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THE NATIONAL BOARD OF HEALTH AND WELFARE

ICF in Insurance Medicin

How ICF supports sickness certification and rehabilitation in Sweden

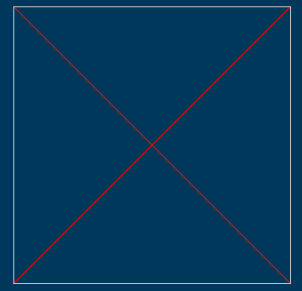
Carolina Lödahl and Anna Ericsson

2026-11-11

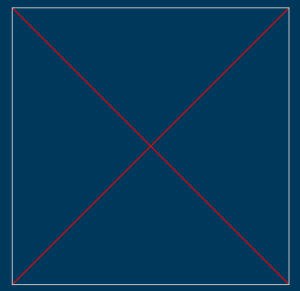
1. The National board of Health and Welfare
2. The role of ICF in Swedish healthcare’s work with sickness absence and rehabilitation
3. ICF in diagnosis-specific recommendations for sickness certification



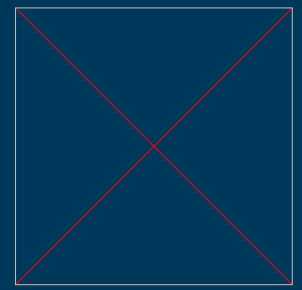
Our support and development comes in different forms



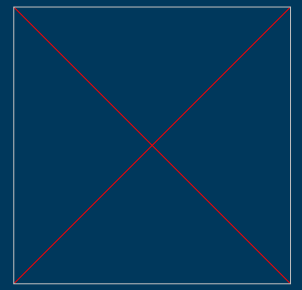
Knowledge support



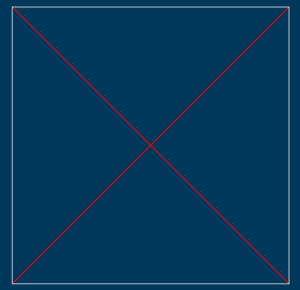
Development



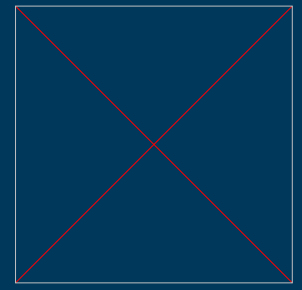
Statistics and analysis



Law



Recognition of qualifications and authorisations



Government grants

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Support for healthcare services in their work with sickness absence and rehabilitation



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Figure 3. The Health Insurance Medicine Act's perspective on the legal perspective of the insurance law

