

Helping your injured worker patients return to work

WorkSafeBC contracts a wide range of rehabilitation programs and services to help BC's injured workers achieve a safe and durable return to work and an independent life. They range from traditional, clinic-based programs to workplace-based ones, or a combination of both.

Physicians play a key role in a patient's successful return to work by initiating an appropriate rehabilitation program based on the patient's capabilities, recommending physical activities, and defining medical restrictions. As well, physicians can establish recovery and duration expectations and influence attitudes that determine success.

To help you make those decisions, here is a list of some of the programs and services offered by WorkSafeBC.

Occupational Rehabilitation 1 and Occupational Rehabilitation 2

OR 1 is a structured, active rehabilitation program focused on return to work through physical and functional conditioning, education, and supported return to the workplace. The individualized programs are offered by physiotherapists, and treatment serv-

This article is the opinion of WorkSafeBC and has not been peer reviewed by the BCMJ Editorial Board.

CONFERENCE REMINDER

Mark your calendars for the annual WorkSafeBC physicians' conference:

Saturday, 22 October at Vancouver's Pan Pacific Hotel.

For more information, visit WorkSafeBC.com.

ices may be provided at a rehabilitation clinic, a work site, or both.

Worker patients with more complex injuries, particularly those with psychosocial issues who require the support of a psychologist as well as a physician, are referred to OR 2. The multidisciplinary OR 2 treatment program is offered by occupational and physical therapists, with support from psychologists and physicians, as required.

You can request referral to OR 1 or OR 2 on a Form 8 or Form 11, or by contacting the WorkSafeBC officer responsible for your patient's claim.

Activity-related soft tissue disorder services

Designed for workers with pathology related to overuse, this service goes beyond diagnosis and treatment to focus on education, work habits, and ergonomics to help minimize the effects of injuries and prevent further injury.

Hand Program

Under this program, community hand therapists (CHTs) rehabilitate workers with acute traumatic injuries of the upper extremity, below shoulder level. CHTs treat injuries to the hands and wrists, such as open wounds, crushed fingers, tendon repairs, and burns; and provide wound care, splinting, and scar management, as well as active therapy.

Pain Management Program

This outpatient assessment and treatment program, provided by physical therapists, occupational therapists, psychologists, physicians, and pharmacists, is for workers with complex pain issues such as:

- Strong disability beliefs, or signifi-

cant psychosocial or mental health issues, including depression, that are beyond the resources of the OR 2 program.

- Modification of opioid or sedative/hypnotic medication regimen.
- Complex regional pain syndrome.

Head injury assessment and treatment services

This multidisciplinary-team program assesses and treats injured workers with suspected or diagnosed brain injury, including concussion. The services focus on neuropsychological, medical, and functional assessment and treatment, as well as return-to-the-workplace education for the worker and the worker's family.

Expedited services

WorkSafeBC offers expedited services for consultations and surgeries by specialists, and diagnostic imaging, primarily through the Visiting Specialists Clinics (VSC) in the main WorkSafeBC building in Richmond. You can request referral to these expedited services on a Form 8 or Form 11, or by contacting a medical advisor in a WorkSafeBC office.

Less common programs and services

WorkSafeBC also offers a number of programs for workers with wide-ranging conditions, such as tinnitus and occupational hearing loss, mental health problems, brain injuries, as well as support services that can be provided in a home or a community or residential facility.

Referring patients

Physicians can refer their patients to WorkSafeBC programs by:

- Contacting the WorkSafeBC officer responsible for their patient's claim

and recommending a specific rehabilitation program.

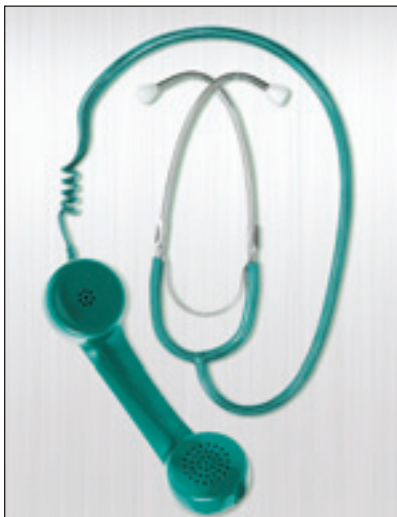
- Requesting referral on a Form 8 or Form 11.

WorkSafeBC sponsors the programs, but does not provide direct patient care. You remain your patient's treating physician.

For questions or information regarding a specific program or service, please contact a medical advisor in your nearest WorkSafeBC office, call 604 232-7787 or toll-free 866 244-6404, or email hcsinq@worksafebc.com.

For general information about the programs and services, visit WorkSafeBC.com. Under Customer Centres (on the left side of the screen), select Healthcare Providers, and then click on one of the items listed under Rehabilitation programs and services.

—**Andrew Montgomerie**
Director of Health Care Services



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Additional selenium will not reduce cancer risk

A Cochrane Systematic Review of randomized controlled clinical trials found that taking selenium produces no protective effect against non-melanoma skin cancer or prostate cancer. In addition, there is some indication that taking selenium over a long period of time could have toxic effects.

These conclusions were reached after researchers scanned the medical literature, looking for trials that studied the effects of taking selenium supplements and observational studies on selenium intake. The researchers located 49 prospective observational studies and six randomized controlled trials.

Looking at the data from observational studies gave some indication that people may be marginally more protected from cancer if they had a higher selenium intake than those with a lower intake, and that the effect was slightly greater for men than women. These conclusions have limitations because the data came from a wide variety of trials. When the team of researchers looked at the more carefully conducted randomized controlled trials, any sign of benefit disappeared.

The results of the Nutritional Prevention of Cancer Trial and the Selenium and Vitamin E Cancer Prevention Trial raised concerns about possible harmful effects from long-term use of selenium supplements.

Researchers believe that there is a need for more research looking at selenium's effect on liver cancer and think that it would be worth investigating the possible gender differences that appear to be present in the uncontrolled studies.

More information is available at www.thecochranelibrary.com.



Ms Sinden Malinowski

Your BCMA insurance advantage

Insurance is peace of mind; protection for you, your family, and your staff members from economic hardship caused by unforeseen loss. The BCMA is pleased to offer a wide range of insurance products and services to its valued members. From life, disability, health, dental, travel, critical illness, office overhead, accidental death and dismemberment, to general insurance for home, office and auto, the BCMA is committed to ensuring these preferentially priced insurance solutions work for you.

As the new BCMA insurance manager, I am pleased to introduce myself. My name is Sinden Malinowski, and my mandate is to coordinate day-to-day operations of the insurance area and to ensure members are informed of the insurance options available through the BCMA. I have a background as a respiratory therapist, and I am a health science major and certified human resources professional. For the past 14 years I have worked with two of Canada's leading insurance firms specializing in employee benefits, and I currently enjoy concurrent industry roles as Pacific Region vice-chair and continuing education chair of the Canadian Pension and Benefits Institute.

Please e-mail your questions, feedback, and requests for complimentary insurance consultations to BCMAInsurance@bcma.bc.ca.

—**Sinden Malinowski**
Manager, Insurance

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