

L&I Category 1 CME Seminars

Training created by doctors for doctors.



Learn L&I shortcuts, best practices for occupational health, and how to calculate physical abilities.

Reduce Your Practice Headaches: Industrial Medicine Tips for Treating Doctors to Simplify Your Life

September 13, 2014 | 8.25 hours Category 1 CME | Tukwila | See Page 2

Second Opinion Consultations and Occupational Health Best Practices

November 1, 2014 | 8.0 contact hours | Tukwila | See Page 4

Physical Capacity Calculation and Return to Work: Advanced Topics in Washington Workers' Compensation

November 15, 2014 | 8.0 hours Category 1 CME | Tukwila | See Page 7

\$140 Early Bird price for each class. For your convenience, all classes are on Saturdays and parking is free.



Washington State Department of
Labor & Industries

Workers' Compensation Services

Who should attend these courses?

- All attending health care providers
- Consultants and Approved Examiners
- Chiropractors who want to become Chiropractic Consultants
- Chiropractic Consultants who want to become Approved Examiners

COURSE DESCRIPTIONS



Reduce Your Practice Headaches: Industrial Medicine Tips for Treating Doctors to Simplify Your Life | September 13, 2014

*8.25 hours of Category 1 CME or 8.25 contact hours will be awarded.**

Overview

This course was developed by physicians in collaboration with the Department of Labor & Industries (L&I) in response to doctors' requests for help in handling workers' compensation claims and industrial conditions.

Participants will receive fundamental and complex clinical information that will immediately simplify daily care situations and improve patient management success. All doctors, no matter how long in practice, can learn more about preventing workers' long-term disability. You can also reduce your administrative burden by learning to use the basic language and rules of workers' compensation when working with claims managers, employers, and vocational rehabilitation counselors.

Course Objectives

Participants will learn to:

- Apply best practices for diagnosing and treating injured workers.
- Assess causality of the industrial injury or illness.
- Develop treatment plans that include job modifications, helping avoid disability by allowing patients to work during recovery.

- Identify complicated-care patients early and manage their care to help avoid chronic pain or long term disability.
- Evaluate and rate spinal impairment.
- Find the resources that are available to assist clinicians, e.g., consultations, vocational rehabilitation counselors, and check lists for claim closure.
- Communicate effectively with insurers through written reports, emails, and phone.
- Resolve conflicts of opinion with the State Fund and self-insured employers.

Faculty

Tim Gilmore, MD, Medical Director, Occupational Health Services, Group Health Cooperative, Seattle

Mark Sutton, DC, Private Practice; Approved Examiner, Tumwater

Brian Watkins, JD, Board of Industrial Insurance Appeals, Olympia

Les White, DC, Private Practice; Internal Consultant to L&I; Approved Examiner; Approved Chiropractic Consultant, Seattle

Seminar Agenda

- 7:00 **Registration**
- 7:30 **Welcome**, Mark Sutton, DC
- 7:45 **Opening a claim**, Mark Sutton, DC
- Accident Report
 - Starting treatment in an ongoing claim
- 9:15 **Managing claims, Administrative**, Les White, DC
- 10:15 **Break**
- 10:30 **Closing a claim**, Mark Sutton, DC
- Claim closure issues
 - Communication and management considerations
 - Maximal medical improvement
- 11:00 **Reopening a claim**, Les White, DC
- Request for reconsideration/protest
 - Re-opening
 - Appeal

- 11:30 **Claim & Account Center demonstration:** What's new?, Les White, DC
11:45 **Lunch** (provided)
12:30 **Understanding appeals at the BIIA,** Brian Watkins, JD
1:30 **Special considerations for the complicated patient,** Tim Gilmore, MD
 - Definition, importance, and early recognition
 - Management in primary care
 - The failed primary care trial2:30 **Stretch break**
2:35 **Special considerations** (cont.)
3:00 **Impairment rating of lumbar and cervical spine,** Les White, DC
4:30 **Pearls of learning discussion,** Tim Gilmore, MD, and Les White, DC
4:45 Adjourn



Second Opinion Consultations and Occupational Health Best Practices | November 1, 2014

*8 hours of Category 2 CME or 8 contact hours will be awarded.**

This course is recommended for all health care providers. It is a prerequisite for chiropractors preparing to apply for Chiropractic Consultant status.

