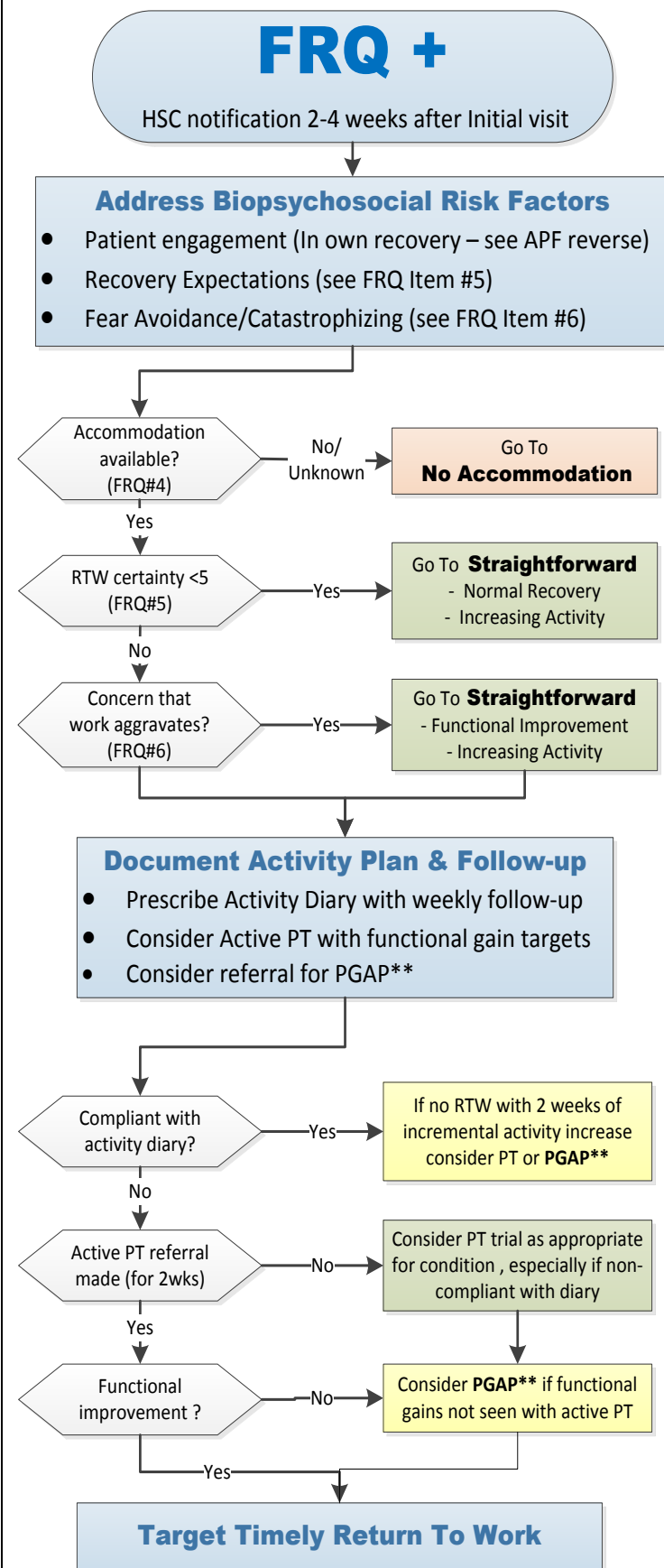


FUNCTIONAL RECOVERY INTERVENTIONS (FRIs) for INJURED WORKERS who are FRQ+



Straightforward FRIs

FRQ+ patients need extra attention from you, particularly with addressing their recovery expectations, concerns regarding how work activities affect their recovery, and incrementally increasing their activities. Revisit them with these workers even if you addressed them initially.

Extra Attention at Office Visit

Active Engagement

- Review patient's role in their own recovery (e.g., keeping appointments, incrementally increasing their daily activity)
- Focus on function. Instead of a 1-10 pain scale, use *interference* (How much does your pain interfere with your ability to.....)

Re-emphasize Normal Recovery

- Ask about any recovery concerns they might have
- Reassure that nearly all joint & muscle problems get better
- Reassure that you will monitor progress closely and that there are many options if recovery doesn't go as expected
- Emphasize that fastest recovery occurs by staying active, including work

Review Concerns with Job Tasks

- Ask what concerns them with specific work activities
- Ask what job tasks they *can* do
- Ask what might get in the way of doing their job
- Ask worker about their ideas for addressing identified issues

Re-emphasize Functional Improvement

- Measure and track functional improvement with a validated questionnaire (e.g., Oswestry, NDI)*
- Consider FABQ* or similar if there is high concern about re-injury, catastrophizing, or very low recovery expectation*

Assure Incrementally Increasing Activity

- Reiterate that increasing activity a little each day, speeds recovery. Start easy and work up to more and/or longer activities
- Agree on specific set of tasks in a daily Activity Diary. Follow-up weekly.
- Remind them that activity won't cause physical damage, but may be uncomfortable, or painful, at times
- Encourage regular aerobic exercise, whenever feasible (e.g., walk, swim, stationary bike, treadmill).
- Avoid prolonged sitting, lying, leaning in one position, etc.

