

# Modified Chronic Opioid Therapy (mCOT) Pilot

## Preparation guide for vocational providers

To promote evidence-based, worker-centered treatment of chronic pain and reduce opioid-related harms, L&I is implementing the Modified Chronic Opioid Therapy (mCOT) pilot. The pilot includes vocational providers assigned to claims where the worker is using chronic opioids.

As the vocational provider, you will be asked to attend an Opioid Review Team (ORT) meeting with the department pharmacist, associate medical director, claim manager, and regional occupational nurse consultant to discuss these claims and determine the needs.

In preparation for discussions with the Opioid Review Team, consider the following questions:

1. Is return to work important to this worker?
2. What is the worker's understanding of their injury? What are their recovery expectations?
3. What is the worker's primary goal? Do they have a plan?
4. Are the worker's goals and plans realistic given the medical and vocational factors?
5. Are there psychosocial barriers?
6. Would the use of opioids impact the worker's ability to work in their job of injury, work history/transferable skills jobs, or their ability to benefit from vocational services?
7. Are you aware of any pre-existing addiction concerns?
8. Are you aware of the worker using other substances for pain management?
9. What services have been provided?
10. What barriers have you identified in providing services to the worker?