

# OCCUPATIONAL HEALTH

## SPECIAL INTEREST GROUP

### PRESIDENT'S MESSAGE

#### GREETINGS OHSIG MEMBERS!

By the time you read this, 2010 will be nearing its close, we will have a new VP/Ed Chair and Nominating Committee member, and we will be looking ahead to CSM Feb 2011. I want to highlight OHSIG initiatives from 2010, and look ahead to 2011.

#### OHSIG INVOLVEMENT WITH ACOEM/WCTP/APTA

OHSIG was requested to review foundation chapters for ACOEM (American College of Occupational and Environmental Medicine). The following are in process:

- A. IME – Reviewer Sandy Goldstein; Progress: Completed
- B. Work Relatedness - Reviewer John Lowe; Progress: Completed
- C. Prevention - Reviewer Drew Bossen; In process
- D. General Approach to Initial Assessment and Documentation - Reviewer Sandy Goldstein, assistance from Rick Wickstrom; In process
- E. Initial Approaches to Treatment – Reviewer John Lowe, assistance from Margot Miller; In process
- F. Cornerstone of Disability Prevention and Management - Reviewer Dee Daley; In process

Kathy Rockefeller and Margot Miller reviewed the draft of the WCPT (World Confederation of Physical Therapy) Occupational Health & Safety documents as requested by Anita Bemis-Dougherty, PT, DPT, MAS, Associate Director, Department of Practice, APTA.

It is very positive for OHSIG to be involved and recognized for our expertise. Our input can make a difference for all PTs working in the area of occupational health!

#### DEFENSIBLE DOCUMENTATION

Defensible documentation is complete. John Lowe and his committee worked with Anita Bemis from APTA on the document, which is expected to have a very positive effect on the quality of physical therapy documentation for injured workers.

The link to the Workers Comp Documentation is on the APTA Web site. It is member protected, so you will need to log in as a member to access: <http://www.apta.org/AM/Template.cfm?Section=Documentation4&Template=/MembersOnly.cfm&NavMenuID=2505&ContentID=70685&DirectListComboInd=D>

#### HATS OFF TO OUTGOING OHSIG BOARD MEMBERS - DEE DALEY AND JOHN LOWE

- Dee has been an active member of OHSIG for several years. As VP/Ed Chair, she has coordinated OHSIG education at CSM, she has been involved in revisions of OH

guidelines, she has written articles for OPTP, and she is currently spearheading our Petition for Specialization in OH PT.

- John has been an active member of OHSIG for several years. As Nominating Committee Chair, he has secured candidates for OHSIG elections. He has contributed to several guideline revisions, he had a primary role in Defensible Documentation, and more.

We applaud their dedicated commitment to OHSIG. Thank you Dee and John!

#### DELPHI STUDY ON FUNCTIONAL CAPACITY

Members of the FCE Task Force were asked to become part of a Delphi Study on functional capacity. Members of the Netherland's study group include: Michiel F Reneman, PhD; Harriet Wittink, PhD; Cees P van der Schans, PhD; Jan HB Geertzen, PhD. Watch for updates related to this study.

#### PETITION FOR SPECIALIZATION IN OCCUPATIONAL HEALTH PT

The petition is nearly completed. Dee Daley leads the efforts along with the entire BOD. We are working on sample test questions. We will keep you posted on the submission and progress of the petition.

#### GUIDELINES UPDATE

Work Rehabilitation Guideline revision is in process, and should be finalized soon. Other guidelines will be revised in 2010/2011, including Ergonomic and Legal. Two more members with expertise in ergonomics and evidence-based practice to assist with review and updating of the APTA Ergonomics Guidelines are needed. Please notify Rick Wickstrom ([rick@workability.us](mailto:rick@workability.us)) if you have interest and expertise to contribute to this project.

#### PAYMENT POLICY LIAISONS REQUESTED

A letter was sent to State Chapter Presidents and Executive Directors asking that a liaison be identified to work with the OHSIG Practice and Payment Policy Committee. Rick Wickstrom, Committee Chair stated that having liaisons "will help us share relevant information with physical therapists, payers, regulators, and other occupational health professionals as a public relations strategy to promote professionalism of physical therapists. We hope that creating state-specific payment policy liaisons for the Occupational Health Special Interest Group will encourage greater networking on matters that impact practice and reimbursement for our specialty - thus reinforcing the benefits of belonging to APTA and the Orthopaedic Section's Occupational Health Special Interest Group."

