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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.

FRESH study progress;

It's hard to believe that two years have passed. Recruitment is complete and the ESTVR rehabilitation for patients in the intervention continues.

The process evaluation is now underway, starting with end of study meetings in each centre and interviews with trial participants (patients and employers) to seek their views on the acceptability and usefulness of the help they've received.

Interviews. Julie Phillips and Jain Holmes have completed 10 patient interviews so far and 2 have consented to an interview with their employers. Participants have been very open and their stories helpful in revealing the recovery pathways following TBI. Listening to people share their stories following their TBI is a humbling experience and reminds us that we are working towards improving life for people with TBI.

Thanks to our fantastic FRESH Therapists....the patients valued your work...

...'been very supportive in explaining about the process that I am going through with my brain'

[The OT has] just helped with everything really. Not just work, but my personal life and how to deal with things after a brain injury and what thoughts I may have.

'[The OT] has been brilliant with my work situation because we've had to have various meetings, obviously and [The OT has] come with me and written great reports for them'.

People like me, we're very, very lucky to have this support, this research support. Fantastic. And I really hope that you can continue for a long time and that you have the funding.

...'helped me just get into work with the least amount of stress and also helped people who were concerned, my managers and HR and the [workplace] doctor. It also gave them a much clearer view of where I was in that current situation, if that makes any sense'

End of Study Meetings

End of study meeting will take place during March and April with the local PI and recruitment staff at each centre. Kate and Jain will meet and discuss what worked well and what didn't work so well so that the design of any subsequent study can be optimised.

- London 16th March with Karen Hoffman (PI), Emma Jane Mallas (RA) and Eleanor Brice (RA)
- Preston TBC with David Shakespeare (PI), Alex Williams (RA) and Elaine Thornton (OT)
- Leeds 17th April with Rory O'Connor (PI), Lindsay Howard (RA) and Suzanne Henshall (OT)

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