

Worker's reflection grid

The sick leave context

To be kept on file

Name _____

Date of birth : _____ Civil status : _____

Class title : _____

Brief job description : _____

Employer : _____

Immediate superior : _____

Contact person in your organization/employer liaison

Name and contact details : _____

Unionized employment : Yes No

Employee assistance program (EAP): Yes No

Work-related harassment policy : Yes No

Realised by Sylvie Bradette, Cynthia Cameron, Annie Plamondon and Anny Veillette; DMFMU, Université Laval, 2016.



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The sick leave context

To be kept by the worker - Use the additional pages as required.

Life situation

How is my emotional and interpersonal life outside of work (e.g., spouse, family, friends, hobbies, etc.)?

Is my financial situation doing well? Am I experiencing stress related to my financial situation?

Do I have a good support system (e.g., family, friends, organizations, professional resources, etc.)?

Have I encountered any personal or family stressors in the past few months? (see grid) :

Work situation

Regular schedule : _____ Overtime : _____

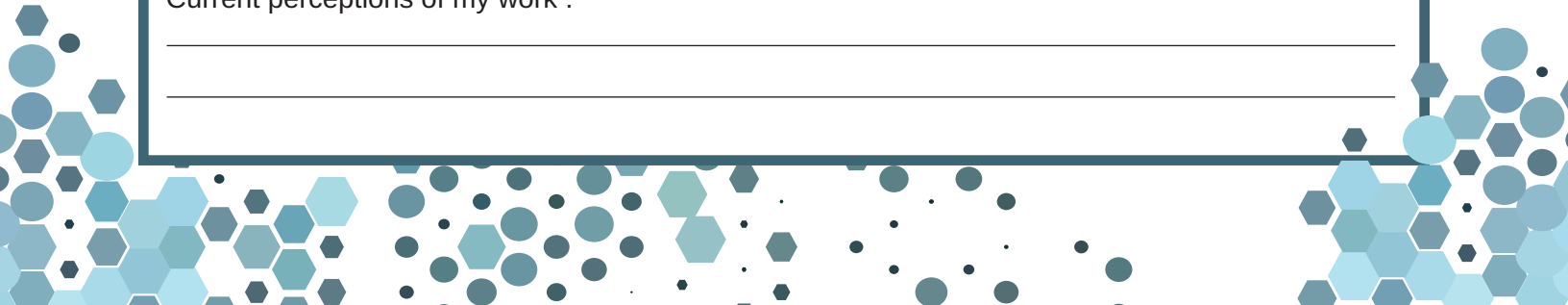
Hierarchical position : _____

Task list: _____

Employment security Yes No

Decision-making authority regarding my tasks and responsibilities? _____

Current perceptions of my work :



The sick leave context

Sense of recognition (or feeling of gratitude) towards my work? Explain: _____

What gives meaning to my work? What motivates me? goal? _____

Have I experienced any organizational changes in the last 24 months? : Yes No

If the answer is yes, please indicate what changes were experienced _____

What is my perception of these changes? _____

Relationship with my employer/immediate superior : _____

Relationship with my colleagues : _____

Perception of the current sick leave : _____

Perception towards my return to work : _____

What changes do I think I should make, and the workplace should make, to prevent a relapse? _____

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