

From the Editor

We live in a rapidly changing and often-unpredictable world. Many of us may feel like American media personality Regis Philbin, who wrote in his autobiography: "I'm only one man [woman]!" He's right, and we all feel this way from time to time. We think to ourselves, "Sure, I'd change the world if I could, but I'm just a regular person doing a job. It's a job that's important, and I love doing it, but I'm nothing extraordinary. I'm just an ordinary person doing an ordinary job." During such times, I challenge you to embrace the ordinary with passion and

"Have the nerve to go into unexplored territory. Be brave enough to live life creatively. The creative is the place where no one else has ever been. You leave the city of your comfort and go into the wilderness of your intuition. You can't get there by bus, only by hard work and risk and by not quite knowing what you're doing" (Alan Alda, Actor, director and writer).

The 12 articles contained in this issue of WORK are about every day, ordinary people, but are written by extraordinarily talented researchers, scholars and practitioners who are making a difference in the lives of the individuals and populations they serve.

Blasche and colleagues start the issue with their comparison of work-site health promotion interventions for computer users. Dale and Strain-Riggs compared the responsiveness of the Quick Disabilities of the Arm, Shoulder, and Hand and the Upper Limb Functional Index. While Dr. Dhar wrote about the lived experiences of I.T. professionals in the India.

Guay and colleagues investigated the support needed by home health aides from an occupational therapy perspective. Researchers Kantermann and colleagues shared the first evidence from their pilot study about atherosclerotic risk and social jetlag in rotating shiftworkers.

Australian researchers Kirk and Strong advance the body of evidence on computer competencies for e-workers within call centres.

A longitudinal analysis of prognostic occupational factors related to persistent low back pain was conducted by Melloh and colleagues.

Reynolds and Farrow shared a qualitative study of perceived hazards and discomforts at work for workers over 65.

Schindler and Sauerwald authored an article on the outcomes of a 4-year program with higher education and employment goals for individuals diagnosed with mental illness.

Gussenhoven and colleagues described a company's perspective of an economic evaluation of a distance counseling lifestyle program among overweight employees.

Yong and colleagues explored occupational stress perception and its potential impact on work ability.

This issue also contains our Working with Arthritis column authored by Allaire, Backman, Al Heresh, and Baker on *Ergonomic Intervention for Employed Persons with Rheumatic Conditions*. Finally, the issue concludes with a Tip Sheet on *Work Seeking and Retention Issues: Strategies for Persons with Vision Loss*.

I conclude this *From the Editor* with one last thought: "Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed, it is the only thing that ever has." *Margaret Mead*

As always, I look forward to hearing from you and welcome your submission of manuscripts to WORK

Cheers,
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