
FREQUENTLY ASKED QUESTIONS ABOUT THE OCCUPATIONAL TRAUMA PROGRAM (OTP)

What is the purpose of the OTP?

The Occupational Trauma Program (OTP) is a return to work program designed to help individuals with work-related trauma disorders. Our interdisciplinary team will provide you with supports, skills and resources to help you gradually return to a productive routine, and return to work. Following the initial assessment, the Occupational Therapist (OT) and Psychologist will communicate with you and your WorkSafeBC Case Manager. If appropriate, we will schedule a start date for the program.

Why would I be admitted to the OTP?

Following the initial assessment, your team will review the results, and determine if:

- The program would be of benefit to you, and that your challenges can be addressed by the team members working in this program
- You do not have any medical issues which would make it unsafe for you to participate
- You will benefit from assistance provided, such as symptom management, returning to a normal daily routine, and improving your level of function so you can return to work

Why would I not be admitted to the OTP?

Your assessment team will discuss reasons with you, if you are not admitted to the program. The following are several examples of why you would not start OTP:

- You may already meet or exceed your job demands, and be ready to return to work
- You may benefit from another form of treatment or investigation in relation to your injury
- You may have an underlying medical condition which would make it unsafe for you to participate in the program

Who will be working with me in the OTP?

The OTP treatment team includes a Psychologist and Occupational Therapist. You may also work with a Kinesiologist or Clinical Counsellor.

What will I be doing in the program?

On the first 1-2 days, you will be assessed by the Occupational Therapist and Psychologist, to review information about your injury, determine your functional abilities and difficulties, and determine the best types of supports that would help you to improve. Depending on your level, you will receive one-to-one services with the Occupational Therapist and/or Psychologist, or you may receive a full clinic program. The full program includes one-to-one sessions to focus on your individual issues, group education and therapy sessions, gym

exercises, and relaxation training. The treatment team will customize your OTP to address your individual needs and circumstances, and will work with you to create strategies and plans to support your return to work.

What are the timeframes for the OTP?

The schedule will vary based upon your unique needs. If you are attending the full program, you will likely attend the clinic 3-5 days per week, for up to 4 hours per day. If you are receiving one-to-one services, you will likely meet with the Occupational Therapist or Psychologist 1-2 times per week. The OTP is typically up to 6 weeks in the clinic, and up to 6 weeks for the return to work phase, though individual circumstances are considered.

Am I involved in decisions about what is recommended?

Yes, you are involved with decisions in your Occupational Trauma Program. Following the assessment, we will review the recommendations and next steps with you. You are the expert on the job you will return to, so we will work with you to figure out the best options for your return to work. While there are time frames and return to work expectations set by WorkSafeBC, we will work with you to provide support and alternatives. You are invited to give feedback on the OTP through individual meetings, suggestion boxes, and satisfaction surveys.

How does the OTP communicate with my family doctor?

Your family doctor will receive a copy of all reports from the OTP. After receiving the report, your family doctor will have an opportunity to communicate with us if he/she has any concerns about your participation in the program. When necessary, a member of your treatment team will communicate with your family doctor to update them on your progress and ask any questions as needed. If any medical issues arise during the OTP, a member of your treatment team will contact your family doctor.

What if my doctor doesn't think I'm ready to go back to work?

Any return to work plans developed with you in the OTP will be sent to your family doctor. If there are any changes suggested by your family doctor, we will review that information, and communicate with your doctor to ensure that we are working together. We will provide the support you need to return to work safely and successfully.

Will you talk to my employer?

The Occupational Therapist will speak with you regarding your work, and gain your consent to contact your employer. The Occupational Therapist will contact your employer to confirm job demands, explore return to work options and available supports at the workplace, and communicate recommendations from the OTP.

Who receives a copy of the reports?

With consent, the WorkSafeBC Case Manager and your family doctor will receive a copy of your Assessment, Progress, Discharge, and Job Site Visit Reports. The Gradual Return to Work Plan will be sent to your Case Manager and family doctor, as well as your employer.

How do I transition from the clinic-based program back to my work place?

The Occupational Therapist and Psychologist will work with you, your employer, and your WorkSafeBC Case Manager to discuss return to work options, which may include developing a Graduated Return to Work Plan to assist you in transitioning back to your pre-injury position. Your team will provide support for you during your return to work phase of the program, in the form of job site visits, job coaching, problem solving at the worksite, reviews in the clinic, telephone calls, and/or written strategies. For up to 60 days following completion of the program, one of our team members will follow up with you to provide support, and make sure that you are continuing to succeed at work.

At the completion of my OTP, what decisions are made when I am discharged?

At the end of the OTP, your team will discuss information about your functional abilities as they relate to your job. There are 4 discharge status terms used when reporting back to WorkSafeBC about your ability to return to work:

- **Fit to Return to Work without Limitations:** You are ready to return to full pre-injury hours and duties, based on your functional abilities and objective medical findings.
- **Fit to Return to Work with Limitations:** You are ready to return to modified or alternate duties and/or hours, based on your functional abilities and objective medical evidence.
- **Not Fit to Return to Work:** You may require further medical tests or intervention prior to a safe return to work.
- **Fit to Return to Alternate Employment:** It has been determined that your pre-injury work will no longer be appropriate, and WorkSafeBC will work with you to determine options and supports.

Does Back in Motion work for WorkSafeBC?

No, Back in Motion is a private company providing services to a variety of organizations who deliver WorkSafeBC services. The clinical opinions and recommendations are based on the observations and measurable findings of the OTP treatment team, who are employed by Back in Motion to deliver this service.