



Q2 2018 Newsletter

Respectfully Submitted, Caroline Furtak PT MSPT CEASIII CWcHP

Welcome to our newest OHSIG members!

A recent mass email sent inviting the Academy of Orthopaedic Physical Therapy membership to “join the Academy’s SIGs” was a very successful one. We gained 17 additional members! The OHSIG now has 603 active members! We remain the fourth largest special interest group within the Academy of Orthopaedic Physical Therapy.

We invite all our new members and current members to join our discussions on our closed Facebook group: <https://www.facebook.com/groups/1710349545861376/>

Call for Nominations to OHSIG Board

The Occupational Health Special Interest Group’s Nominating Committee is calling for candidates for Special Interest Group officers for this fall’s elections!

This is a great opportunity to become involved with leaders in our profession in the realm of occupational health, develop resources for those entering this area of practice, and network with others who practice or hope to practice in occupational health.

For the 2019 Election, the OHSIG is electing:

1 -President (3-year term)

1- Nominating Committee Member (3-year term)

If you are interested in running for office, have questions, or want to learn more, please contact the Nominating Committee Chair: Lori Deal: dealpt@msn.com.

Scheduled Webinars:

Two Exclusive one-hour webinars **Free to OHSIG members**

- Thursday Sept 20th 11:00 CST
Functional Capacity Evaluation

- Thursday October 25th at 11:00 CST
Advanced Concepts in Job Analysis: Physical Demands Validation

Presented by Dr Steve Allison. Dr Steve Allison has over 20 years of experience in the specialty practice of functional capacity testing and job analysis consulting. He is recognized as an expert witness in the areas of functional capacity evaluation testing and orthopedic physical therapy in Federal, District, and workers' compensation courts in Louisiana. Dr. Allison is the CEO of Functional Capacity Experts, LLC and Disability Management Group, LLC

A formal invitation with call in information will be sent in a separate email blast to OHSIG members approximately one month prior to these dates.

CURRENT CONCEPTS IN OCCUPATIONAL HEALTH

The OHSIG has been developing a compendium of guidelines related to the practice of physical therapy in occupational health. We have committed to updating these guidelines since most were first established in 2011. These guidelines are provided as current best practice as opposed to standards of practice. Status on these guidelines or current concepts are as follows:

- Functional Capacity Evaluation updated and released. Click here:
https://www.orthopt.org/uploads/content_files/files/2018%20Current%20Concepts%20in%20OH%20PT-FCE%20LP%20edits.pdf
- Management of the Acutely Injured Worker. Under revision by group
- Work-related Injury and Illness Prevention and Ergonomics: updated and released. Click here:
https://www.orthopt.org/uploads/content_files/files/OHSIG%20PREVENTION%20AND%20ERGONOMICS%202017.pdf
- Legal and Risk Management currently seeking work group members (If you are interested in participating in this group please contact Lorena Pettet Payne (lpettet@aol.com))
- The Physical Therapist in Occupational Health: Under revision by group
- Advanced Work Rehabilitation Final updated and awaiting release. Submitted to JOSPT with an anticipated publish date of February 2019.

Mentoring Program

As mentioned in Q1 newsletter, members voiced interest in establishing a mentor program to assist student PTs and PTs new in the occupational health field develop skills and discuss best practices with a more experienced PT in the areas of occupational health, ergonomic, and injury prevention programs. In response to this we are attempting to set up a casual mentoring program. We did not receive any responses to a call for mentors or mentees.

To better assist with establishing expectations for the mentoring program and to ensure a successful program, we would like to set up minimum requirements from both the Mentor and the Mentee. Our guidelines for the OHSIG mentoring program will be loosely based on the Academy of Orthopaedic Physical Therapy Mentor Program. Goals and Objectives are being finalized with the intent of making the experience mutually beneficial without overburdening mentor or mentee.

Facebook conversations:

Latest research from *Journal of Occupational and Environmental Medicine* supporting early return to work for employees with low back pain entitled: Early return to work has benefits for relief of back pain and functional recovery after controlling for multiple confounds (full text available)

https://journals.lww.com/joem/Abstract/publishahead/Early_Return_to_Work_has_Benefits_for_Relief_of_98631.aspx

BMJ Journal of Occupational and Environmental Medicine: Chronic low back pain: a successful intervention for desk-bound workers

A multicomponent intervention that couples decreased workplace sitting (via behavioral intervention, a height adjustable workstation and an activity prompter) with pain self-management is a simple, inexpensive treatment strategy that shows promise for reducing disability in desk workers with chronic LBP. <https://oem.bmj.com/content/75/5/321>

Trying Physical Therapy First For Low Back Pain May Curb Use Of Opioids

<https://www.npr.org/sections/health-shots/2018/05/23/613500084/trying-physical-therapy-first-for-low-back-pain-may-curb-use-of-opioids>

Addressing the lack of performance tests listed for Industry/Workplace on the APTA PTNow Tests and measures page <https://www.ptnow.org/tests-measures>

Billing/coding to prevent receiving only a partial payment for an FCE- excellent response from Wanda K. Evans, PT, MHS, CKTP, Senior Payment Specialist, APTA

Recommendation for an inexpensive yet sturdy rolling standing laptop stand

OHSIG Member Spotlight



Lorena Payne PT, MPA, OCS, CEAS

OHSIG Board President

Lorena has not only provided injury prevention programs and services to employees here in the states, (she currently resides and works in Montana), but also assists with helping those populations outside the U.S. She recently returned from a two week trip to Ecuador. Here is what she had to say about her latest trip there:

Ecuador is not what I would call a third world country. The capital city of Quito has all the comforts of a big city, sprawling over fertile, volcanic terrain and exporting most of the roses that you might give or receive on Valentine's Day. However, people living outside of the major cities have limited or no access to resources including health care and subsistence work. We traveled to several locations in Ecuador to assist individuals with physical impairments, their caregivers and any therapy providers with the goal of maximizing function and contributing to their community. At the cocoa farm, our affiliated organization is hiring persons with impairments to grow and export organic, native cocoa. In the sub-Andean village of Penipe, another organization employs persons with impairments to manufacture and sell shoes. In my

most recent travel to Ecuador, our group visited the mayor of the nearest village to get assistance with the road leading to the cacao farm as the rainy season made the road nearly impassable for the workers. Heights of the machines, specialized splints or seating systems help others complete the essential functions of shoe manufacturing and marketing. The ability to work and provide for themselves is valued in this population. This builds communities that benefit from productivity of all residents.



Each quarterly newsletter we will highlight the contributions or accomplishments of at least one of our members in the vast area of occupational health, worker injury prevention, and ergonomics. Please forward your or your colleague's accomplishments to Caroline ckfurtak@gmail.com or Michelle Michelle_Despres@onecallcm.com.