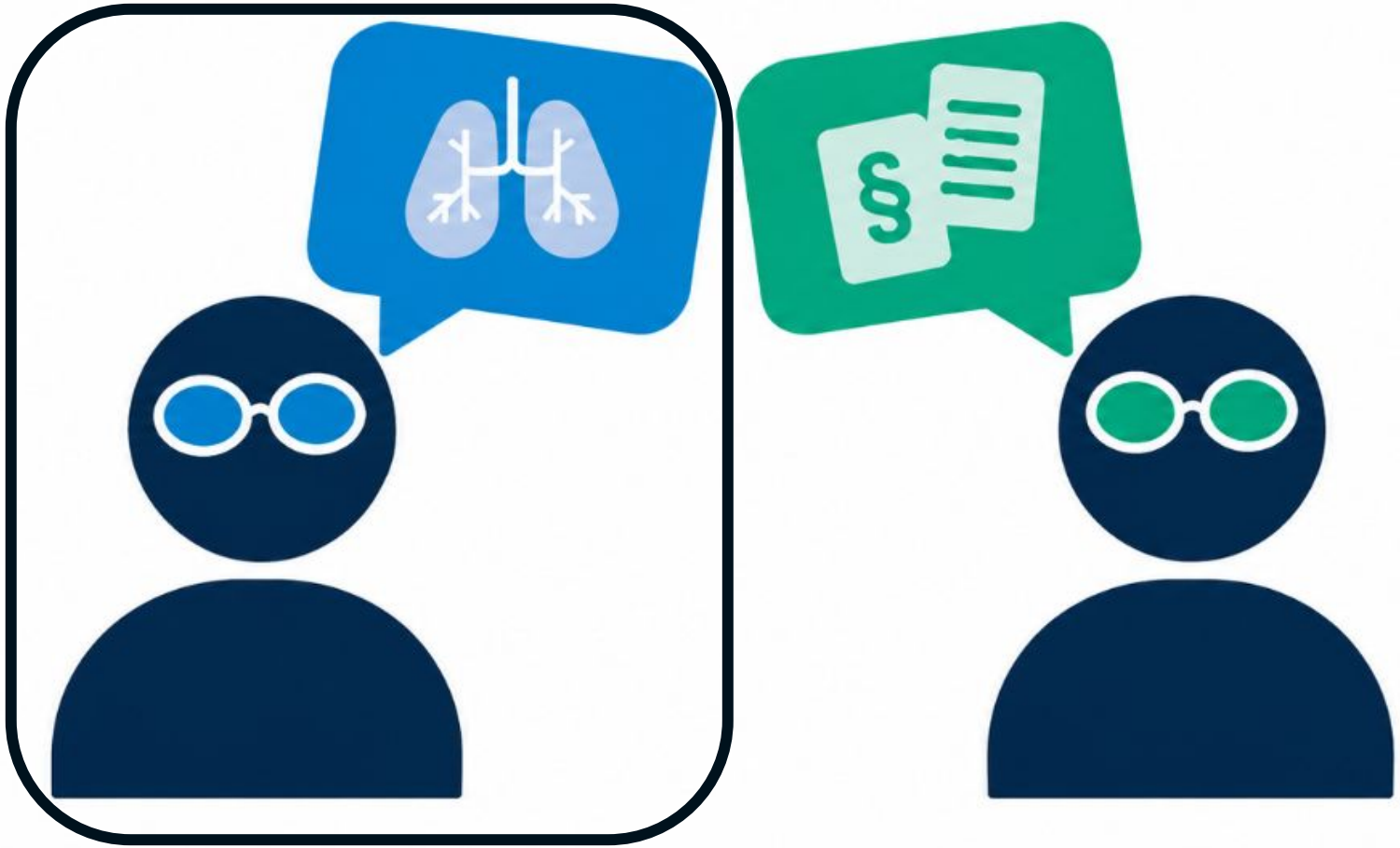
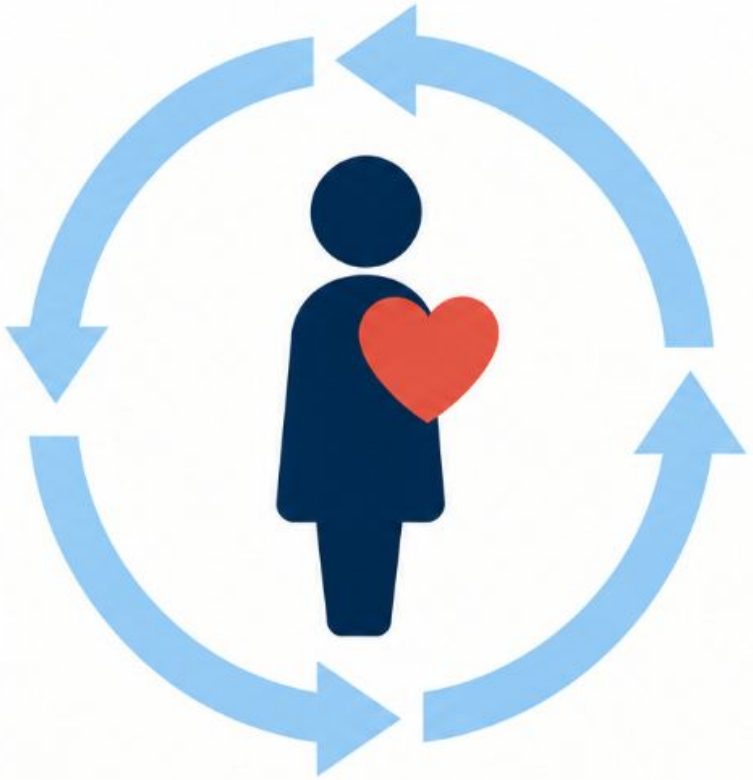


