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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?

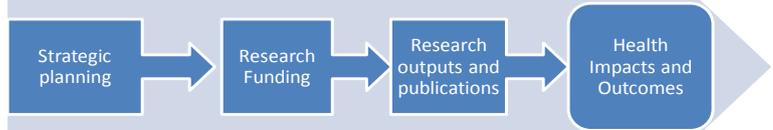
Otherwise known as 'Working after Brain Injury' FRESH is a feasibility randomised control trial designed to test whether an early job retention intervention for supporting people with Traumatic Brain Injury (TBI) to return to work that was developed in Nottingham, can be delivered in three new NHS trauma 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.

BOLT-ON!

In addition to the planned work we would like to interview our therapist mentors as they have played an instrumental role in the intervention and trial

FRESH study progress:

Follow up data collection is in full force and the response rates are looking good. We've now completed the first round of 'end of study' meetings - and learnt a lot about how we could do slightly better next time round! - Thanks to all who took part. Interviews with trial participants and their employers are underway. To date 19 participants and 2 employers have been interviewed and more are planned. Scheduling interviews with employers is proving tricky but perseverance pays off. **The next stages of the process evaluation** are analysing the content of the intervention to check its fidelity and further interviews with the therapists, NHS staff and commissioners to explore barriers and enablers to the ESTVR intervention delivery and implementation.



FRESH OUTPUTS

We are now thinking about what the project report will look like and what other outputs, such as papers, conference presentations or summaries will result from the project. Suggestions include a short report on the three different models of intervention delivery deployed in the trial; a paper on recruitment and one on 'approaches and issues for retention'. If you have ideas for suggested outputs, would like to write an article or contribute to any of those planned please contact Kate. We already have some published papers and abstracts, and invitations to speak about the project later in the year. We also have plans to create a video describing the trial intervention, possibly involving trial participants (subject to all necessary approvals of course!). Don't forget to let us know if you plan to talk about the study, as we have to ensure copies of presentations and papers bear the correct disclaimers and are notified to the HTA a month in advance.

Thank you to the Principal Investigators, Research Assistants and others involved in the three 'End of Study' meetings at Leeds, London and Preston with Kate and Jain. They have taken back some great suggestions for trial design going forward e.g. 'fancier' recruitment leaflets and generic information about TBI to support buy in. If anyone has any more thoughts following the meetings please let Jain know jain.holmes@nottingham.ac.uk

Julie Phillips recently presented 'Is work the most important outcome of Traumatic Brain Injury vocational rehabilitation?' At the College of Occupational Therapists Annual Conference in sunny Brighton on the 4.6.15

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Happy Summer Holidays

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