

## Multiple serious crush injuries as a result of heavy machinery falling on an employee

A high earning 55-year-old man suffered multiple lacerations and crush injuries as a result of heavy machinery falling on him in February 2009.

### The injuries he suffered were:

- Multiple facial lacerations requiring 75 stitches
- Rotator cuff damage to the left shoulder
- Left shoulder dislocation
- Soft tissue injuries to neck and back.

### Rehabilitation

On referral, QBE was aware that he was admitted to hospital, being discharged 7 days post admission following surgery on his shoulder. A 10 week period elapsed and he had not returned to work. He was not receiving any further treatment under the NHS as his 6 sessions of post-op physiotherapy had concluded. The only guidance he received from his GP was by way of a sick note which signed him off until October 2009. It was unclear when he could return to work and whether he could return to his pre-injury duties.

He was referred to the QBE Rehabilitation Team in May 2009 with a formal Employers Liability claim. A QBE Rehabilitation Advisor organised an initial assessment with one of our panel rehabilitation providers after joint agreement was gained from the claimant's solicitors. The assessment would identify his needs for recovery and establish any limitations the extent of his injuries may have on returning him to his pre-injury role. The assessment did identify he was keen to return to work but highlighted two barriers preventing a successful return to work:

- his anxiety
- his current physical functional limitations.



### Key facts

Total cost of rehabilitation	£3,827.35
Total cost savings achieved	£28,322.00



### The case manager:

- Established and monitored private physiotherapy treatments after it was identified via his medical team that he would derive additional benefit. He had already received NHS treatment, however he had used his allocation and NHS waiting lists for further treatment were considerable (3 months). QBE funded 6 staggered sessions of treatment which concluded in September 2009 with good outcomes
- Identified he would benefit from Cognitive Behavioural Therapy (CBT) as he was very anxious about returning to the scene of the accident. QBE's service provider organised an initial consultation in June 2009 which identified he required 6 treatment sessions. The case manager then monitored the treatment and his progress with the practitioner
- Liaised with our insured and helped facilitate an early return to work by instigating a phased return to work commencing at the end of October 2009
- Provided CBT in conjunction with a phased return to work, so an earlier return to work could be facilitated.

Over the next 2 weeks he increased his hours to the level of pre-injury, which included some overtime. After a period of time monitoring his return to work to ensure it was sustained all parties agreed to file closure during November 2009.

The interventions provided were effective at allowing him to return to pre-injury duties far quicker, 4 months earlier than expected for this type of injury\*. Liaison with our insured proved invaluable as they had little experience of instigating and implementing a return to work programme and in conjunction with the provided treatment resulted in a great outcome.

### Further information

If you would like any further information or advice on our rehabilitation service please contact the QBE Rehabilitation Team on **+44 (0)20 7105 4000**.

For more information on QBE visit:

**[www.QBEurope.com/rehabilitation](http://www.QBEurope.com/rehabilitation)** or contact your broker.

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