Figure 3. The Health Insurance Medicine Act's perspective on the legal perspective of the insurance law

Figure 2. Occupational health insurance medicine in the sickness absence and rehabilitation process

Healthcare services

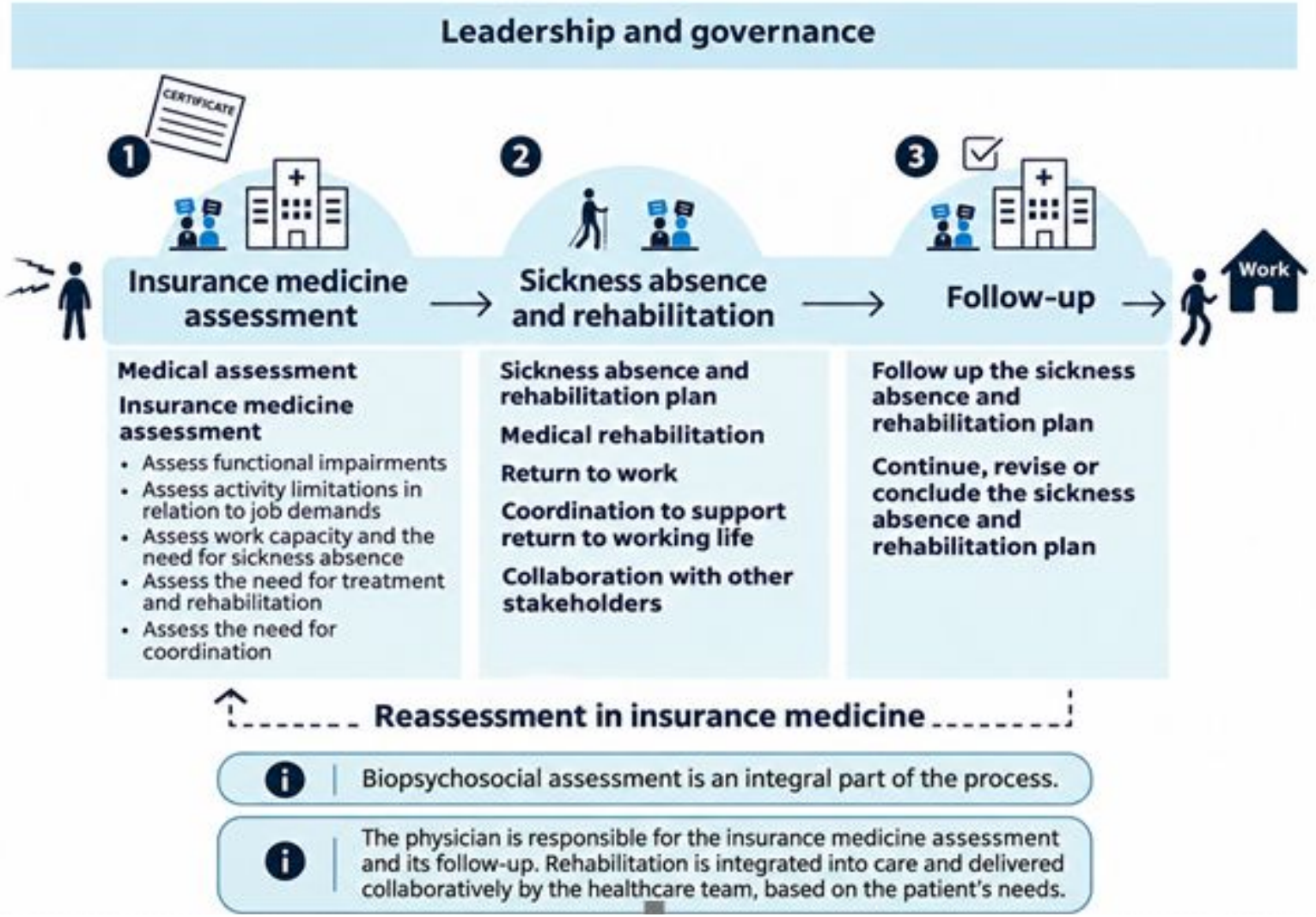
- Insurance medicine assessment
- Sick leave and rehabilitation
- Follow-up