If you are interested in more information on becoming a liaison, contact Rick Wickstrom at [rick@workability.us](mailto:rick@workability.us).

## WORKERS' COMPENSATION AUDIO CONFERENCE

We thank Practice and Payment Policy Chair Rick Wickstrom, PT, CPE, CDMS, and Kevin Basile, PT, MSPT, OCS, for working with Karen Jost, PT, MS, Associate Director Payment Policy & Advocacy APTA, on an audio conference regarding worker's compensation. On August 19th they provided the program "Navigating the Tides of Workers' Compensation" that offered attendees new insight to identify the range of services a physical therapist might provide and how to ensure appropriate payment for those services. It also offered techniques for reducing burden through effective identification of and collaboration with all stakeholders, and how to negotiate with the insurers. Thank you all!

## CSM 2011 UPDATE- "WHAT'S COOKING FOR NEW ORLEANS"

### Every Day Excellence in Workers Compensation: Preventing Needless Disability, Peer Review Gems, Guidelines, and Practical Considerations

Although workers compensation is fairly standard for many outpatient payer mixes, providers often note frustration trying to expand their skill set and master the complexities of working with injured workers. In addition to return to work considerations, navigating multiple stakeholder groups including employer, case managers, adjusters, and various state work comp boards can seem overwhelming.

This 3 hour program is designed to help increase physical therapists and physical therapist assistants comfort and effectiveness in the area of worker rehabilitation. The program covers the latest work rehabilitation guidelines, practice strategies for preventing needless disability and documentation pearls to quickly and easily demonstrate appropriate care patterns. Learn more about the various stages of a work comp cycle, return to work planning, and payment/policy methodologies. Screening criteria for factors that are associated with long term disability and intervention recommendations to improve outcomes /successful return to work will also be included.

### Learning Objectives:

1. Describe the course of a worker's compensation claim and how to effectively integrate with other health care professionals and stakeholders.
2. Implement strategies to reduce needless work disabilities and recognize "flags" or barriers that can slow care.
3. Implement treatment strategies for progressive return to work goals based on workplace policies and partnering.
4. Identify APTA work rehab/work injury management guidelines (and other stakeholder groups) and understand the use/implications in your practice.
5. Ensure that documentation is adequate for minimizing reimbursement issues by conveying the necessity for professional level care by a physical therapist.

### Brief Session Outline:

1. Life of a work comp claim and case management
  - Steps, stages, and roles of stakeholders
  - Payment methodologies and underlying assumptions

- Blue flags
2. Preventing needless work disability- principles, concepts, and evidence
    - What shortens/promotes early RTW vs prolongs/delays RTW
  3. Options for progressive/guided RTW
  4. Implications for clinical practice set up/equipment
  5. Guidelines, documentation, and barriers to recovery

### Presenters

John Lowe, PT (Also serves as Moderator)

James Hughes, PT

Chris Juneau, PT, DPT, ATC, EMBA

Nicole B. Matoushek, PT, MPH, CEES, CEAS

*Also plan to attend the OHSIG member business meeting before the education session. We hope to see you!*

## OHSIG MEMBER EMAIL BLASTS

Our thanks to Sandy Goldstein, OHSIG Communication Chair, for coordinating the OHSIG member E-mail Blasts. If you did not receive the E-mail blast, contact Sandy at sanfordgoldstein@hotmail.com. Also, if you have information for the E-mail blast, contact Sandy.

## AUTHORS NEEDED

We encourage you to become more involved in OHSIG whether serving on a committee or a task force or writing an article or case study for OPTP. It's a great way to share your expertise with others working in this area of practice.

We thank Nicole Matoushek, PT, MPH, for her article in the last OPTP, "What Works in Workers Compensation." Nicole is past treasurer of OHSIG; she is a VP at Align Networks. Also, we thank Alison Heller-Ono, MSPT, CDA, CIE, CPE, for her contribution in this issue of OPTP, "PT as Ergonomist: A Model for 21st Century Health Care." Alison is President/CEO of Worksite International, Inc.

Please contact any of your OHSIG board if you have questions/comments. We'd love to hear from you!

*Professional Regards,*  
Margot Miller, PT  
OHSIG President