

GREETING MEMBERS!

Respectfully submitted by,
Caroline Furtak, PT, MSPT, CEAS, CWcHP

SAVE THE DATE

The OHSIG is happy to announce two one-hour Occupational Health webinars have been scheduled for Quarters 3 and 4. These exclusive webinars are free to OHSIG members. Specifics on sign up and call in information will be emailed to OHSIG members.

Thursday, September 20th at 11:00 CST

Topic: **Functional Capacity Evaluation Course**

Presenter: Steve Allison, PT, DPT, OCS

To provide FCE examiners with an advanced understanding of best practice guidelines for determining an individual's effort level during functional capacity testing.

Thursday, October 25th at 11:00 CST

Topic: **Advanced Concepts in Job Analysis: Physical Demands Validation**

Presenter: Steve Allison, PT, DPT, OCS

To provide occupational health physical therapists with a best practices approach for conducting job analyses and validating the physical demand requirements.

Dr. Steve Allison has over 20 years of experience in the specialty practice of functional capacity testing and job analysis consulting. He is recognized as an expert witness in the areas of functional capacity evaluation testing and orthopedic physical therapy in Federal, District, and workers' compensation courts in Louisiana. Dr. Allison is a service disabled Gulf War veteran. He is the CEO of Functional Capacity Experts, LLC and Disability Management Group, LLC located in Bossier City, Louisiana.

The OHSIG BOD held its quarterly meeting during the CSM in New Orleans on Wednesday, February 21, 2018.

TOPICS OF DISCUSSION

American College of Occupational and Environmental Medicine (ACOEM) has requested comments on several guidelines one of which is "Initial Approaches to Treatment" with an effective date of June 30, 2018. ACOEM is initiating a work group related to development and promotion of functional outcomes in value-based care. We hope to be represented on that working group. National Occupational Research Agenda (NORA) requested comment related to traumatic injury prevention in service industries.

Defining documents in Occupational Health PT practice can be found on the OHSIG webpage and are now titled "Current Concepts in Occupational Health." Link: <https://www.orthopt.org/content/special-interest-groups/occupational-health/current-concepts-in-occ-health>. These documents define fundamental interventions for practice within the context of work. Each topic has been or is currently being reviewed and updated. The topics and their progress to date:

Functional Capacity Evaluation: update completed

Injury Prevention and Ergonomics: update completed and published in the last edition of the *Orthopaedic Physical Therapy Practice* magazine

Work Rehabilitation (continues to be updated and refine its concepts): The group expects to finalize the document in Q2.

Legal and Risk Management: we are currently seeking task force lead and members. Please contact a Board member if you are interested in spearheading this group.

OPPORTUNITIES FOR MENTORING

At our OHSIG Meeting at CSM this year student PTs voiced interest in accessing mentoring opportunities with our members. As a direct result of this request, we will initiate a casual mentoring program.

For Prospective Mentors: please register your intent by contacting Caroline Furtak at ckfurtak@gmail.com.

We anticipate a longer-range plan developed around our goals of establishing an entry-level curriculum for the physical therapist in the occupational health environment. Francis Kistner (Research Chair) is working to define this curriculum. Developing this curriculum will assist PT schools with effectively introducing this topic into their programs.

CHANGING OF THE GUARD

Outgoing Nomination Chairperson is Katie McBee, Incoming Nominating Committee Chair is Lori Deal. Katie McBee will return as a Nominating Committee member.

PREVENTION AND WELLNESS

Prevention and wellness is a key component of working in the occupational health setting. Businesses and corporations of all sizes seek help to reduce costs associated with work-related injuries, chronic diseases, and unhealthy habits. The Council on Prevention, Health Promotion, and Wellness in Physical Therapy was established in January 2018. The council is a community for physical therapists (PTs), physical therapist assistants (PTAs), and students who are interested in incorporating prevention, health promotion, and wellness as an integral aspect of physical therapist practice, as well as in promoting and advocating for healthy lifestyles to reduce the burden of disease and disability on individuals and society. If you want to participate in the council, start by subscribing to the APTA Hub Community (<http://communities.apta.org/p/co/ly/gid=182>). You will connect with council members, stay up-to-date on resources and opportunities, and join in the conversation about prevention, health promotion, and wellness in physical therapist practice.

ARE YOU A MEMBER OF OUR CLOSED FACEBOOK GROUP??

If not, **come and join the conversations!!**

Here is the link to the Facebook group:

<https://www.orthopt.org/content/special-interest-groups/occupational-health/become-an-ohsig-member>

Sharing some of what has been discussed on the OHSIG closed Facebook page:

Effectiveness of Workplace Interventions in Return-to-Work for Musculoskeletal, Pain-Related and Mental Health Conditions: An Update of the Evidence and Messages for Practitioners

Cullen KL, Irvin A, Collie F, et al

ABSTRACT

Purpose: The objective of this systematic review was to synthesize evidence on the effectiveness of workplace-based return-to-work (RTW) interventions and work disability management (DM) interventions that assist workers with musculoskeletal (MSK) and pain-related conditions and mental health (MH) conditions with RTW. **Methods:** We followed a systematic review process developed by the Institute for Work & Health and an adapted best evidence synthesis that ranked evidence as strong, moderate, limited, or insufficient. **Results:** Seven electronic databases were searched from January 1990 until April 2015, yielding 8898 non-duplicate references. Evidence from 36 medium and high quality studies were synthesized on 12 different intervention categories across 3 broad domains: health-focused, service coordination, and work modification interventions. There was strong evidence that duration away from work from both MSK or pain-related conditions and MH conditions were significantly reduced by multi-domain interventions encompassing at least 2 of the 3 domains. There was moderate evidence that these multi-domain interventions had a positive impact on cost outcomes. There was strong evidence that cognitive behavioral therapy interventions that do not also include workplace modifications or service coordination components are not effective in helping workers with MH conditions in RTW. Evidence for the effectiveness of other single-domain interventions was mixed, with some studies reporting positive effects and others reporting no effects on lost time and work functioning. **Conclusions:** While there is substantial research literature focused on RTW, there are only a small number of quality workplace-based RTW intervention studies that involve workers with MSK or pain-related conditions and MH conditions. We recommend implementing multi-domain interventions (ie, with health care

provision, service coordination, and work accommodation components) to help reduce lost time for MSK or pain-related conditions and MH conditions. Practitioners should also consider implementing these programs to help improve work functioning and reduce costs associated with work disability.

Open access article link: <https://link.springer.com/article/10.1007%2Fs10926-016-9690-x>

THE IMPACT OF OPIOID PRESCRIPTIONS ON DURATION OF TEMPORARY DISABILITY

By David Neumark, Bogdan Savych, Randall Lea, MD

Study link: <https://www.wcrinet.org/reports/the-impact-of-opioid-prescriptions-on-duration-of-temporary-disability>

PEARLS FROM THE STUDY

Patients with multiple opioid scripts are out of work 3 times longer than patients with no opioid scripts.

Patients can be weaned off opioids within two years and successfully return to work.

Don't forget to bookmark the Occupational Health Special Interest Group Website:


<https://www.orthopt.org/content/special-interest-groups/occupational-health>

The Injured Worker


Work Injury Prevention and Management: Determining Physical Job Demands

Independent Study Course 24.1

For Registration and Fees, visit orthoptlearn.org



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