



UiT Norges
arktiske universitet

RehabLos

**-A co-created rehabilitation model for
community integration in Northern
Norway**

Presentation WFOT, Bangkok February 2026
Professor Cathrine Arntzen



Fysiofondet

Fond til etter- og videreutdanning
av fysioterapeuter



Background

- ✓ Rehabilitation is identified as one of the weakest areas in the healthcare and social services sector.
- ✓ Services are profession-driven, with offerings shaped by chance rather than being guided by patient changed needs.
- ✓ Services provision is mainly focus on short-term rehabilitation support with limited emphasis on long-term follow-up and reintegration into society
- ✓ Increased demand for support in managing daily life with cognitive and psychosocial challenges.
- ✓ Failures in collaboration and coordination across service levels
- ✓ Insufficient capacity and quality within municipal healthcare services.
- ✓ Governance of rehabilitation services is inadequate at all levels.

The Norwegian Auditor General's recent report (2023-2024), Arntzen et. al. 2015, 2019, Forslund et. al, 2024, Nikolaisen et. al, 2025)



Regional Focus

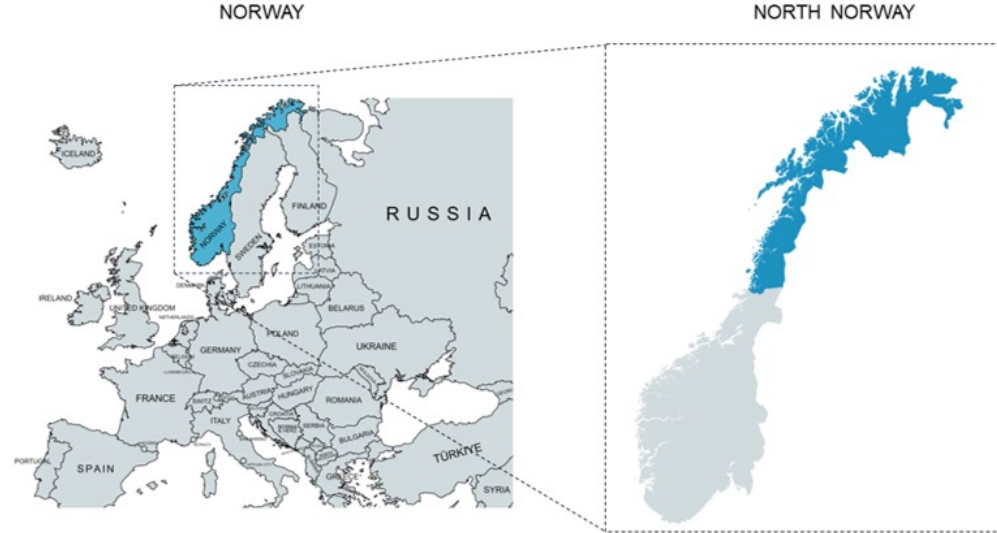


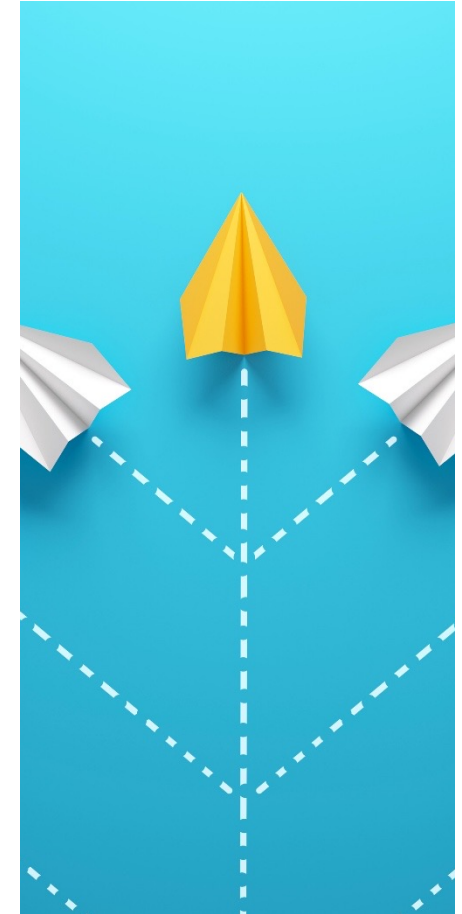
Illustration: www.mapchart.com

North Norway:

