

Instructions for Functional Recovery Interventions

Using Functional Recovery Interventions

Functional Recovery Interventions (FRIs) are occupational-health best practices. Add them to your usual COHE best practices when caring for workers with a high risk of disability.

Patients are high-risk when they have been off work:

- For four weeks or longer; **OR**
- For two weeks and have a positive Functional Recovery Questionnaire (FRQ).

Health Services Coordinators (HSCs) administer the FRQ to workers who have been off work for two weeks. If the FRQ is positive, the HSC will notify the provider. The worker should be scheduled for an office visit to address FRIs appropriate to their situation. After this visit, fill out the FRI Tracking Sheet and fax it to your HSC.

FRI materials were given to you at an orientation when you agreed to participate in the FRI project. (You can find these resources at www.gocohe.com. To find the page for Functional Recovery Interventions and Questionnaire, look under Program Resources.)

Making the most of the Initial FRI Office Visit

For workers with a positive FRQ, it is important to address all FRIs with them, even if you have done so previously. The worker's answers to the FRQ may help identify their worries that work activity will aggravate their condition, their low expectations for recovery, or issues with job accommodations.

Talking points for each issue are listed on the *FRI Office Poster*. With FRQ-positive workers, it is vital for you to negotiate incremental increases in their activities and use of an activity diary. This enhances self-efficacy and engagement in their own recovery. If you prescribe PT, it is especially important for the worker to achieve functional gains.

Follow-up FRI Office Visits — Assessing Progress

Revisiting recovery expectations and return-to-work issues is central to follow-up visits. You should also review progress with the activity diary.

Completing the FRI Tracking Sheet

- Enter your provider information, patient name, claim number, and date of the FRI visit.
- Check the boxes for each of the FRIs you addressed with the patient at the visit.
- Fill in any blanks and make notes as needed.
- Sign the form and have the patient sign it.
- Fax the completed form to your HSC.

▶ You can bill for one Initial FRI Office Visit and two Follow-Up FRI Office Visits.

Fax numbers for the HSC

Fax the completed FRI Tracking Sheet after each section is completed to the COHE Community of Eastern Washington office at 509-944-4404. The HSCs will input the information into OHMS for your office to then bill for the FRIs.

Billing for the FRI Tracking Sheet

In addition to usual charges for office visits, L&I will pay a nominal fee for completing the FRI Tracking Sheet. The fee is payable when the HSC enters the information into the claim file.

- Use Billing Code 1075M.
- A maximum of three FRI tracking sheets are payable per claim.