Consider Active Rehabilitation Referral

- An active care referral with a rehabilitation-oriented physical therapist, chiropractor, or other provider who utilizes active care and self-reliance approaches may be helpful if Activity Diary is inadequate

No Accommodation

FRQ+ patients whose employer does not offer accommodation (modified duty) are at greater risk of having a poorer recovery. In addition to FRIs for straightforward cases, obtain return-to-work assistance and assure your patient remains as active as possible.

Straightforward FRIs Plus...

Assure Accommodation Options Have Been Explored With Employer

- Review "Working with Employers" information in the **FRI Toolkit** (e.g., finding the right person to talk with at the employer, ideas for work modification such as breaks, shorter shifts, L&I wage assistance)
- Document all conversations with employer (supervisor, human resources staff, safety staff) in patient's chart

Obtain Return-To-Work Assistance

- Contact HSC to discuss what assistance COHE may provide
- Request HSC and/or L&I claim manager to explore Early Return To Work (ERTW) program assistance

Assure Active Care Is Provided

- Incrementally increasing activity is essential if not working
- Assure patient continues to use an Activity Diary
- Regularly remind of the importance of incrementally increasing activity a little bit every day
- Discuss functional improvement goals and progress based on functional questionnaire results.*
- Active care referral is especially important for FRQ+ patients whose employer cannot provide modified duty
- Continue intensified oversight of physical therapy (e.g., use FRI or L&I referral form for PT/OT and make sure to follow-up with PT/OT on their progress).

* Screening & Functional Questionnaires

Validated biopsychosocial and functional screening and/or tracking questionnaires are helpful for identifying factors that may need to be addressed and determining functional limitations and how they improve with care. Conservative care resources summarizing tools for tracking functional progress and addressing psychosocial issues are included in the FRI toolkit and are available online at <https://www.gochoe.com/Functional-Recovery>

Awaiting Surgery/Consultation

Biopsychosocial considerations are especially important for FRQ+ patients who have medically complex conditions, are awaiting specialty consultation, or surgery. In these situations, the attending provider should continue to see the patient during this period to assess how the worker is coping, coaching on ANY possible activities they can be doing during the waiting period, and reassure your engagement with any new or escalating concerns they may have.

Straightforward FRIs Plus...

Revisit FRIs

- FRQ+ patients waiting for surgery or specialist consults should have close follow-up with FRIs modified as appropriate for their situation
- Re-inforce patient's participation in their own recovery
- Address and reassure regarding any patient concerns about discomfort or aggravation while staying active
- Emphasize the importance of activities they can do before surgery in order to speed recovery following surgery

Utilize COHE Resources

- FRQ+ workers who have not returned to work after 4 weeks of FRIs may be at even greater disability risk.
- Consider a conference or call with a COHE Advisor and HSC to decide on further treatment options.

** Progressive Goal Attainment Program (PGAP)

Includes:

- Evaluation by trained activity coach
- Individual 1 hour sessions to increase activity
- Skill development to address biopsychosocial factors
- Emphasizes self-reliance and re-integration into life-role activities
- Facilitates return to work

Referral criteria for FRQ+ patients:

- Return-to-work has not been achieved after 5 weeks of functional recovery interventions (FRI's).
- Diagnostic work-up is complete
- Work hardening is not in progress
- No evidence of a drug or alcohol problem

Referring a patient for PGAP:

Contact Susan Campbell, L&I, at 360-902-5053 or Susan.Campbell@Lni.wa.gov for referrals and questions

FRI Summary

Address Biopsychosocial Considerations

- Recovery expectations
- Activity avoidance
- Concerns about work activities aggravating condition

Address Return To Work

- Talk with employer
- Availability of modified work
- Utilize HSC and L&I assistance for return to work

Incrementally Increase Activity

- Weekly Activity Diary and follow-up
- Active PT/OT referral if needed and progress follow-up

Track Functional Improvement

- Set specific functional improvement targets and timelines
- Use a validated instrument to track functional progress *

Document FRIs

- Routinely in chart notes
- Summarize what was provided on an FRI Tracking Sheet and submit to L&I

Consider Consultation with a COHE Advisor

Patient's Activity Diary

Week 1 / / / 2 / / / 3 / / / 4 / / /

Name _____ Claim # _____

Provider/Patient Discussion	Planned Activity <input type="checkbox"/> Walk <input type="checkbox"/> Swim <input type="checkbox"/> Other: _____ <input type="checkbox"/> Stationary Bike _____	Specific Exercises <small>from exercise sheet</small> <input type="checkbox"/> Back <input type="checkbox"/> Arm <input type="checkbox"/> Other: _____ <input type="checkbox"/> Neck <input type="checkbox"/> Leg _____	Other Activities <i>Include routine daily tasks.</i>
Day 1	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ Completed: _____
Day 2	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ Completed: _____
Day 3	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ Completed: _____
Day 4	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ Completed: _____
Day 5	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ Completed: _____
Day 6	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ Completed: _____
Day 7	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ times/day _____ total mins Completed: _____ times/day _____ total mins	Goal: _____ Completed: _____
Notes			

Bring this completed activity diary with you to your next appointment.