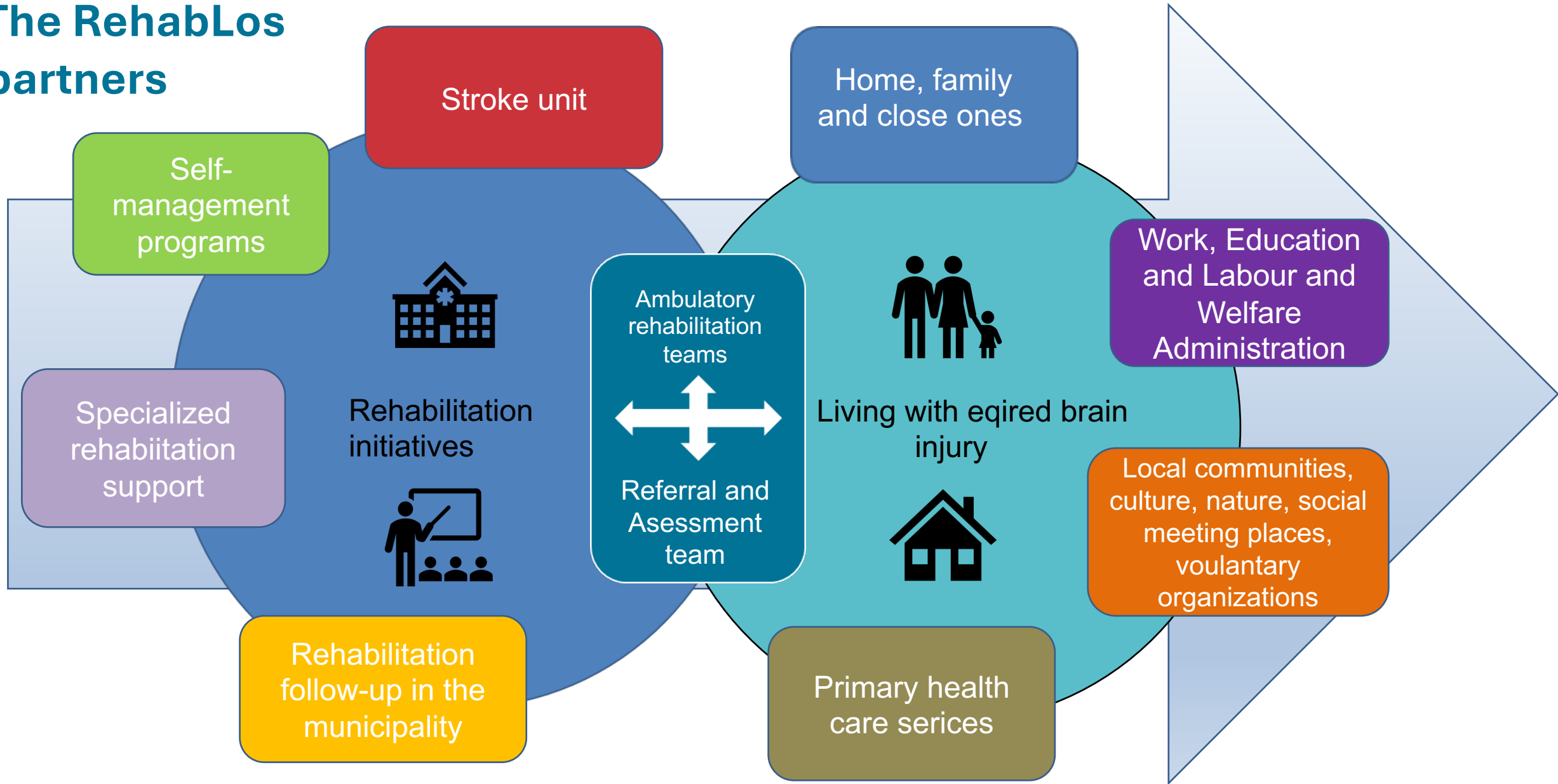
- Geographical size approximately 113 000 square kilometres
- Total population of approximately 485 000 people
- Mean population density 4.3 people per square kilometre
- Municipalities:
 - 81 municipalities in total
 - Mean population in each municipality approximately 6 000
 - 6 municipalities (7 %) – more than 20 000 inhabitants
 - 56 municipalities (69 %) – less than 5 000 inhabitants
 - 35 municipalities (43 %) – less than 2 000 inhabitants
 - 10 municipalities (12 %) – less than 1 000 inhabitants

