

GOOD PRACTICE NORWAY

Frisk Bris

Contact person (NCO)

Name and organisation

Odd Bjørnstad - National Institute of Occupational Health

E-mail address and website

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General information about the MOGP

Name of organisation and short description

Frisk Bris is a rehabilitation centre and works to provide treatment and follow-up for persons who are on sick leave due to chronic illness. The centre also follows up on patients with diabetes and chronic obstructive lung disorder. The first weeks consist of daytime interventions in the centre, and when the patient is ready, the centre supports the person on his/her way to recover work / school / other activities.

Contact person

Henning Weider, Manager

Website

www.bamble.kommune.no/friskbris



Information on the good practice “Frisk Bris”

Aims

- To provide a model both at individual level and at systematic level to make public services (i.e. health services, welfare services, the municipality services) cooperate in a better way.
- Work together with the local companies to consider the persons with chronic diseases as “common” workers.
- Follow the patients during at least two years to see if the model is effective when it comes to getting a job, staying in the job and managing the chronic disease as good as possible.

Target group

- Patients with moderate psychiatric illnesses and patients with MSD who are on sick leave.
- Patients with diabetes.
- Patients with chronic obstructive lung disorder.
- Dropout students.

Description

1) Health promotion and awareness campaign at the workplace

Due to contact with local industry, Frisk Bris provides work-training areas for people with a chronic disease.

2) Coordination between professionals / agencies

Frisk Bris coordinates the services from the local hospital, welfare organisation and the municipality according to patient’s individual plans.

3) Early intervention and case management

Patients are referred from the General Practitioner, hospital and welfare at the first stage of sick leave, then an individual plan is put together and rehabilitation is designed to meet the patient’s needs. This includes finding the right work, school or activity and following up for at least two years. Frisk Bris has the following competences available: Nurses, Health and sports therapist, Physiotherapist, Work consultant, Psychiatric nurse.

4) Self-management of the worker with disability

The model is based on the patients’ own description of needs and wishes. Frisk Bris works to empower the patients to help themselves.

Why is it a good practice?

The health administration in southern Norway and the welfare organisation (NAV) asked Frisk Bris and Bamble Municipality to be a pilot in a two-year project. The focus is to help people early in their sick leave and to coordinate the various stakeholders.

Frisk Bris is used as an example of innovation, because of its little bureaucracy and focus on what is most effective at all times.



Results

Evaluation

During the two years the centre supported approximately 150 patients. The majority of them were able to function much better when they had a local integrated centre, which could help them with both health and work. Over 95 % reported on better functioning two years after the first contact with Frisk Bris.

Due to the good results, the project was made into a permanent organisation starting from the 1st of January 2011. In the year 2011, 122 persons got help from Frisk Bris. The results show that 90 % has gone from inactivity (no job, school or activity) to active lives.

Incentives for success

Frisk Bris works together with the welfare institution and the local industry to create individually optimized work conditions for people with chronic diseases.

Barriers for success

It is a challenge to persuade the local industry to want to hire people with chronic diseases.

