# UTILIZATION AND TREATMENT GUIDELINES

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#### **Areas Covered**

**™Organization of the Guidelines** 

**™**Primary Principles and Application

### **Nine Guidelines**

Low Back Pain Cervical Spine Injury

Shoulder Injury Chronic Pain

**Upper Extremity** Traumatic Brain Injury

Lower Extremity Eye Injury

Complex Regional Pain Syndrome (CRPS)

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## Organization of Each Guideline

**CALC** And PE

≪Follow Up Diagnostic Imaging and Tests

## Organization of Each Guideline

#### Therapeutic Measures--Non-Operative

- Medication
- Education
- Exercise
- Active therapy
- Passive therapy
- Manipulation

- Job hazard evaluation
- Psychosocial Intervention
- Interdisciplinary Treatment
- Vocational Assessment and Rehabilitation

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## Organization of Each Guideline

#### Therapeutic Procedures— Operative

## **General Principles**

- 1. Application of guidelines
- 2. Education
- 3. Treatment parameter duration
- 4. Active interventions
- 5. Active therapeutic exercise program
- 6. Functional improvement goals
- 7. Re-evaluate treatment every 3-4 weeks

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## **General Principles (cont.)**

- 8. Surgical interventions
- 9. Six-month time frame
- 10. Return to work
- 11. Delayed recovery
- 12. Guideline recommendations and inclusion of medical evidence
- 13. Care beyond maximum medical improvement

#### 1. Application of Guidelines

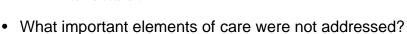
#### **\*** What's wrong with this case?

A 25-year-old meat cutter develops work-related carpal tunnel syndrome. She is initially treated with a splint, steroid injections, and removal from work. Two weeks later, she reports minor decrease in pain and tingling in her thumb and index finger. She is still confused about her diagnosis and has been continuing her knitting while off work.

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### General Guideline Principles

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 What information do you need in order to assess the results of her current care?

#### 2. Education

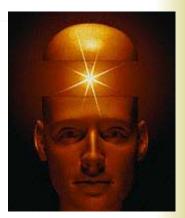
- Ratient education on selfmanagement of symptoms and prevention. (Hint: required for some surgical conditions)
- Also includes education of employers, insurers, and family.



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## General Guideline Principles

- ŒEducation should be used as a means to:
  - S Facilitate self-management of symptoms
  - Aid in Prevention
- - Patient, Family, Employer, Insurer



- **❖** What's Wrong with this Case?
  - A 40-year-old male truck driver with low back pain has been treated with manipulation for 6 episodes and no supervised active therapy as been ordered. He is still off work and his pain scale has gone from 8 to 7. The provider is requesting an additional 15 treatments.
  - What areas in the guidelines should you consult?

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## General Guideline Principles

- 3. Treatment Duration
- Begins at initiation of treatment
- Time to effect If no effect within the change treatment or reassess diagnosis low back 6 treatments
- Optimum duration best duration for most cases 8-12 weeks
- Maximum duration should not exceed this limit -28

#### 4. Active Interventions

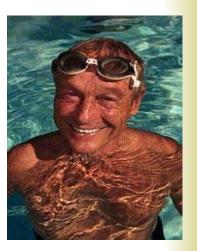
Passive and palliative treatment only to facilitate active rehabilitation, therapeutic exercise and functional treatment. Also described under therapies--passive in each section

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## General Guideline Principles

## 5. Active Therapeutic Exercise

™ To improve strength, endurance, coordination, vocational duties.



- 6. Functional Improvement Goals



Strong
encouragement for
providers to
document
functional goals

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## General Guideline Principles

- 7. Re-evaluate every 3-4 weeks
  - If no positive patient response, re-evaluate diagnosis or treatment.



#### 8. Surgical Interventions

- ≪For functional gains not purely pain relief

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## General Guideline Principles

9. Six-Month Time Frame \$\infty\$50% of workers out for 6 months or more will never return to work



#### Six-Month Time Frame

Permanent Disability more likely with increased time away from the work place regardless of injury severity



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## General Guideline Principles

#### 10. Return to Work

Careful detailed restrictions must be written e.g. – lifting, pushing, pulling, kneeling, driving, tool use, cold environments

Be sure provider understands patient's job before return to full duty. If unsure obtain advice of occupational professional.



- Return to Work is a therapeutic measure.
- Options when employer cannot accommodate volunteer activity, documented work at home, work simulation, etc.

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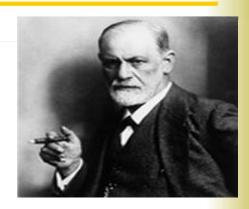
## General Guideline Principles

#### 11. Delayed Recovery

If no progress at 6-12 weeks consider psychosocial evaluation and interdisciplinary treatment.

Required for chronic pain, CRPS, some surgery

- Determine if further psychosocial interventions are indicated
- All patients who are diagnosed as having chronic pain and CRPS should be referred for a Psychosocial Evaluation



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## General Guideline Principles

#### Other History Elements

- Medical Management History
- Substance Use/Abuse
- Other Factors Affecting Treatment Outcome
  - Compensation/Disability/ Litigation
  - Treatment Expectations



#### Interdisciplinary Rehabilitation Programs

- Gold standard treatment for those who have not responded to less intensive treatment;
- Consider within 6 months post-injury in patients with delayed recovery unless surgical interventions or other medical complications intervene



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## General Guideline Principles

#### 12. Guideline recommendations

αAll recommendations in the Guidelines represent reasonable care in specific cases – regardless of evidence level.

Other procedures are specified as not recommended

## 13. Care Beyond Maximum Medical Improvement (MMI)

- Only chronic pain and CRPS-1
  Guidelines contain post MMI care recommendations.
- Other Guidelines are not intended to address post-MMI care.

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## General Guideline Principles

#### Care Beyond MMI

#### ≪MMI:

- When authorizing physician no longer believes that further medical intervention is likely to result in improved function
- - Should be treated until patient returns to prior level of functioning or MMI; and,
  - Treated until its negative impact has been controlled.

#### **Determining Appropriate Treatment**

- αls the patient making functional gains?
  - Return to work with increasing ability
  - Increased strength, range of motion, activities of daily living

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## Conclusions

- Organization of the Guidelines
- Primary Principles and Application