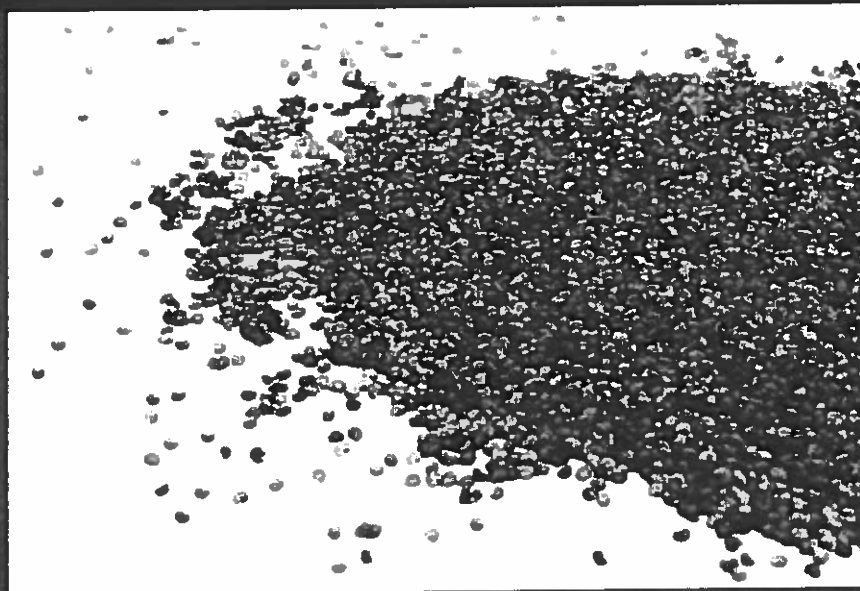


34TH ANNUAL MEDICAL SEMINAR ON WORKERS' COMPENSATION


EARLY INTERVENTION IN CHRONIC PAIN AND DELAYED RECOVERY

MICHAEL COUPLAND, CPSYCH, CRC
INTEGRATED MEDICAL CASE SOLUTIONS



February 24 – 26, 2013 Francis Marion Hotel, Charleston, SC

IMCS Group



**Early Intervention in
Chronic Pain and Delayed Recovery**

Michael Coupland, CPsych, CRC
INTEGRATED MEDICAL case solutions

INTEGRATED MEDICAL case solutions

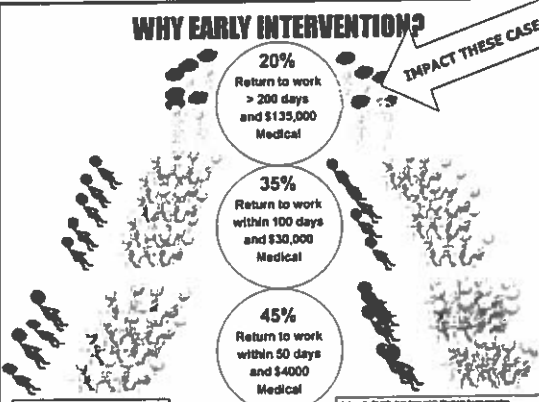
National Panel of Psychologists

- Biopsychosocial Pain Evaluations
- Functional Psychological Evaluations
- Opioid Assessment and Intervention
- Early Identification of Chronic Pain and Delayed Recovery

Michael Coupland, CPsych, CRC

Charter and Registered Psychologist (AB) specializing for 30 years in Occupational testing and measurement;
Developer of the AssessAbility Functional Evaluation (FME) system utilized in over 150,000 functional evaluations
Author: AMA text on Functional Evaluation / IAIABC Article Chronic pain
Expert to the Federal Government Social Security Disability Determination projects;

WHY EARLY INTERVENTIONS?



IMPACT THESE CASES

- 20%** Return to work > 200 days and \$135,000 Medical
- 35%** Return to work within 100 days and \$30,000 Medical
- 45%** Return to work within 50 days and \$4000 Medical

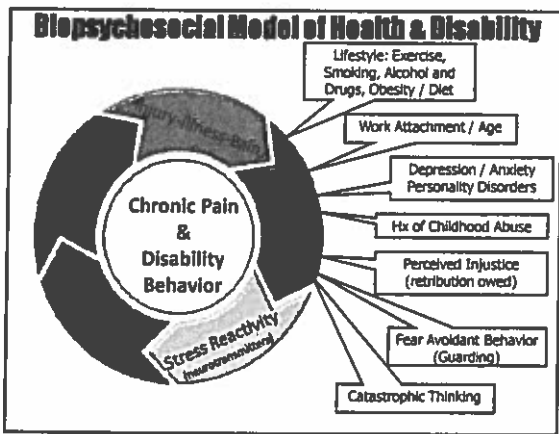
Medical Cost Information from 2002 Survey
Sponsored by IAIABC and IAIABC Institute