FY15-497 (04-2015)

Department of Labor and Industries



FUNCTIONAL RECOVERY INTERVENTIONS TRACKING SHEET

Patient's name: _____ Claim Number: _____

Provider's L&I ID and Name: _____

Date: _____

Initial FRI Office Visit	1. Discussed worker's active participation <input type="checkbox"/> Yes <ul style="list-style-type: none"> • Active participation aids recovery • Keeping appointments (including PT if needed) 	4. Discussed job concerns <input type="checkbox"/> Yes <ul style="list-style-type: none"> • Fear of work activity increasing pain/injury • Job-specific situation(s)
	2. Discussed normal recovery <input type="checkbox"/> Yes <ul style="list-style-type: none"> • Normal injury recovery • Good recovery likelihood • Worker's concerns about RTW 	5. Discussed gradually increasing activity <input type="checkbox"/> Yes <ul style="list-style-type: none"> • Gave patient Week 1 Activity Diary with instructions • Start at current level, add a little each day • Regular walking/aerobic exercise • Vary movement, avoid prolonged postures
Follow-up FRI Office Visits	3. Work accommodation efforts <input type="checkbox"/> Called employer to discuss RTW options <input type="checkbox"/> Contacted HSC for RTW assistance <input type="checkbox"/> Contacted L&I for RTW assistance	6. PT/OT referral made <input type="checkbox"/> Yes <input type="checkbox"/> Sent FR referral sheet to PT/OT Scheduled PT/OT progress review for: _____
	1. Reinforced worker's role in recovery <input type="checkbox"/> Yes <ul style="list-style-type: none"> • Expectation of recovery • Fear of activity/reinjury • Psychosocial issues discussed <input type="checkbox"/> Anxiety <input type="checkbox"/> Depression <input type="checkbox"/> Other: _____ 	3. Incremental activity progress (as needed) <input type="checkbox"/> Yes <ul style="list-style-type: none"> • Reviewed previous week's Activity Diary • Worker compliance? <input type="checkbox"/> Full <input type="checkbox"/> Partial <input type="checkbox"/> None <input type="checkbox"/> Activity increased since previous week? <input type="checkbox"/> Gave patient next week's Activity Diary
2. Return-to-work progress <input type="checkbox"/> Worker returned to work with restrictions <input type="checkbox"/> Worker returned to work without restrictions <input type="checkbox"/> Worker has not returned to work If no RTW within 8 weeks: <input type="checkbox"/> Contacted HSC for RTW assistance <input type="checkbox"/> Scheduled conference with COHE Advisor <input type="checkbox"/> Referred for PGAP <input type="checkbox"/> Other: _____	4. PT/OT progress (as needed) <input type="checkbox"/> New referral made <input type="checkbox"/> Sent FR referral sheet to PT Functional gain made from PT: <input type="checkbox"/> Physical/work activity ability: _____ <input type="checkbox"/> Self-care activities: _____ <input type="checkbox"/> Flexibility/strength/endurance: _____ <input type="checkbox"/> No functional gains made: Scheduled PT/OT progress review for: _____	

FRI Toolkit *(under construction)*

<https://www.gochoe.com/Functional-Recovery.aspx>

- Blank Forms
- FRI Resources
 - COHE assistance: HSCs, Advisors, Patient Materials
- Best Practice Resources
 - Working with employers
 - Psychosocial determinants influencing recovery
 - Tracking functional improvement
 - Conservative care practice resources (CTS, epicondylitis, shoulder conditions, foot & ankle problems, low back rehab, tracking functional improvement)
- FRQ/FRI research studies
- Continuing education resources

Billable FRI Services

Some FRI services may be billed **IN ADDITION** to usual clinical care

- Consultation with physician, COHE Advisor, HSC, PT, or employer (Physicians: 99441-99443) (Other attending providers: 98966-98968)
- FRI Tracking Sheet (1075M)

L&I Resources

Provider Hotline: 1-800-848-0811

FRI Project Contact: Robert Mootz, DC (360) 902-4998 Robert.Mootz@LNI.WA.gov

Online

L&I Website: www.LNI.wa.gov

L&I Provider Portal: www.LNI.wa.gov/ClaimsIns/Providers

L&I Provider Advisory Committee Information: www.LNI.wa.gov/ClaimsIns/Providers/ProjResearchComm

Best Practice Resources: www.LNI.wa.gov/ClaimsIns/Providers/ProjResearchComm/IICAC/Resources

Coverage Decisions / Guidelines: www.LNI.wa.gov/ClaimsIns/Providers/ProjResearchComm/PAC/Activities

Claim and Account Center: www.LNI.wa.gov/ClaimInfo

COHE Community of Eastern Washington (CCEW) Toll free: (866) 247-2643

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