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

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

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

### What is Fresh?

Otherwise known as 'Working after Brain Injury' FRESH is a feasibility randomised control trial designed to test whether an early job retention intervention for supporting people with Traumatic Brain Injury (TBI) to return to work that was developed in Nottingham, can be delivered in three new NHS trauma centres (Preston, London and Leeds) and whether we can measure the effects and cost effectiveness of this intervention compared to usual NHS rehabilitation. The findings will inform the design of a definitive trial.

### FRESH study progress:

The last patient has completed the intervention. All data collection is now finalised and report writing has commenced in earnest. Our first deadline is to have a first draft of the final report for comment by the Steering Study Committee (SSC) on the 24th June. We have been grateful for the help of our Spanish OT PhD student Josan Merchan-Bechan who is on secondment to us for 4 months from the University of Malaga, Spain. Josan and has analysed the content of intervention data with Julie Phillips' help. Goodbye and thank you to our mentors and therapists and to research assistant Lindsay Howard in Leeds who left at the end of February and to Dr Julie Phillips who finishes this week.

**International Brain Injury Association World Congress, The Hague, The Netherlands 3/3/16** - Kate Radford presented her talk 'Early Specialist Traumatic Brain Injury Vocational Rehabilitation : Supporting Job Retention', Julie Phillips presented her poster 'What Are the Most Important Outcomes of Traumatic Brain Injury Vocational Rehabilitation? People with TBI, Service Provider and Employer Perspectives'.

### FRESH Mentor Interviews:

On the 4th February we gathered the mentors and therapists together in Nottingham to discuss what went well and not so well (lessons learnt). All found being involved interesting and were positive about a future trial. Following the meeting mentors took part in a group interview as part of the process evaluation to explore their role . This is what they told us:

**Q: Why did you become involved in this role as mentor?**

A: Because I've worked in VR twenty-five years plus, all with people with TBI and with acquired brain injury. I passionately believe that people need support in terms of returning to work and all the evidence suggests that if people get support to return to their old jobs, their original jobs, that is the best outcome for people.

**Q: Do you think that mentoring helped therapists to implement the intervention?**

A: I think it helped them keep on track sometimes with following all the Fresh intervention and actually helping them to reflect on the overall intervention and withdrawing [the intervention].

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