

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

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

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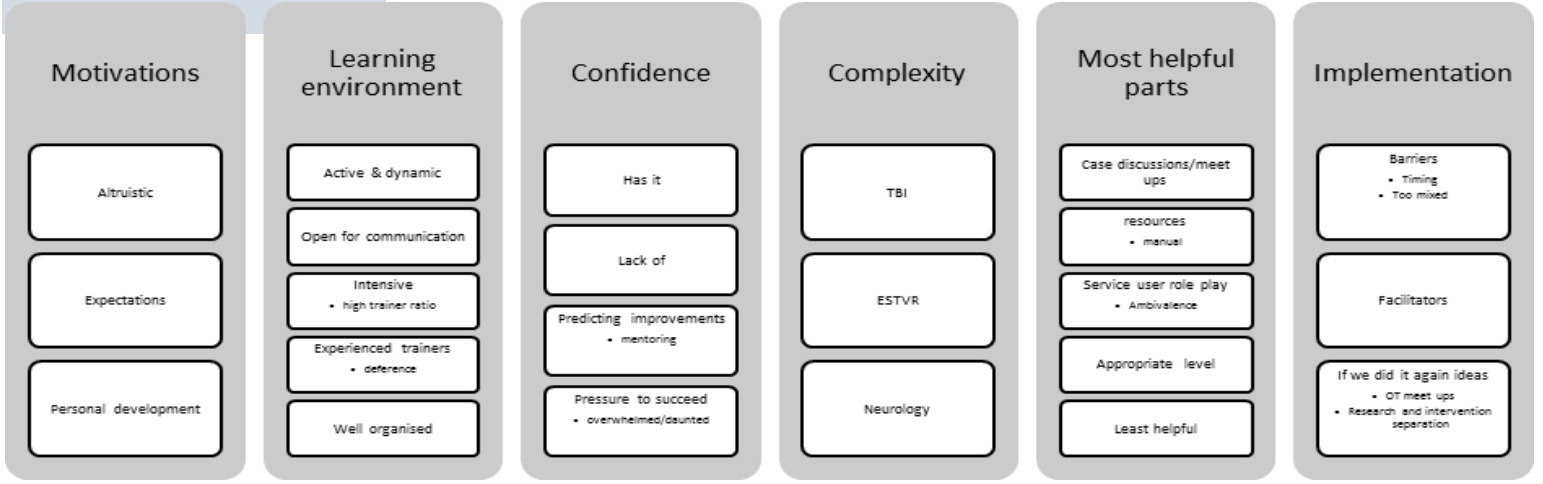
What is Fresh?

Otherwise known as 'Working after Brain Injury' FRESH is a feasibility randomised control trial designed to test whether 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 final few patients continue to receive the early specialist TBI vocational rehabilitation intervention and follow up is underway. Although people with a traumatic brain injury are notoriously difficult to track, the Lancs CTU team are doing a fantastic job, using a combination of text message prompts to alert participants that a questionnaire is on its way and text reminders and calls to chase for late returns. Lyndsay Howard, research assistant in Leeds is conducting face to face follow up, so that we can test the feasibility of each method.

"FRESH Occupational Therapists valued the ESTVR training"

Data from this interview study were wide ranging and rich. Overall the occupational therapists found the training useful and felt confident to deliver the complex vocational rehabilitation intervention afterwards. Six themes emerged, each having positive and challenging aspects to it. Challenges included the complex nature of VR and TBI and the difficulty in predicting a patients' performance and pressure to succeed.



Interviews for a new Nottingham based Research Assistant took place on 12th May. We would like to welcome Richard Morris to the team. Some of you will already know Richard as a National Information Officer for Headway and Independent Member of our Study Steering Committee. We will be looking to appoint a new Independent Member shortly.



Julie Phillips has been awarded a College of Occupational Therapists post Doctoral Award. This will enable her to do a 7-8 year follow up study on TBI patients she supported in a return to work as part of her PhD.

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