Project Aim

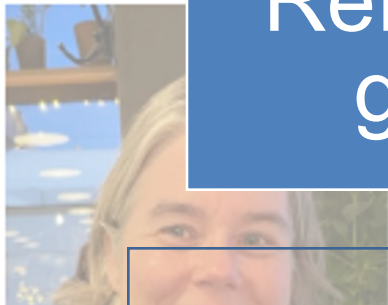
The RehabLos project aimed at developing an interdisciplinary, cross-sectoral model to support social inclusion for individuals with acquired brain injuries



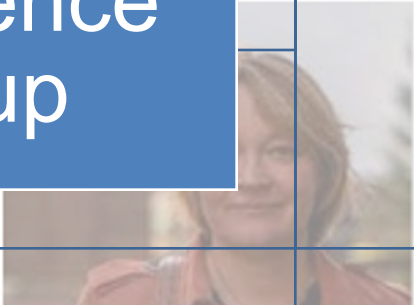
The RehabLos partners



Research Team and Support



Reference group



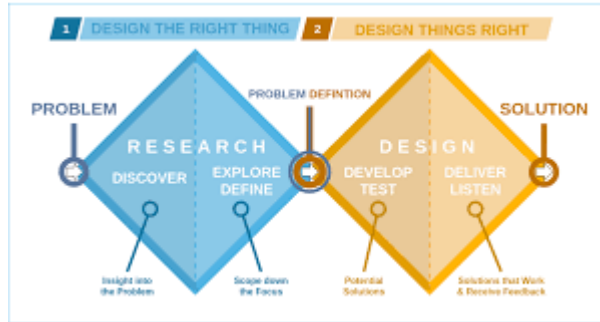
Co-participants

Expanded research group

Service developers



Methodology



Fase 1

Preliminary Work

Literature Studies

Fieldwork and
filmed interviews

Fase 2

Workshop 1:

Challenges and
promising practise

-

Fase 3

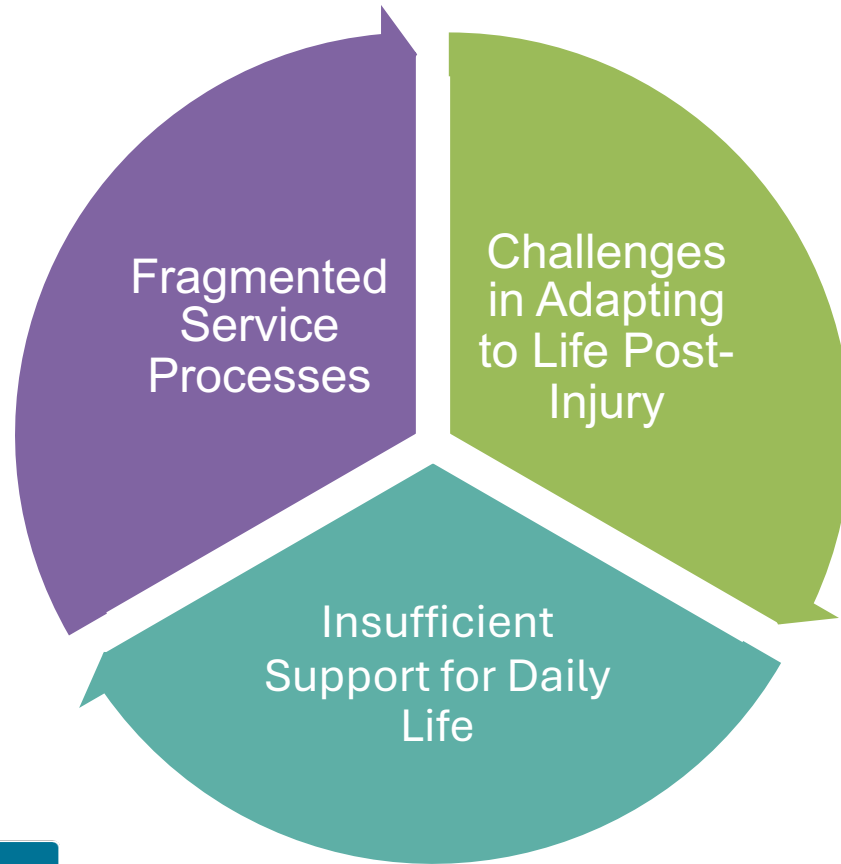
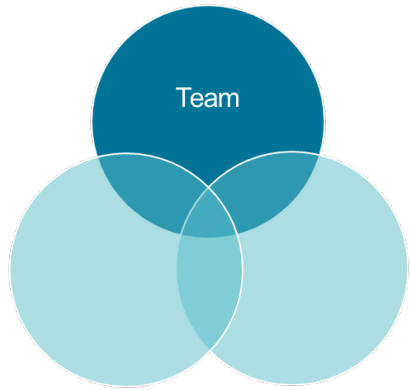
Workshop 2 : Brainstorming

