

NVAB Practice Guideline

Complaints of Arm, Shoulder or Neck

datum

plaats

naam persoon

Noks Nauta & Carel Hulshof



Nederlandse
Vereniging voor **nvab**
Arbeids- en Bedrijfsgezondheid



Outline of presentation

- **Basic principles guideline CASN**
- **Classification**
- **Diagnosis**
- **Interventions**
- **Evaluation**
- **CANS**



Complaints of arm, shoulder or neck (CASN)

- Upper extremity, shoulder or neck
- Not by direct trauma or systemic disorder





Problem-oriented approach

- Problem analysis
- Goal-oriented interventions
- Evaluation of the interventions

if necessary, repetition of this cycle





Problem orientation (1)

- **History:**
 - Nature and location of the complaints
 - Exposure and physical load (checklist)
 - Irrational beliefs on the complaints
 - Stressors at work



Problem orientation (2)

- **Physical examination**

Depending on the complaints

- General
- Local (tests, see Annex 2)
- Structured neurological examination



Diagnosis

Specific disorder

- Carpal tunnel syndrome
- Hand-arm vibration syndrome
- Tenosynovitis of tendinitis
- Lateral or medial epicondylitis
- Shoulder complaints
- Cervical radiculopathy

Non-specific complaints





Intervention

- **Advise:**
 - on coping with the complaints
 - on treatment
 - on working conditions
 - in case of individual factors or personal problems (e.g. irrational beliefs)
 - on return to work

- **Refer reservedly**



Interventions (1)

- **Treatment**

Specific disorders:

- Advice
- Surgery, e.g. in case of CTS
- Injections

Non-specific complaints:

- Limited evidence on effect of interventions





Interventions (2)

- **Work factors**
 - Workplace examination
 - Reduction of vibration magnitude
 - Working conditions + individual intervention
 - Organisational advice



Interventions (3)

- **Individual factors**
 - Continue functioning
 - Point out good prognosis
 - Return to work on time-contingency basis

 - Sometimes: temporarily refrain from tasks which elicit severe pain
 - on indication: refer to psychologist





Evaluation

- **After three weeks whether interventions were successful**
- **When doubt about the diagnosis**
 - Repeat physical examination
 - Confer with GP
 - Consider less frequently occurring diagnose
- **After three months of sick leave**
 - Centre for multidisciplinary treatment





- ***Careful problem orientation and diagnosis =
basis for effective approach!***

