



The home of IBD information & support

IBD in the Workplace

In base alle tue risposte, il tuo luogo di lavoro necessiterebbe di alcune modifiche per conciliarsi meglio con la tua MICI.

Bisogna prendere tutti i necessari provvedimenti per aiutarti a gestire meglio la MICI sul lavoro.

Dear Employer,

Employing someone with inflammatory bowel disease (IBD) does not need to be daunting. Most people with IBD lead highly productive and normal lives.

However, certain adjustments in the workplace can help your employee feel more comfortable and work more effectively.

Your employee recently completed the Guts4Life IBD Work Planner tool. This tool takes into account their condition and gives recommendations on how working life can be adjusted to benefit both the employee and the company as a whole.

Facts about IBD

What is IBD?

IBD is a chronic (on-going) condition that affects the bowels. People with IBD may experience flare-ups, where the condition worsens for a period of time, and then periods where their health goes back to normal. For most people – the flare-ups are shorter than the periods of normal health.

Symptoms of IBD include:

- Diarrhoea
- Abdominal pain
- Blood in the stools
- Painful bowel movements

Please note that IBD is **not** contagious.

Employing someone with IBD

For most people with IBD, managing the condition with lifestyle and medicines means they can lead a normal and productive life.

Simple and effective changes in the workplace can really help your employee cope better with their IBD, and work better and more efficiently.

Below are some suggestions based on your employee's responses on the work planner tool.

Have a read of the below and discuss the next steps with your employee.

Toilet Breaks

Assicurati che i tuoi colleghi siano a conoscenza della tua necessità di fare pause frequenti per andare in bagno. Chiedi a uno o più colleghi o collaboratori di fare le tue veci in tua assenza.

Occupational Health

Prima di decidere che cambiamenti apportare sul luogo di lavoro, se possibile discutine con i responsabili dell'Ufficio risorse umane o dell'Ufficio salute e sicurezza sul lavoro, che a loro volta ti potranno consigliare su come procedere nel migliore dei modi.



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