



**Service Priorities and Programmes**  
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**A prospective study in reviewing the profile of injured workers including depression for work rehabilitation program**

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**Introduction**

In medical research, many injured workers will develop depression because of a physical & emotional pain after musculoskeletal injury. It can prolong the recovery for return-to-work (RTW) as increased stress & financial burden to injured workers. In our daily clinical practice, we mostly focus our work training program on injured workers' physical functioning & work capacity, seldom concerning their depressive mood after the work injury. Thus, it is important to review the injured workers' profile including the degree of depression in order to enhance our quality of service & facilitate them for success of RTW.

**Objectives**

To review the injured workers' profile referred for work rehabilitation program To compare the degree of depression among the injured workers by using the Chinese Beck's Depression Inventory I

**Methodology**

It is a cross-sectional prospective survey between 1/10/2010 to 30/4/2012. Subjects are given questionnaire & fill in by themselves when they are referred for work rehabilitation program. The Chinese Beck's Depression Inventory I (CBDI) is a questionnaire with 21 items of depressive symptoms. It is chosen as the measurement on different degree of depression in the injured workers. The subjects with injury on duty (IOD) or non-injury on duty (Non-IOD) are included. However, subjects have received surgery, consulted pain clinic or psychiatry are excluded. Demographic data, work history & detailed work assessment result are collected for outcome measures. The independent sample t-test, Pearson correlation coefficient & crosstab correlation are used with  $p < 0.01$  set for data analysis.

**Result**

Total 207 subjects are recruited in our study. 60% of male are suffering from work injuries with mean age was 47. 77% of them have IOD. 60% of them get limbs injury. 49% of them work with medium demand level of physical capacity. 46% of them have

pain intensity between VAS 4/10 to 7/10. 31% & 34% of them have minimal & moderate level of depression respectively. In SPSS analysis, it shows statistically significant & strong correlation of pain intensity to severity of depression, work resuming & depressive score of injured workers. On the other hand, there is statistically significant & strong correlation of work resuming to severity of depression & depressive score of them. Finally, there is statistically significant difference in pain intensity & statistically significant correlation in severity of depression & work resuming for both IOD & Non-IOD workers. Based on the study results, it is valuable to have further investigation on the effectiveness of psychological intervention for injured workers in success of RTW program.