# Commentary: Workplace based rehabilitation for upper limb conditions in the South African context

## Multiple choice questions:

1. Work rehabilitation refers to a structured therapeutic program facilitating improvement in work performance for workers whose participation in work has been compromised by ill health or disability, whether related or unrelated to work.
2. TRUE
3. FALSE
4. Upper limb conditions are amongst the most common causes of ill-health and disability in the workplace, both internationally and locally.
5. TRUE
6. FALSE
7. The aim of this commentary was:
8. to describe international practice in WBR for upper limb conditions
9. to critique WBR
10. to discuss challenges and opportunities in the current South African context
11. a) and c)
12. In the commentary reference is made to a Systematic review by Hoosain et al. namely: *Workplace-Based Rehabilitation of Upper Limb Conditions: A Systematic Review*. How many of the studies included in this review were from developing countries?
13. 7
14. 2
15. 15
16. 17
17. Workplace ill-health and disability continues to be a significant challenge in South Africa, as is evidenced by the 747 525 medical claims registered by which body in the 2016/17 financial year:
18. The Compensation Fund, Department of Labour
19. The Health Professions Council of South Africa
20. The National Department of Health
21. Discovery Health
22. What percentage of South African occupational therapists in the field of work practice offered no treatment or rehabilitation services, instead focussing on once-off evaluations?
23. 20%
24. 35%
25. 72%
26. 87%
27. The commentary highlights some barriers to WBR in South Africa. Are there any occupational therapists employed by the Department of Labour in South Africa?
28. YES
29. NO
30. The high unemployment rate is South Africa is offered as an additional barrier to WBR. What is the reported unemployment rate in September 2016?
31. 45%
32. 20%
33. 27.1%
34. 38%
35. The authors offer the introduction of a framework towards communicating common goals for workers, as well as rehabilitation outcomes; thereby facilitating collaboration between disciplines. What framework is suggested?
36. Health care 2030
37. The ICF
38. The COPM
39. The PEO
40. The commentary concludes by making recommendations for practice in South Africa. What is recommended?
41. Collaboration with the Department of Labour to build health resources for work environments.
42. Designing interventions to be implemented through partnership with workers and workplace supervisors.
43. Including exercise / resistance training component in WBR programs, possibly through collaboration with physiotherapists.
44. All of the above

ANSWERS:

1. a)
2. b)
3. d)
4. b)
5. a)
6. c)
7. a)
8. c)
9. b)
10. d)