

## Health Care Services' Rehabilitation Programs and Services

**Acupuncture** - WorkSafeBC does not generally accept responsibility for the cost of acupuncture. Any exception must be previously authorized, and when authorized, treatment is for a short period of time and only in conjunction with a comprehensive treatment plan that includes activation and other pain management strategies.

**Amputee** - The goals of this multidisciplinary program are to maximize the injured worker's functional recovery and to return the worker to productive employment. The program will resolve outstanding medical, therapeutic, prosthetic and psychological issues. The program is divided into four treatment phases (pre-prosthetic management, prosthetic training, functional restoration, workplace re-integration). The worker can enter into any phase depending on their needs.

**Activity-Related Soft Tissue Disorder Services (ASTD)** - ASTD Services are designed for workers with pathology related to overuse. The services consists of ASTD Medical Assessment, ASTD Clinic-Based Treatment Program, ASTD Workplace-Based Services and ASTD Combined Program (Clinic and Workplace-Based)

**Chiropractic Services**- Require a referral from a physician. Chiropractic services are typically accepted for the initial stages of a claim for a period of up to eight weeks and cannot be provided at the same time as physiotherapy treatment. Members of the B.C. Chiropractic Association (BCCA) may provide chiropractic treatment to B.C.'s injured workers under the terms and conditions set out in the memorandum of agreement between WorkSafeBC and the BCCA.

**Chronic Wound Care**- The Chronic Wound Care Services project has been created to provide early intervention and treatment for injured workers who have chronic wound care issues. The goal is to enable workers to return to work (RTW) when appropriate, and to provide long-term services to workers with permanent disabilities.

**Community Brain Injury Services (CBIS)** – CBIS is designed for injured workers with a compensable acquired brain injury. The goals of these services are to help workers maximize and maintain skills in self-care and productivity so that they can live, participate, and work in their local community.

**Community Occupational Therapy** – These services are designed to help injured workers gain, maintain, and improve skills in self-care, and productivity, so that they can live, participate and work in their local community. The Occupational Therapist (OT) may provide service in the home and/or in a community setting to assist the injured worker to acquire, retain, and improve independence and physical adaptive skills, and to return to a productive life.

**Community Pain and Addiction Services** - CPAS is an outpatient assessment and treatment service for workers with concurrent disorders (e.g., pain and addiction) on "irrational" or escalating doses of opioids, demonstrating aberrant behaviour. The program includes a one-day comprehensive assessment by an addiction physician and drug/alcohol counsellor or psychologist, as well as outpatient treatment which includes recovery coaching and counselling, and medication management.

**Dietitians** - Dietitians may be authorized to render health care services pending authorization by a WorkSafeBC officer and referral from the physician. Dietitians must be registered and in good standing with the College of Dietitians of British Columbia in order to provide services to injured workers.

**Expedited Medical Imaging Services** - WorkSafeBC refers injured workers to contracted facilities that provide expedited imaging services, including such services as magnetic resonance imaging (MRI), computerized tomography (CT), and ultrasound.

**Expedited Nerve Blocks** - Blocks include sympathetic blocks, epidural blocks, spinal blocks, intravenous blocks, facet or nerve root blocks, and any injections under fluoroscopy. Injections into soft tissues without fluoroscopy are not included. These blocks must occur within 40 days of the referral.

**Expedited Surgical Facilities** - The contracted facilities will provide fully equipped surgical facility services (including but not limited to nursing and support staff, medications, supplies, equipment, and facilities) to any surgeon needing to perform expedited elective daycare surgical procedure(s).

**Functional Capacity Evaluation (FCE)** - An FCE is an assessment for workers who have suffered injuries that could affect their employment opportunities. The worker's ability to perform work and their physical tolerances to a variety of real and/or simulated work activities is assessed. A Job Demands Analysis (JDA) may be requested in conjunction with an FCE to determine the physical demands associated with the worker's job. The JDA is a comprehensive assessment of the job tasks including quantification (weights, frequency, and duration) of all work tasks.

**Hand Therapy Program** - The Hand Therapy Program provides treatment for injured workers with acute injuries of the upper extremity, below the level of the shoulder. The treatment is provided by certified hand therapists with specialized skills in assessing and treating upper extremity conditions. The program can provide wound care and splinting in addition to specific upper extremity rehabilitation. The program focuses on assisting the injured worker to regain maximum function in preparation for a safe and timely return-to-work.

**Head Injury Assessment and Treatment Services (HIATS)** – HIATS takes a multidisciplinary team approach to assessing and treating injured workers who have a suspected or diagnosed brain injury. The services focus on neuropsychological, medical, functional assessment and treatment, as well as return-to-work education for the worker, the worker's family, and the attending physician.

**Home Care Services** – Home Care Services are designed to help injured workers gain, maintain, and improve skills in self-care that allow them to live, participate, and work in their local community. A Home Care Service provider may provide service in the injured worker's home and/or community setting to assist the worker to acquire, retain, and improve independence. Services will address both physical and psychological needs and appropriate behavioural interventions.

**Interpretation, Translation, and Sign Language Services** – Interpretation services include the interpretation of verbal communication from other languages into English and vice versa. Translation services include the translation of the written word from other languages into English and vice versa.