Overview and Learning Objectives

Consultations are second-opinion examinations performed at the request of another doctor. This course has two primary objectives: teach treating providers how to provide high-quality second opinion examinations and help them achieve excellence in occupational healthcare.

Doctors will learn how to reduce administrative burden by implementing occupational health best practices and how to use quality indicators, up-to-date workers' compensation simplification and examination techniques, and efficient communication strategies. Speakers and small group facilitators will assure that participants learn and apply advanced skills needed when providing consultation services within the Washington State workers' compensation system.

Module 1

Well-known experts will:

- Identify occupational health best practices and quality indicators.
- Discuss their ramifications and how to implement them.

Module 2

Improve the quality of second-opinion examinations (for current Consultants) and learn how to provide excellent consultations. Participants will improve their skills through implementing effective examination techniques and identifying injured workers at risk of long-term disability from the injury itself or from psychosocial issues including depression, anxiety and/or fear avoidance. Participants will practice developing treatment recommendations based on the best scientific evidence.

Faculty

Dennis Austin, DC, Private Practice; Internal Consultant to L&I; Approved Examiner; Approved Chiropractic Consultant, Tacoma

James Moore, PhD, Private Practice, Rehabilitation Institute of Washington, Seattle

Robert D. Mootz, DC, L&I Associate Medical Director, Tumwater

Mark Sutton, DC, Private Practice, Tumwater

Les White, DC, Private Practice; Internal Consultant to L&I; Approved Examiner; Approved Chiropractic Consultant, Seattle

Ron Wilcox, DC, Private Practice; Member of Advisory Committee for Healthcare Innovation and Evaluation and Industrial Insurance Chiropractic Advisory Committee; Approved Examiner; Approved Chiropractic Consultant, Tumwater

Michael Wilson, DC, Private Practice; Approved Examiner; Approved Chiropractic Consultant. Yakima

Agenda

7:00 **Registration**

7:30 **Welcome**, Ron Wilcox, DC

7:40 **Setting the framework**, Bob Mootz, DC

INTAKE AND WORKUP

- 8:45 **Intake workup**, Mark Sutton, DC
- Quality exam
 - Causation
 - ROA or PIR
 - Employer contact information
 - Common aspects of every claim
- 9:15 **Activity Prescription Form**, Les White, DC
- 9:45 **Break**

CURATIVE AND REHABILITATIVE CARE

- 10:00 **Tracking functional improvement**, Bob Mootz, DC, and Ron Wilcox, DC
- Subjective
 - Objective
 - Functional

RAPID AND SAFE RETURN TO WORK

- 10:30 **Employer contact**, Ron Wilcox, DC

SECONDARY DISABILITY PREVENTION

- 11:00 **Early identification of disability**, James Moore, PhD
- Discuss how to address each barrier identified
- 12:00 **Lunch** (provided)
- 12:30 **Treatment roles and adjudicative work**, Les White, DC
- 12:45 **Tracking functional improvement**, Bob Mootz, DC, and Ron Wilcox, DC

SECOND OPINION CONSULTATIONS

- 1:15 **Consultation rules and definitions**, Dennis Austin, DC
- 1:30 **Interview/exam**, Dennis Austin, DC
- 2:00 **Office procedures**, Mike Wilson, DC
- 2:15 **Break**
- 2:30 **Report**, Dennis Austin, DC, and Ron Wilcox, DC
- 4:00 **Dialog with AP**, Ron Wilcox, DC
- 4:15 **Lessons learned**, Les White, DC, and Ron Wilcox, DC
- 4:30 **Adjourn**



Physical Capacity Calculation and Return to Work: Advanced Topics in Washington Workers' Compensation | November 15, 2014

*8 hours of Category 1 CME or 8 contact hours will be awarded.**

Overview and Learning Objectives

This course was developed by physicians in collaboration with L&I in response to doctors' requests for help in calculating physical capacities after injury and helping injured workers return to function.

Participants will receive fundamental and complex clinical information that will immediately simplify completion of Activity Prescription Forms and improve patient management success. All healthcare providers, no matter how long they have been in practice, will learn to:

- Address behavioral and mental health issues to prevent workers' long-term disability.
- Calculate physical capacities during different phases of recovery from injury.
- Identify the L&I contacts to get help with return-to-work planning or job modification.
- Explain physical capacity information for audiences with differing needs: vocational rehabilitation counselors, claim managers, and employers.
- Use appropriate resources to identify and manage mental health, behavioral issues, and chronic pain.

