

Interventions at work in fibromyalgia (FM) using the time-geographic diary method

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Introduction: For women with chronic pain there is a major concern to be able to remain in an employment outside their homes. Therefore, more knowledge is needed how to facilitate the physical and social environment in a work place and how these factors can be mastered and managed by the women themselves.

Objective: By using a time-geographic-diary method the work situation has been established with timeframes for work tasks, micro pauses, and work positions. Further, the women have defined, implemented and evaluated interventions needed in order to be able to remain in their work situation.

Method: Women with FM were asked to participate in writing diaries about their work situation. The diaries also clarified their social context and if the pain problems decreased or increased in certain situations. Women with no diagnosed pain (controls), that matched both in age and professions with the women with pain, were also asked to participate. Besides the diaries a questionnaire was filled in, including questions about the psychosocial work environment, global life situation, pain, coping strategies, and quality of life. At a follow-up, the women were asked to reflect over their activity patterns and visualised graphs. The women formulated goals in how and what they themselves would change in their work situation in order to better manage their situation. After six months there was a second follow-up where the women once again reflected over their work situation.

Result: The diaries were coded and processed in a special computer program resulting in graphs for the activity patterns of work and frequencies of time-use in different activities. The preliminary results will be presented at the conference. Graphs illustrate work tasks, work positions as well as social connections.

Discussion: The extensive picture gathered of the women's work situation, in combination with the participation from the women in identifying interventions at work, may increase the possibility of an improved work situation.