Social insurance and its provisions under the Swedish Social Insurance Act (Socialförsäkringsbalken)

Health care and insurance medicine

Figure 4. The healthcare process for sickness certification and rehabilitation



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Biopsychosocial assessment

Biopsychosocial model

A biopsychosocial assessment helps us understand the factors affecting the patient's work capacity and rehabilitation needs.

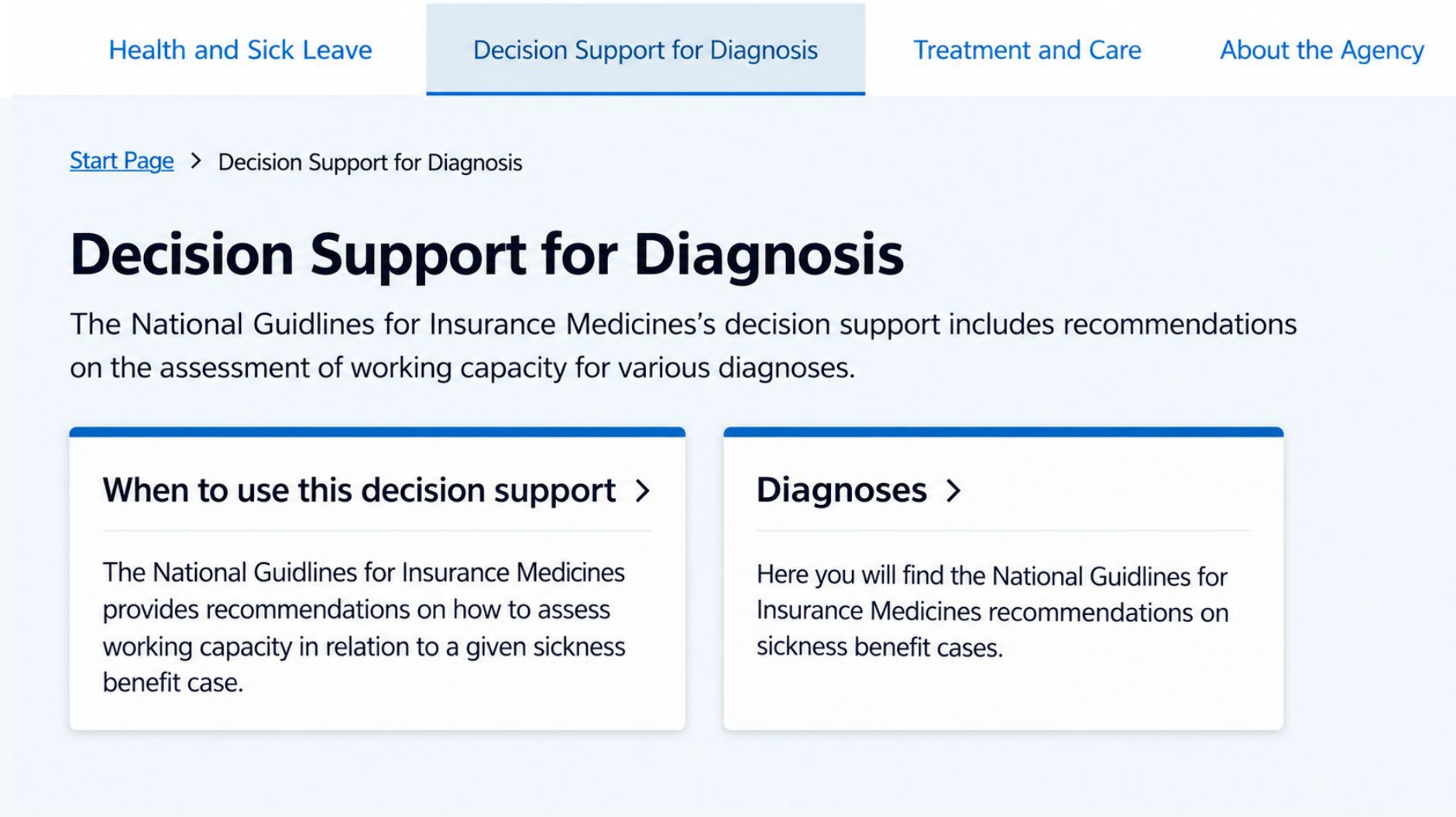
- The model takes a holistic view of health, considering biological, psychological and social perspectives.
- It supports assessment of the patient's overall situation and needs for treatment, rehabilitation and coordination.
- Frameworks include the International Classification of Functioning, Disability and Health (ICF) and the Work Ability House.