**Medical and Return-to-Work Planning (MARP) Assessment** – the MARP Assessment program focuses on providing diagnostic clarification, establishing appropriate treatment options, and making return-to-work recommendations to injured workers. The service is offered by physicians who have a Diploma in Sports Medicine or a specialty in Occupational Medicine. MARP services are designed to clarify and

provide diagnosis of a worker's clinical condition, and to assist in establishing the appropriate treatment and return-to-work recommendations for workers with outstanding medical issues and/or barriers to returning to work.

**Massage Therapy** - Requires a referral from a physician. Treatment is provided by Registered Massage Therapists. Massage therapy is typically accepted for the initial stages of a claim for a period of up to 5 weeks and cannot be provided at the same time as physiotherapy or chiropractic treatment.

**Neuropsychiatry Program**- Provided by the UBC Neuropsychiatry service, this program includes the scope for Outpatient Neuropsychiatry Assessment and Treatment Services only. The goal of the program is to provide outpatient assessment, to provide diagnosis and treatment for injured workers with neuropsychiatric disorders, to assist injured workers overcome identified barriers, and for the worker to return to work and/or to have reduced symptoms, increased function, or an improved quality of life.

**Occupational Rehabilitation 1 (OR 1) Program** – OR 1 is a structured active rehabilitation program offered by physiotherapists. The program is designed to assist workers with soft-tissue injuries, resolved surgery or healed fractures to achieve a safe and durable return to work. Treatment may be provided at a rehabilitation clinic and/or at the work site.

**Occupational Rehabilitation 2 (OR 2) Program** – OR 2 is a multidisciplinary treatment program offered by occupational therapists, physical therapists, psychologists, and physicians. The team, with input from a WorkSafeBC officer, will determine the treatment components required to overcome an injured worker's barriers to returning to work.

**Orthotics** – WorkSafeBC does not currently have a formal agreement for the provision of orthotic services; however, WorkSafeBC may authorize custom-made orthotic devices and services from a certified orthotist, a certified pedorthist and a podiatrist.

**Pain Management Program (PMP)** –The Pain Management Program is a multidisciplinary treatment program offered by physical therapists, occupational therapists, psychologists, physicians and pharmacists for outpatients who are workers with complex pain issues. The PMP is able to provide medication management for patients with chronic pain who may need modification to their medication regime. When addiction becomes a co-occurring disorder, the worker should be referred to Addiction Services.

**Permanent Functional Impairment (PFI) Assessment** –A PFI Assessment is performed on an injured worker to help assess the degree of physical impairment incurred as a result of the worker's injury.

**Physiotherapy** –Requires a referral from a physician. Treatment is provided by physiotherapists registered and in good standing with the College of Physical Therapists of B.C. Physiotherapy is typically accepted for the initial stages of a claim for a period of up to eight weeks and cannot be provided at the same time as chiropractic treatment.

**Prosthetics** – Providers certified by the Canadian Board for Certification of Prosthetists and Orthotists (CBCPO) are eligible to provide prosthetic services to injured workers.

**Psychology Assessment/Mental Health Treatment** –A contracted network of qualified professionals across the province that provides psychological services as needed to injured workers who have

psychological issues associated with a physical injury or related to workplace trauma. Assessment services are provided by Registered Psychologists. Treatment services are provided by Registered Psychologists and Registered Clinical Counsellors

**Residential Addiction Services** –These are medically supervised, abstinence-based multidisciplinary inpatient programs utilizing a bio-psychosocial model to treat workers with alcohol and drug addictions. These programs provide medical and psychological treatment for drug effects, teach behavioural skills that promote lasting change, and provide long-term support to help clients live a drug-free lifestyle. Programs consist of peer and self-assessments, group and individual therapy, lectures, as well as conferences with family and referral sources.

**Residential Care Services** –Residential Care Services are designed to help injured workers maintain skills in self-care that allow them to live, participate, and work in their local community. Residential Care Services will address physical and psychological needs, as well as appropriate behavioural interventions. A qualified contractor may provide residential care services in a facility or family care home, to assist injured workers in retaining, and improving independence.

**Return to Work Support Services (RTWSS)** –RTWSS is designed for the injured worker who does not require a structured treatment program but would benefit from support in his/her efforts to return to work. RTWSS may be performed by a physiotherapist, occupational therapist, or a kinesiologist experienced in the performance of return-to-work services and job-site visits. The goal of RTWSS is to return injured workers to their pre-injury duties at the work place.

**Short Term Care Facility Services** –Short Term Care Facility Services allow an injured worker to live in a protected and supported environment on a short-term basis, with the necessary medical and rehabilitation services required following surgery or in the case that respite care is required.

**Speech-Language Pathologists (SLP)** –WorkSafeBC does not currently have a formal agreement with SLPs. SLPs may be authorized to render health care services. When a worker in B.C. suffers an injury as a result of a workplace accident, WorkSafeBC pays the cost of appropriate treatment according to the fee schedule.

**Sympathetically-Mediated Pain Rehabilitation Services (SPRS)** –SPRS is a pilot, outpatient multidisciplinary treatment program for workers with Complex Regional Pain Syndrome (CRPS), who are appropriate for sympathetic blocks. The program is based on the Evidence Based Group's guidelines for the treatment of CRPS including the use of sympathetic blocks. The program is offered by physical therapists, occupational therapists, psychologists, and physicians.