

## **Fit Note Guidance for Schools – Appendix A**

### **Case Study**

Alison is a 35 year old school receptionist/administrator. Her job requires taking calls from parents and agencies. She has been off work for 6 weeks with mechanical back pain and this is her third episode in the past 12 months.

She goes to her GP for a new Statement and during the consultation they discuss her condition and the circumstances relating to returning to work. Her GP advises that she 'may be fit for work taking account of the following advice':

- Comments, including functional effects of your condition(s):
  - referred for physiotherapy – may need time off to attend;
  - need to avoid static postures by taking more frequent breaks and be able to sit/stand when needs to;
  - review workstation; and
  - consider a referral for occupational health advice.

Ticked 'a phased return to work', 'amended duties' and 'workplace adaptations'.

This will be the case for 8 weeks.

I will need to assess your fitness for work at the end of this period.