Faculty

LaDonna Gehlhaar, Claims Administration Project Manager, L&I, Tumwater

Tim Gilmore, MD, Medical Director, Occupational Health Services,
Group Health Cooperative, Seattle

Bobbie Hanna, L&I Risk Management, Tumwater

James Moore, PhD, Director, Rehabilitation Institute of Washington, Seattle

Donna Spencer, MS, CRC, L&I, Tumwater

James Robinson, MD, PhD, University of Washington, Department of Rehabilitation Medicine, Seattle

Gennia Wellington-Cheatham, Costco Integrated Leave Department Supervisor Northwest Region – Issaquah

Les White, DC, Private Practice; Internal Consultant to L&I; Approved Examiner; Approved Chiropractic Consultant, Seattle

Seminar Agenda:

- 8:00 **Welcome**, Tim Gilmore, MD, PE
- 8:05 **Pre-test warm up exercise**, Tim Gilmore, MD, PE
- 8:25 **Importance of return to work**, Donna Spencer, MS, CRC
- 8:45 **Physical capacities and physical restriction calculations**, Tim Gilmore, MD
- 10:00 **Break**
- 10:15 **Physical capacities** (cont.)
- 11:45 **Physical capacities panel discussion**
 - LaDonna Gehlhaar, CWCP
 - Donna Spencer, MS, CRC
 - Les White, DC
 - Gennia Wellington-Cheatham
- 12:30 **Lunch** (provided)
- 1:00 **Managing mental health and behavioral issues**, James Moore, PhD
- 2:45 **Managing chronic pain**, Jim Robinson, MD, Ph.D.
- 3:45 **Break**
- 4:00 **Managing chronic pain** (cont.)
- 4:30 **Plans for clinical use of today's content**, Les White, DC
- 5:00 **Adjourn**

TUITION

Tuition for each workshop includes continental breakfast, lunch, refreshments, and training materials.

Early Bird fee: \$140 per person per course if postmarked by dates shown on next page.

Regular fee: \$175 per person per course.

Cancellation and Refund Policy

If you cancel your registration in writing dated or postmarked by the dates below, we will refund all but an administrative fee of \$35 per person per course.

Cut-off Dates

Must be postmarked or dated by...

	Early Bird fees	Refund requests
Reduce Your Practice Headaches: Industrial Medicine Tips (Sept. 13, 2014)	Sept. 2	Sept. 8
Occupational Health Best Practices and Second Opinion Consultations, (Nov. 1, 2014)	Oct. 16	Oct. 20
Physical Capacity Calculation and Return to Work (Nov. 15, 2014)	Nov. 1	Nov. 7

Make checks payable to the Department of Labor & Industries. We are unable to accept credit cards or registrations by phone or fax.

L&I will not send a confirmation. Your cancelled check is your verification of registration

Where to Mail Refund Requests

Joanne McDaniel, MA, OTR/L
 Department of Labor & Industries
 P.O. Box 44321
 Olympia WA 98504-4321

Training Location

Department of Labor & Industries Tukwila Service Location:
 12806 Gateway Drive, Seattle WA 98168-1050

Park in back and enter through the back door. (On weekends, the front door must stay locked.) For driving directions, go to www.Offices.Lni.wa.gov and click on "Tukwila." Parking is free.

For more information, contact Joanne McDaniel at 360-902-6817 or Joanne.McDaniel@Lni.wa.gov.

* **Notes about CME Category 1 credits**

The Department of Labor and Industries (L&I) is accredited by the Washington State Medical Association to provide continuing medical education for physicians.

L&I designates this seminar activity for a maximum of *8.0 or 8.25 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity meets the criteria for up to 8.0 or 8.25 hours of Category 1 CME credit to satisfy the relicensure requirements of the Washington State Medical Quality Assurance Commission.

Contact hours will be awarded to other treating doctors or health care providers.

Fall 2014 L&I CME Seminars Planning Committee

- Joanne McDaniel, MA, OTR/L, CCM,
L&I Provider Education Manager
- Hal Stockbridge, MD, MPH, Course Director,
L&I Associate Medical Director
- Les White, DC, Private Practice; Internal Consultant to L&I

Disclosure

None of the conferences speakers have any significant financial interest or other relationship with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in their presentation(s).

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