Company Information from 2002 Workers Compensation
Frequency 1 Year-10 Years, Industry: Small Business (1-99)

Utilize Pain Screening Questionnaire

.....to enable providers / adjusters / case managers assess risk for chronic pain, delayed recovery and opioid abuse





How to Treat Biopsychosocial Factors without 'Buying' an unwarranted Psych Claim

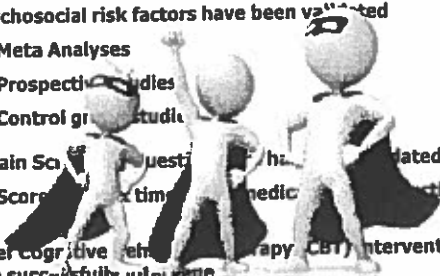
Health and Behavior Assessment CPT 96150
Health and Behavior Intervention CPT 96152
Reasonable and necessary for the patient (CMS Definition):

- Biopsychosocial factor affecting the treatment or medical management of an illness / injury
- Documented need from the patient's attending physician to resolve the psychological barriers to the management of his/her physical disease and activities of daily living

Coupland, M. Psychosocial Interventions for Chronic Pain Management. The International Journal of Industrial Accident Boards and Commissions, Fall 2009

Early Identification of BioPsychoSocial Risk Factors

1. Psychosocial risk factors have been validated
 - a. Meta Analyses
 - b. Prospective studies
 - c. Control group studies
2. A Pain Science Questionnaire has been validated
 - Scored time to medical intervention
3. Brief Cognitive Behavioral Therapy (CBT) interventions can successfully intervene
 - less time loss / medical spend / greater function




Early Intervention Screening

PSQ-Pain Screening Questionnaire (Linton)

PSQ 21 Questions (5 minutes)

- Pain Attitudes, Beliefs and Perceptions
- Catastrophizing
- Perception of Work
- Mood/Affect
- Behavioral Response to Pain
- Activities of Daily Living




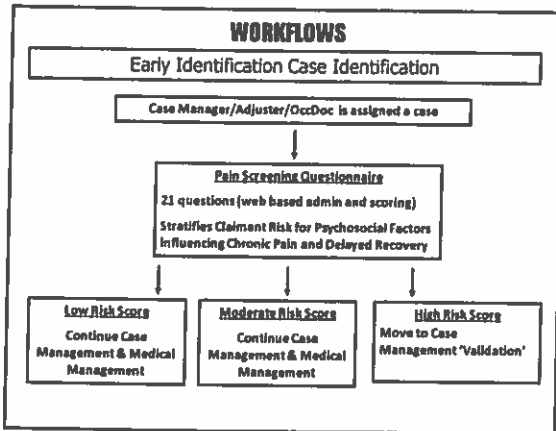
Early Intervention Screening

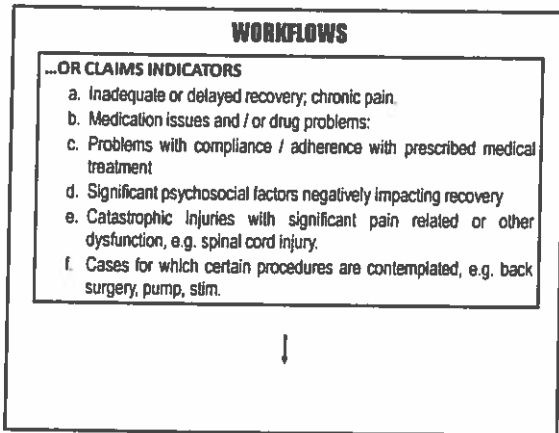
PSQ-Pain Screening Questionnaire (Linton)

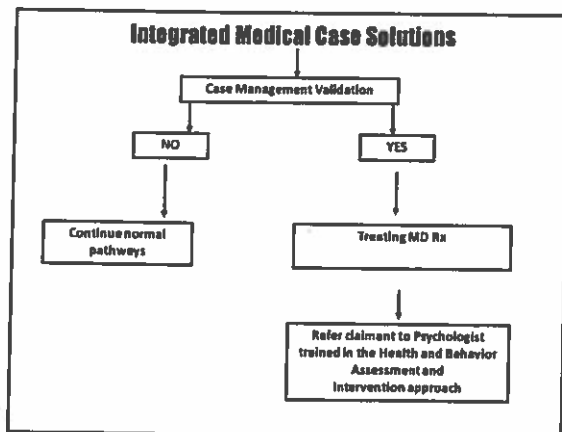
Sample Questions.....On a Scale of 1 to 10 ...

