

Making-it-Work™ - Scotland:

Adapting a Canadian programme to support people working with musculoskeletal (MSK) conditions in the UK

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INTRODUCTION

MSK conditions can impact work ability and often lead to long-term sickness absence. Making-it-Work™ is an **online self-management programme** developed in Canada to support people working with inflammatory arthritis (IA).

The programme offers 5 modules addressing **challenges in work** such as fatigue, stress, and communication difficulties.

An RCT showed the programme **improves work ability** and **reduces sickness absence**.

OBJECTIVES

The aim of this project was to adapt the Canadian programme:

- ✓ To include both inflammatory and non-inflammatory musculoskeletal conditions.
- ✓ To be relevant to UK healthcare and legal frameworks
- ✓ To be relevant and relatable to a wider range of working circumstances, including self-employment
- ✓ To offer flexibility to suit modern working lives

METHODS



RESULTS: KEY CHANGES

Structure & navigation

- Modular format, with clear navigable sections
- 100% digital / online – removal of group meetings

Branding & design

- Modernised, simple and graphical design
- Prioritisation of narration over on-screen text

Adapted content

- Removal of IA-specific content
- More information about effects outside work and how these impact on work and vice-versa
- More inclusive array of conditions and employment examples
- Signposting to UK resources



IMPLICATIONS FOR POLICY & PRACTICE

As an online resource, the programme will offer an accessible source of support, aligning with national efforts to improve equality in access to support-to-work services.

