



Occupational physicians' perspectives on supporting workers with a chronic condition in strengthening self-control: a needs assessment

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OBJECTIVE: Self-control by workers with a chronic condition can prevent work related problems and facilitate sustainable work participation. Occupational physicians could play a key role in supporting these workers in exerting self-control. It is important to understand occupational physicians' perspectives on this preventive task and possible ways of providing support. **The aim of this needs assessment is to explore barriers and facilitators for supporting workers with a chronic condition in exerting self-control according to the perspectives of occupational physicians.**

METHODS: - Two focus groups

- 17 occupational physicians (self-employed or employed within the occupational health services department of a large company)
- Thematic content analysis of the data



"To be honest, I mainly see people on sick leave..."

RESULTS:

"The average Dutch employee does not know there is an OP available for support."



"It would be great if a medical specialist or nurse would advise patients to go and see their OP."

CONCLUSION: According to occupational physicians' perspectives, the work environment and health care system play a facilitating role in supporting workers with a chronic condition in exerting self-control. These insights are helpful in developing an intervention for occupational physicians that enables them to support workers with a chronic condition in exerting self-control.