Areas to consider in the assessment

- **Health condition:** diagnosis or diagnoses.
- **Functioning:** functional impairments and activity limitations.
- **Environmental factors:** physical environment, social situation, working conditions and intimate partner violence — factors that may facilitate or hinder rehabilitation.
- **Personal factors:** motivation and confidence in one's own abilities.

Adapted from: Socialstyrelsen, Hälso- och sjukvårdens arbete med sjukskrivning och rehabilitering (2023), pp. 28–29.

National Guidelines for Sickleave



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Example – Body Functions for Heart Failure

Symptoms, Prognosis, Treatment +

Functional Impairment −

After a heart attack, the body can be affected by blood loss, which can lead to problems with various functions. This can, for example, be:

- reduced ability to withstand physical strain
- breathing difficulties, even with light physical strain
- reduced muscle strength and muscle endurance
- reduced overall stamina
- reduced psychological well-being, such as anxiety

Example – Body Functions for Heart Failure

- Reduced mental stamina and lack of energy

b130 Energy and drive functions

- Reduced overall physical endurance
- Fatigue, even following mild physical exertion
- Reduced capacity for physical exertion

b455 Exercise tolerance functions

- Reduced muscle strength

b730 Muscle power functions

- Reduced muscular endurance

b740 Muscle endurance functions

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Example – Activities and Participation for Heart Failure

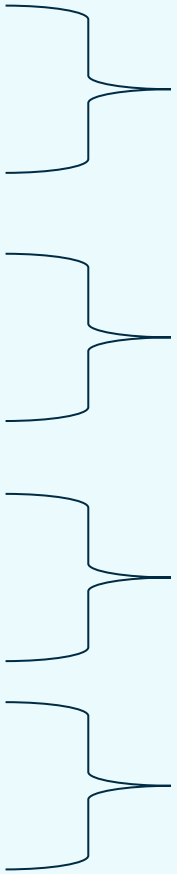
Activity limitations –

The impairments in functioning associated with heart failure may make it difficult to remain physically active for extended periods and to perform strenuous physical activities. Heart failure may also make it difficult to:

- walk longer distances, and sometimes even short distances
- crawl or climb
- focus and sustain attention for extended periods
- manage stress and other psychological demands

Example – Activities and Participation for Heart Failure

- Difficulty focusing attention
- Difficulty managing stress and other psychological demands
- Difficulty walking
- Difficulty moving around