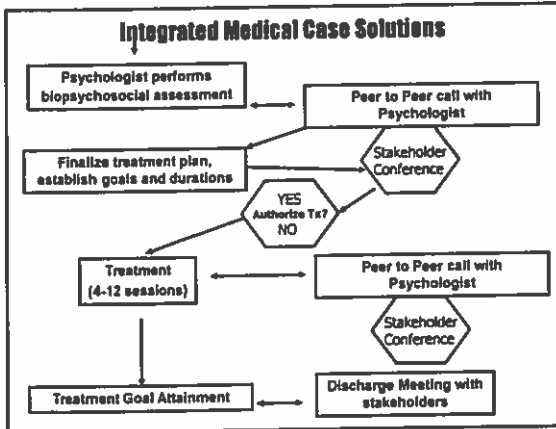
- How would you rate the pain you have had during the past week
- In your view, how large is the risk that your current pain may become permanent?
- An increase in pain is an indication that I should stop what I'm doing until the pain decreases
- I should not do my normal work with my present pain.












Health and Behavior Assessment

Patient Interview (45 minutes)


- Medical / Psychiatric History
- Psychosocial History
- Mental Status Exam
- Current symptoms reported
 - Onset History
 - Aggravating factors
 - Relieving factors
 - Interference with tasks
- Medications
- Current Vocational Status, Work Attitudes




Health and Behavior Assessment

Patient Testing (30 minutes)

- Catastrophic Thinking
- Fear Avoidant Behavior
- Perceived Injustice Scale
- Alcohol and Drug Abuse / Opioid Abuse Risk
- History of Stress / Trauma / Abuse
- Depression and Anxiety
- Social Support / Stress
- Work Attitudes / RTW Beliefs
- Health Locus of Control




Health and Behavior Assessment
Telephonic Peer to Peer Consult (10 minutes)
Discussion of
1. Assessment Results
2. Appropriateness / Barriers
3. Treatment Goals
4. Duration



Treatment
Integrated Care


- Case Management
- Guidelines-based Medical Management
- Cognitive Behavioral Therapy
- Active Exercise Rehabilitation
- Return to Work Coordination



Treatment
Health and Behavior Intervention Plan

- ✓ **Specific Functional Intervention Goals (i.e.)**
 - Fear of re-injury
 - Sleep hygiene
 - Work issues
 - Engagement in Activities
- ✓ **Intervention Duration (4-12 sessions)**
- ✓ **Barriers**


Goal Attainment Scaling



Coupland, M. Psychosocial Interventions for Chronic Pain Management *The International Journal of Industrial Accident Boards and Commissions*; Fall 2009

**BioPsychoSocial Treatment
Cognitive Behavioral Therapy (CBT)**


- Dr. Kee is going to present much more on this approach.



*Pain is inevitable
Suffering is optional*

**Treatment
RTW Outcomes**

	Control Group		Intervention Group	
	High Risk and Very High Risk	High Risk	High Risk	Very High Risk
Sample Size	36	62	109	
% claims closed at 26 weeks	33%	78%	62%	
% working at 26 weeks	17%	68%	39%	
Avg claim duration at 26 weeks	24 weeks	18.7 weeks	20.2 weeks	




Coupland, M., Margison, D. Early Intervention in Psychosocial Risk Factors for Chronic Pain, Musculoskeletal Disorders and Chronic Pain Conference, Feb 2011, Los Angeles, CA

**Treatment
Outcomes @26 wks+**

High Risk vs. Low Risk Psychosocial

- 9% Fewer Pt. get Physical Therapy
- 10% Fewer Pt. get Imaging Studies
- 13% Fewer Pt. get Injections
- 6% Fewer Pt. get Surgeries
- 5% More Pt. get Vocational Rehabilitation



Coupland, M., Margison, D. Early Intervention in Psychosocial Risk Factors for Chronic Pain, Musculoskeletal Disorders and Chronic Pain Conference, Feb 2011, Los Angeles, CA

MMI / RTW

- MMI by physical medicine physician
- No MMI / PIR by psych when treatment is under H&B codes, as physical diagnosis is the compensable diagnosis

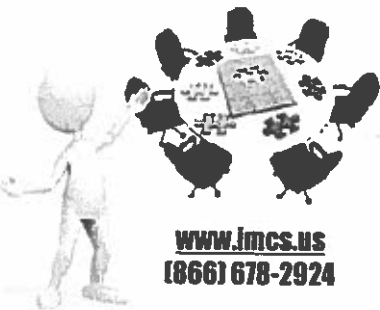


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