Healthy Worker 2020
Best Practices for:

- Primary Occupational Health Care
  - Ensure ongoing care provided to injured workers is delivered using available best practices.

- Surgical Care
  - Ensure surgical care is delivered using available best practices; explore the opportunity to use innovative payment methods.

- Chronic Pain and Behavioral Health Care
  - Implement methods to prevent chronic pain and behavioral health issues from creating or extending disability. Create a stepped care pathway that includes collaborative care and appropriate clinical care steps.

- Physical Medicine
  - Ensure workers receive effective, efficient, timely, coordinated and consistent physical and occupational therapy services which focus on clinically meaningful improvement in function and return to work.

- Catastrophic Care Services
  - Implement internal and external support systems for IW with catastrophic injuries.

Model of Care
Care Coordination
Opioid Prescribing Best Practices
Incentive Methods
Operations
Project Vision

Implement methods to encourage the early use of active care with a focus on clinically meaningful improvement in function.

Provide an innovative collaborative approach, with opportunities to improve worker functional outcomes and streamline care delivery.
Therapy Stakeholder Workgroup

Organizations Represented

NW Return To Work
Valley Medical Center
PINN Rehabilitation
Summit Rehabilitation
Kitsap Physical Therapy
CAPEN
ATI Physical Therapy
Olympic Sports and Spine
Strive Physical Rehabilitation
What has Happened and Where We are Headed

- Physical Medicine Progress Report Form
- Authorization Model Redesign
- Best Practice Resource Development
Physical Medicine Progress Report
### Physical Medicine Progress Report

#### Highlights

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| **Patient Progress** | • Expectations  
• Pain Interference |
| **Estimated Abilities** | • Four Essential Job Tasks  
• Progress Towards Outcome  
• Outcome Measures |
| **Barriers/Strategies to Recovery** | • Patient Issues  
• Plan to Address Barriers |
| **Treatment Plan** | • Treatment/Frequency  
• Comments on Plan of Care |
| **Attending Provider’s Response** | • Review/Comment  
• Signature |
Next Steps: Clinic Pilot
• May – July 2019
• Starting with 3 Clinicians
Authorization Model Redesign

• Promote Best Practices
• Integration of Services
• Streamline Process
• Reduce Confusion
Current State

No Auth OT/PT (visit 1-12) -> L&I Review

Want more usual care

L&I Review -> Regular OT/PT (12 visit sets)

Medical need

L&I Review -> Utilization Review

Want further care

Utilization Review
Future State

- No Auth OT/PT (visit 1-12)
  - Want more usual care → Utilization Review
  - Want WH or BH

- Utilization Review
  - Medical need
  - Want further care

- Regular OT/PT (12 visit sets)

- Work Hardening
- Behavioral Health
Authorization Model Redesign
Training and Resources

- Quick Reference Card
- Education Portal
- Continuing Education
- Topics
  - Psych Informed Provider, WC 101
Physical Medicine Best Practices Project Timeline

Phase 1 - Best Practices Evidence Summaries

Phase 2 - Design Infrastructure for Physical Medicine Best Practices Project
- Progress Report Form Development
- Best Practice Resource Development
- New Authorization Model Development

Go Live with New Authorization Model 1/1/20
Implementation of New Authorization Model

Phase 3

Best Practice Project Complete 12/31/20
Key Takeaways

- Standardized progress report form to promote functional tracking, patient engagement and communicates progress
- Streamlined authorization process for outpatient OT/PT
- Consideration of vocational and psychosocial factors into physical medicine
- Optimizing provider interrelations and communication
- Identifying training requirements/opportunities
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