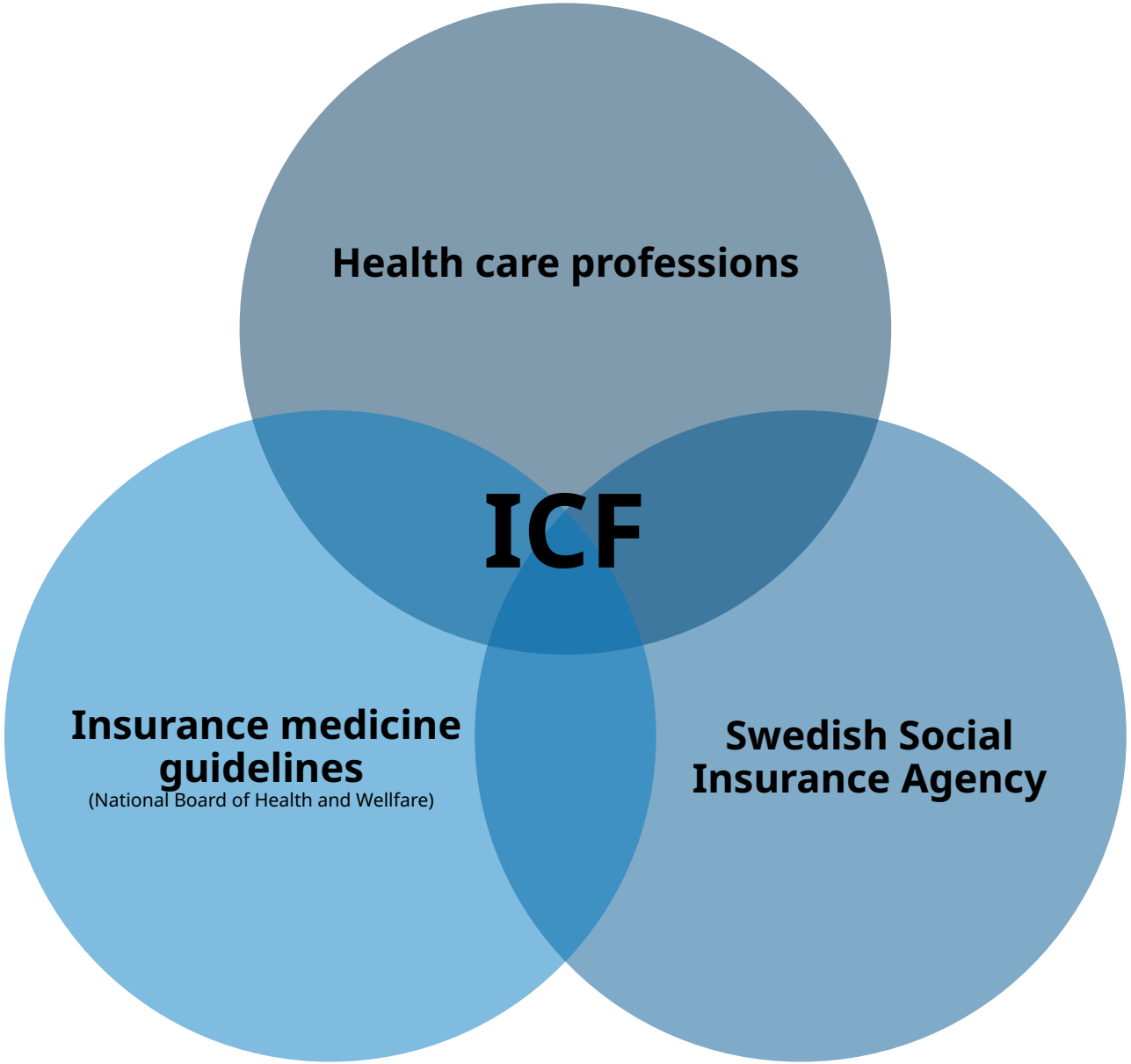
d160 Focusing attention

d240 Handling stress and other psychological demands

d450 Walking

d455 Moving around

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