



Helping Your Injured Patients Back to Work A FREE online CME Resource for Clinicians



The NorthWest Association of Occupational & Environmental Medicine, and the Washington State Building Trades Council, supported by a Safety & Health Investment Program grant from the WA Department of Labor & Industries, is offering free online resources to help clinicians advising injured workers. Washington State Medical Association will award 1.0 AMA PRA-1 to those completing the module and self-assessment. There is an administrative fee of \$15 per person (WSMA members, \$25 for Non-WSMA members) to register the CME.

It is harmful for workers to be off work longer than is necessary after being injured. It reduces the likelihood of returning to their pre-injury job, they lose money, and also lose fitness and confidence, and find getting back to work more difficult. For these reasons, it is best practice to encourage workers to go back to work before they are fully recovered. The approach is to agree on a graduated return to work program with the injured worker and his or her employer, limiting or modifying some of the work tasks to be undertaken initially, and building up work activities progressively. In some cases, alternative work will need to be found, appropriate to the injured worker's limitations. Being back at work promotes conditioning and recovery.

This Continuing Medical Education module is based around five 5 minute videos showing typical work tasks for five key construction trades, focusing on some of the work tasks to avoid during early return to work, and giving tips on advice to give injured workers and their employers. Some explanatory resources and links to external sources of advice are also given.

Objectives

The objectives are to:

1. Provide information on where to go to for advice on work limitations or modifications
2. Increase the understanding of doctors about task demands and which tasks might cause re-injury for injured workers with functional limitations
3. Develop informed approaches to managing vocational rehabilitation, and where to go to for advice on work limitations or modifications
4. Promote more systematic completion of physical capacity evaluations of injured workers to identify functional limitations and specific susceptibility to workplace hazards more accurately
5. Encourage doctors to communicate more confidently and effectively with injured workers, their employers and/or vocational rehabilitation providers
6. Equip doctors to provide better informed advice on progressive activation and increased task participation in graduated return to work programs
7. Enable doctors to deliver more consistent and accurate information to injured workers, workers' compensation personnel and employers about appropriate early return to work

How to access this resource

This resource can be accessed online at any time, and worked through at your convenience, from your computer or mobile device, at <http://rtwvideos.wabuildingtrades.org/> You will need to register and provide some details in order to enter the site, so that we can better understand who wants and uses such resources

Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Washington State Medical Association and NorthWest Association of Occupational & Environmental Medicine, and the Washington State Building Trades Council. The WSMA is accredited by the ACCME to provide continuing medical education for physicians. The WSMA designates this online enduring material module for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

STATEMENT FOR NON-PHYSICIANS

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Washington State Medical Association and NorthWest Association of Occupational & Environmental Medicine, and the Washington State Building Trades Council. The WSMA is accredited by the ACCME to provide continuing medical education for physicians. The WSMA designates that this activity was designated for 1.0 AMA PRA Category 1 Credit(s)™.

Disclosure of Conflict of Interest to Audience

Planners:

The planning committee (including partners/spouses) for this activity, Tim Gilmore, Robin Griffiths, Todd Mitchell, Marty Cohen, Dianna Chamblin, Douglas Nickels, Laura Welch, Steve Hecker, and Al Blue have each indicated no relevant financial relationships with a commercial interest as defined by the ACCME. Their participation in planning will be fair and non-biased and will not discuss off-label use of a product or any investigational products (non-FDA approved).

Speakers:

Tim Gilmore and spouse have indicated no relevant financial relationships with a commercial interest as defined by the ACCME and will not discuss off-label use of a product or any investigational products (non-FDA approved).