Fase 4

Workshop 3: Conceptualization



Key findings



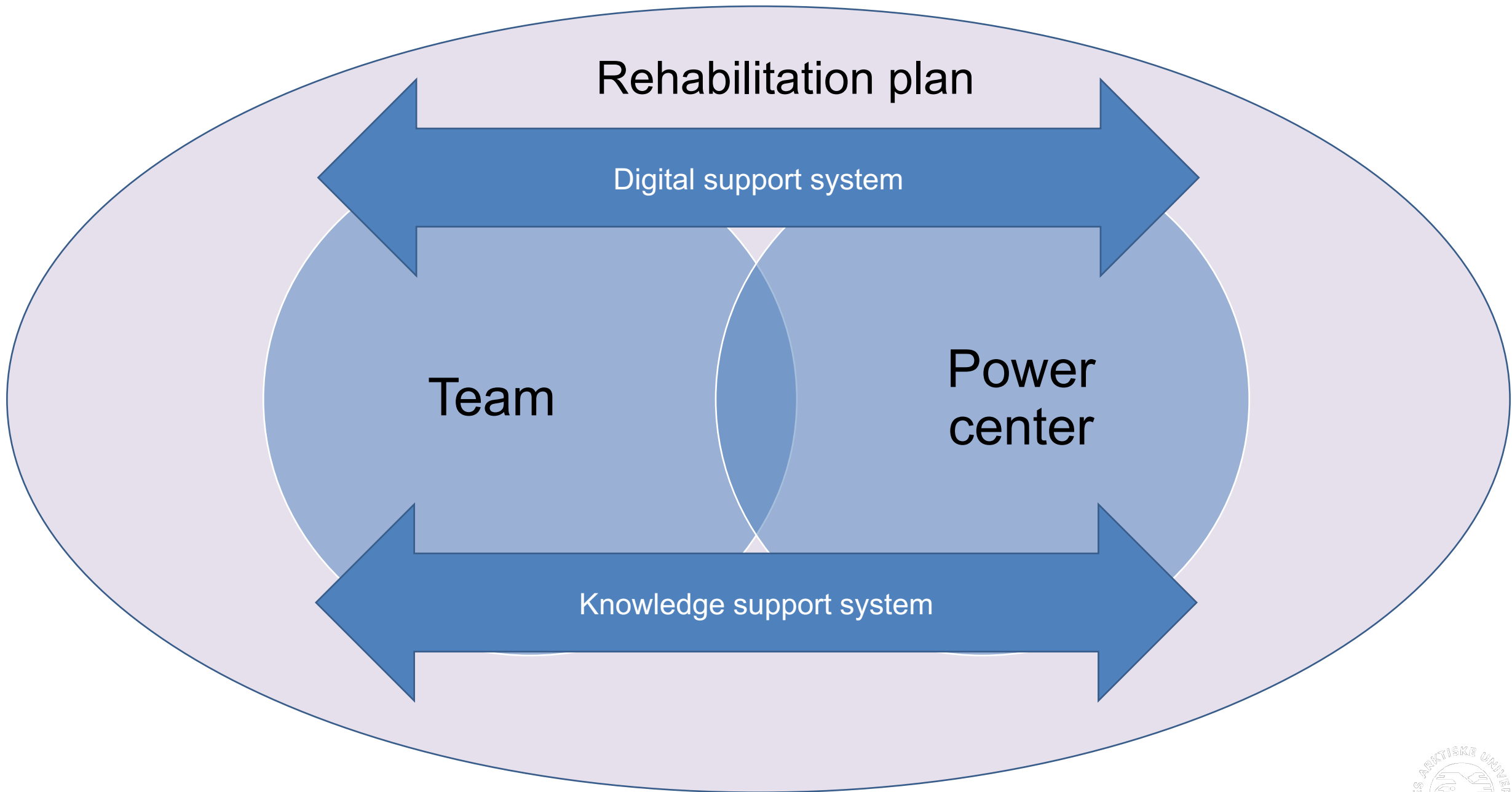
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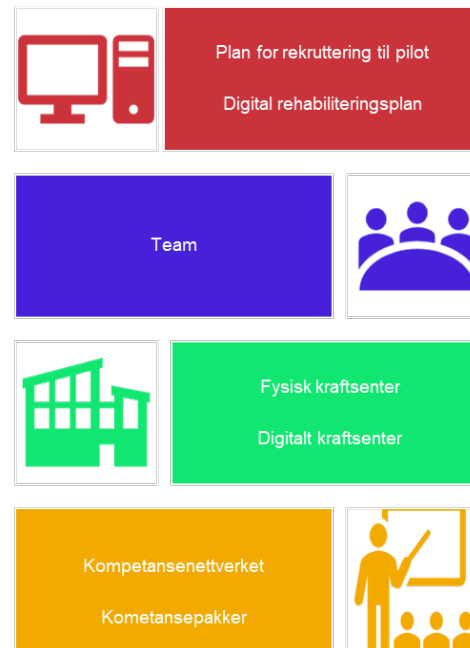
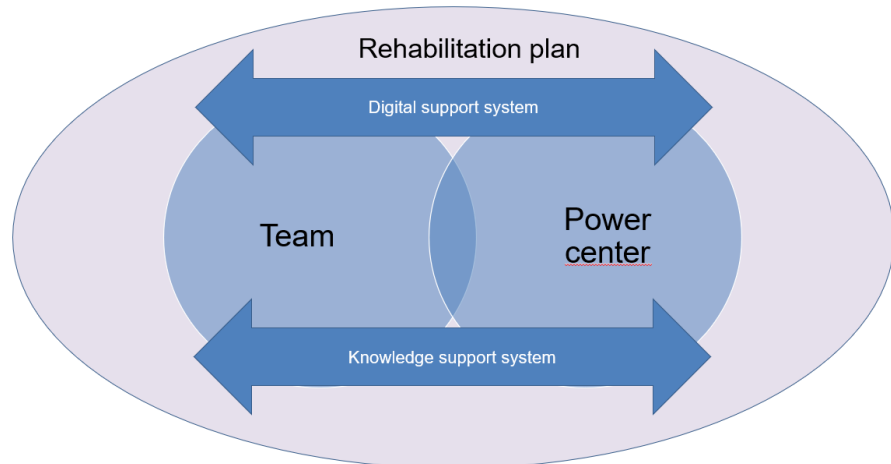
Butikk



