2014' and Jain won the 'Student Bursary Winner 2014' for her article "implementing evidence based vocational rehabilitation".



**National Institute for
Health Research**

This project is funded by the NIHR HTA Programme (project number 11/66/02). The views and opinions expressed herein are those of the authors and do not necessarily reflect those of the HTA programme, NIHR, NHS or the Department of Health.

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