

Impact on work Example 7: Full-time technical author

1. Does your joint limit the time you spend doing your work or your ability to do your usual work?
NOTES: I sit looking at a computer screen 6 hours a day, 5 days a week. If I feel like I'm stiffening up or if I have any discomfort I can walk around.
2. Does your joint make it difficult for you to get around your place of work?
NOTES: My office is all on the flat so I have no problems getting around. It is on the second floor so I will take the stairs if I possibly can. Sometimes I have to stop a few times but I feel that it's good exercise. If I'm having a bad day I will use the lift
3. Does your joint make it difficult to do specific tasks or activities in your place of work?
NOTES I often stiffen up when I'm sitting at my desk but am able to get up and walk round, or go to the coffee room or kitchen. The work is very flexible so I can fit around any pain or stiffness
4. Does your joint affect the way you feel at work?
NOTES: I can feel myself deteriorating and I now often have to use a walking pole which isn't ideal. I'm not sure how long I can keep going at work but will carry on as long as I can. I am very determined.
5. Does the treatment you are receiving for your joint e.g. painkillers, physiotherapy, affect your ability to work?
NOTES: I have had to take increasingly higher doses of pain killers which really make me feel lethargic and down.
6. Does your joint make it difficult for you to concentrate and make decisions at work?
NOTES: I don't think so no, but I don't really want to carry on in the way that I am as it is making me quite despondent
7. Are there any 'essential' tasks that you need to be able to do in your place of work that you cannot do because of your joint?
NOTES: Not really no, I just have to pace myself and walk around regularly but I'm not sure how much longer I can carry on doing this.
8. Are there any tasks that you feel are unsafe because of your joint?
NOTES: Not unsafe no. I do need to use a walking pole for balance now so I can see that I will be unable to use the stairs soon. I am always finding the walk to the train to get to work increasingly problematic.