

RETAIN CONNECTICUT

Retaining
Employment
and Talent After
Injury/Illness
Network



In partnership with UConn and CT DOL for worker's health

Issue 7 | May 12, 2021

RETAIN-CT Enrollment Targets for June 30, 2021

Dear providers and office staff –

Where has the time gone! We are quickly coming upon an important enrollment milestone of our program on June 30th. Our RETAIN partners have asked that we encourage our providers to bring in as many participants as they like, including those who are hesitant to share their SSA numbers.

We appreciate your extra attention to recruitment now for several reasons:

1. stipends to the patient and provider (\$200 for each to your office)
2. open-door recruitment criteria allowing any patient suffering from a MSD condition or injury (not limited to worker's comp).
3. more opportunities for us to learn what works best for RETAIN participants
4. more opportunities to assist patients



by Jill from Capital Workforce Partners, Kate from UConn Health and other state stakeholders

As of today, we have enrolled 93 participants and 45 have been helped by our RTW Navigator Team. **Please help us to reach a goal of 120 participants by the last day of June.**

ADDRESSING BACK PAIN

2021 was named the Global Year About Back Pain by the International Study of Pain (IASP). Their goal is to help clinicians, scientists, and those living with pain to understand the nature of back pain and available treatments. They provide a number of resources on their website, which you can find here: <https://www.iasp-pain.org/GlobalYear>

The infographic below details common myths about Low Back Pain (LBP) and the reality that it may not be as bad as it seems. A positive mindset can make all the difference for a patient in pain!



MYTH

VERSUS

REALITY



**Help Patients Have a Positive
Mindset about LBP**



Myth



Reality

Low Back Pain (LBP) is usually a serious medical condition.

LBP is almost never serious or life threatening. Most episodes of LBP resolve in a few weeks.

If you have an LBP flare up, you need to rest because you have "damaged" something.

LBP flare ups are more likely because of changes in activity and/or extra stress.

Scans will show the cause of LBP.

Scans rarely show the cause of LBP, but show normal degeneration. They do not predict future episodes.

The back is a delicate and weak structure.

The back is a very strong and robust structure.

LBP is caused by standing, lifting, or sitting incorrectly.

Research shows poor correlations, and often no correlation, between posture and LBP.

Adapted from: Wing, Mary, "Back Pain: Myths versus Reality". 2021 Global Year About Back Pain.

Retrieved from:

<http://s3.amazonaws.com/rdcms-iasp/files/production/public/Back%20Pain%20Myths%20vs%20Reality.pdf>

RESEARCH LITERATURE

The Timing of Physical Therapy for Low Back Pain: Does It Matter in Workers' Compensation?

Wang and colleagues (2020) reviewed workers' compensation claims to study the relationship between physical therapy for lower back pain and the use of medical services, the cost of medical services, and the duration of temporary disability. The authors found that workers with lower back pain who received physical therapy 14 days or more after injury were more likely to use medical services and had a longer duration of temporary disability compared with workers who received physical therapy before the 14-day mark. Compared with workers who started physical therapy within 3 days of their injury, workers who started physical therapy after 30 days were "47 percent more likely to receive MRI and 46 percent more likely to receive opioid prescriptions." The average medical cost per claim for workers who started physical therapy after 30 days was 28% higher compared with workers who started physical therapy within 7 days. Temporary disability duration was 24% longer for workers who initiated physical therapy after 14 days and 58%–69% longer for workers who initiated physical therapy after 30 days compared with workers who started physical therapy within 7 days. The authors conclude that early initiation of physical therapy for workers with low back pain is important for reducing the use of medical services, the cost of medical services, and the duration of temporary disability.

Report available: Wang, D., Mueller, K., & Lea, R. (2020). *The timing of physical therapy for low back pain: Does it matter in workers' compensation?* Workers Compensation Research Institute.

OUTREACH CORNER

Please review your list of patients, reach out to them at their next appointment and suggest they call Janet at UConn to assist in the completion of forms by telephone especially if you are busy. Self-addressed stamped return envelopes are also available to give to patients to make recruitment easier.

If you have any questions or need assistance recruiting a patient, please contact Janet at 860-697-6389, caldwellcover@uchc.edu

**Thank you to all of our providers and staff for your support.
Dr William Shaw, UConn Health, RETAIN-CT Project Director
Karen Quesnel, CT Department of Labor, RETAIN-CT Project Lead**

**Questions or referrals to interested providers?
Please email us
at caldwellcover@uchc.edu or wshaw@uchc.edu.**

Division of Occupational and Environmental Medicine | Department of Medicine
263 Farmington Avenue, Farmington, CT 06030-2945

retainct.com



Janet Caldwell Cover | Outreach and Study Liaison
Occupational and Environmental Medicine | UConn Health
263 Farmington Avenue, Farmington, CT 06030-2940
Office: 860.679.6389

To unsubscribe, reply to this email.

The RETAIN-CT program is fully funded by the United States Department of Labor under Cooperative Agreement No. OD-32541-18-75-4-9, in the amount of \$3,110,280. This document does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. This program is administered by the CT Department of Labor.

