

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]

Functional Recovery Interventions and Use of the Tracking Sheet

Functional recovery interventions (FRIs) are occupational-health best practices that you should use when treating injured workers with a high risk of prolonged disability. This is in addition to your use of standard best practices of the Centers of Occupational Health and Education (COHEs).

High-risk patients are those who: a) have been off work for four weeks or longer; OR b) have been off work for two weeks and rated positive on the functional recovery questionnaire (FRQ).

Instructions for using the FRI tracking sheet

Initial FRIs section

- Schedule a patient visit to address points in the top section of the FRI tracking sheet.
- Check off all points covered with the patient and note any relevant specifics.
- Fill in the date that you addressed relevant points.

Follow-up FRI sections

- Review progress with the patient, reinforcing likelihood of good recovery, expectation of patient participation, and importance of incrementally increasing activity.
- Review the activity diary and discuss what work activities the patient CAN do.
- If referred for physical therapy or occupational therapy, discuss functional gains.
- Check off all points covered and note any relevant specifics.

Billing for the FRI tracking sheet:

- Only one FRI tracking sheet is billable per claim.
- To be reimbursed, you must completely fill out the FRI tracking sheet for the initial visit and at least one follow-up visit.
- Fax the FRI tracking sheet to L&I at 1-855-268-4088.

If the patient has not yet returned to work, at least four weeks of FRIs, including two follow-ups, are required for reimbursement.



Background

The FRQ is a short survey administered by the University of Washington to workers who have missed two weeks of work. Nearly 40% of workers identified as “positive” on the FRQ are disabled one year after their injury compared to fewer than 3% of workers with a negative FRQ.

If you have been notified that one of your L&I patients is FRQ+, add functional recovery interventions (known best practices for high-disability-risk patients) to your treatment plan.

High-risk workers who have not returned to work after four weeks of FRIs may be at even greater risk of disability. Additional treatment should be provided. To identify treatment options, arrange a conference call with treating provider(s), the Health Services Coordinator and COHE advisor.

FY15-497 [04-2015]

Functional Recovery Interventions Tracking Sheet

To be completed by attending provider

Provider Name _____ Patient Name _____ Claim # _____
 Provider ID # (L&I or NPI): _____

Initial FRIs

DATE: ___/___/20___

Discussed worker's active participation

- Actively participating aids recovery
- Keeping appointments (including PT if needed)

Discussed normal recovery

- Musculoskeletal recovery explained
- Good recovery likelihood explained
- Reasons for RTW uncertainty addressed

Work accommodation efforts (check one)

- Called employer to discuss RTW options
- Contacted HSC for RTW assistance
- Contacted L&I for RTW assistance

Discussed job concerns

- Fear of work activity increasing pain/injury
- Job situation(s)

Discussed gradually increasing activity

- Gave Week 1 Activity Diary with instructions
 - Start at current level, add a little each day
 - Regular walking/aerobic exercise
 - Vary movement, avoid prolonged postures

PT/OT referral **Referral not needed**

- Sent FR referral sheet to PT/OT
- Scheduled progress review for: ___/___/20___

Follow-up

DATE: ___/___/20___

Reinforced patient role in recovery

- Expectation of recovery
- Reinjury concerns/work activity discussed
- Social issues discussed: _____
- Other risks discussed: _____
 - Anxiety
 - Depression

Return-to-work progress

- Worker returned to work
 - with restrictions
 - without restrictions

If no RTW by Week 8:

- Contact HSC for assistance
- Advisor conference
- PGAP
- Other: _____

Incremental activity progress (as needed)

- Reviewed previous week's Activity Diary
 - Worker compliance? Yes Partial None
 - Activity increased? _____
- Gave patient next week's Activity Diary

PT/OT progress (as needed)

- New referral made Sent FR referral sheet to PT

Functional gains: **Improvement Noted:**

Physical/work activity ability: _____

Self-care activities: _____

Flexibility/strength/endurance: _____

I have discussed these interventions with the patient during an office visit and the patient understands them.

Provider's signature _____ Patient's signature _____

Fax completed tracking sheet to: 1-855-268-4088 COHE FRI form 04-2015 expires 05-2016. All previous versions are obsolete. Index to: MED



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About Your Activity Diary

Staying active is critical to your recovery!

Instructions for using your activity diary

- You and your doctor have written in goals for the week for walking or other activity and exercises. Now list some things you want to do at home, under "Other Activities."
- Schedule a time each day for each activity.
- Each day, check off the exercises you do. Write down how many times you do each activity and the total number of minutes you spend in the activity each day. Write down the other activities.
- Use the "Notes" section to jot down anything you learned from keeping your diary and anything you want to discuss with your doctor.
- Bring your completed activity diary to your next visit to discuss your progress with your doctor.

Tips for success

- Set goals that are specific and that you are confident you can achieve.
- Include activities that you enjoy and find meaningful.
- Get up and go to bed at the same time each day, and avoid napping. This will improve your sleep and you'll feel better.

Remember:

Movement fosters better healing and actually shortens the time that the tissues hurt.

- Even modest activity helps your recovery.
- Do a little more each day than you did the day before.
- Most problems with joints and muscles get better within a few days or weeks, just like a cold or flu.
- Increased pain with activity is usually normal and does not mean the activity is physically harmful.
- Regular aerobic exercise of any kind is very helpful, for example walking, swimming, stationary bicycling, or treadmill.
- Avoid prolonged sitting, lying down, or leaning in one position. Variety speeds recovery.
- You and your body do the real healing — the doctor doesn't cure your injury.

