

Chapter 3: Fitness for work

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Self assessment exercises

Multiple choice questions

1. The 35 year-old Carpenter Hopkins is not able to work since five weeks because of low back pain. He can identify exactly the pain: about 10 cm to the left of L3. The pain radiates into the buttocks. Physical examination does not reveal any abnormal findings. Hopkins has visited his general practitioner (GP) in the first week of his absence of work. She referred him to the physiotherapist who advised him to do exercises. Hopkins was dissatisfied about the exercises and he stopped after two treatments. Since then he stays in bed much of the day. Certain movements such as bending forward and getting up are painful. At work as a carpenter he must regularly lift more than 25 kg. His boss, with whom he can get along well, is in regular contact with him. Hopkins is married and has two children of 5 and 8 years old

MC questions:

1.a.- Which clinical diagnosis would you consider to be the most appropriate at this moment?

- A. Tumor in spine,
- B. Non specific low back pain,
- C. Lumbar disc herniation,
- D. No specific medical diagnosis,
- E. Infectious disease in spine

1.b.- Which personal factor could be the main factor in hindering return to work in this case?

- A. Age (35 years),
- B. Sex (male),
- C. Kind of work (carpenter),
- D. Civil status (married, two young children),
- E. Immobility (staying in bed)

1.c.- Which environmental factor could be the most stimulating in return to work?

- A. Support of his boss,
- B. Regularly lifting more than 25 kg,
- C. Possibilities to do modified work,
- D. 100% resuming work is necessary,
- E. To find work at a shorter distance of his home.

1.d.- Which intervention would you consider to be the most effective in returning to work?

- A. The GP referral to the physiotherapist,
- B. The advice to stay at home till the pain is over,
- C. The advice to stay active and mobil,
- D. To talk with the boss about a less heavy job,
- E. The advice to Hopkins to better coping pain.

2. Which history question about work is the most important for every physician to ask an adult patient?

- A. Is your job exciting,
- B. What is your job,
- C. What do you earn with your job,
- D. Are you satisfied with your job,
- E. Do you have a heavy job.

3. In the adapted ICF model the health condition has three consequences, two factors that influence them and three intervention options.

Open answer question:

- a. name the three consequences, the two influencing factors and the three intervention options in the ICF model
- b. give for each of the above mentioned elements (3.a.) of the ICF model a history question you can ask a patient with low back pain.

4. The acronym 'WARP' is meant to make it easier to remember the most important work and health subjects for medical students.

Open answer question:

- Please fill out: 'WARP' stands for W....., A....., R....., P.....?