Barnas fritidsarena



Where are we now?



Publications

1. Eliassen M, Arntzen C, Nikolaisen M, Gramstad A. Rehabilitation models that support transitions from hospital to home for people with acquired brain injury (ABI): a scoping review. BMC Health services research. 2023; 23(814)
2. Eliassen M, Arntzen C, Forslund L, Nikolaisen M, Alexandersson P, Hellström A. Action researchers as “orchestrators” of co-innovation: a theoretical and methodological framework. BMC Health services research 2024; 24(445)
3. Gunnar Ellingsen, Cathrine Arntzen, Lina Forslund, Morten Nikolaisen, Marianne Eliassen, Astrid Gramstad, Unn Manskow. Designing digital systems for rehabilitation practices . Tidsskrift for omsorgsforskning. 2023-09, Vol.9 (2), p.67-7
4. Nikolaisen, Morten ; Arntzen, Cathrine ; Eliassen, Marianne ; Gramstad, Astrid. Rehabilitation models for community integration of adults with acquired brain injury in rural areas: A scoping review. Rural and remote health, 2024-01, Vol.24 (1), p.1-16, Article 8281
5. Forslund, Lina ; Arntzen, Cathrine ; Nikolaisen, Morten ; Gramstad, Astrid ; Eliassen, Marianne. Physiotherapy as part of collaborative and person-centered rehabilitation services: the social systems constraining an innovative practice. Physiotherapy theory and practice, 2023-09, p.1-16
6. Forslund, Lina et al. “Contextualised Physiotherapy: Connecting Professional Practice to the Achievement of the Person-Centred Goals of Rehabilitation.” European journal of physiotherapy (2025): 1–14. Web.
7. Nikolaisen, Morten ; Arntzen, Cathrine ; Eliassen, Marianne ; Andreassen, Hege Kristin, Gramstad, Astrid. Going under the radar’: barriers to continuity in the rehabilitation trajectories of adults with acquired brain injury in North Norway. Disability and Rehabilitation. Accepted.
8. Nikolaisen M, Arntzen C, Eliassen M, Forslund L, Andreassen HK, Gramstad A. 'I imagine teams!' - exploring the potential of team-based long-term brain injury rehabilitation in North Norway. BMC Health Serv Res. 2025 Dec 29;26(1):15. doi: 10.1186/s12913-025-13894-0. PMID: 41466248; PMCID: PMC12772063.



Thank you for your attention!

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Eller gå inn på RehabLos sin hjemmeside: <https://uit.no/project/rehablos>

