

RETAIN CONNECTICUT

Retaining
Employment
and Talent After
Injury/Illness
Network



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

Issue 9 | Aug 11, 2021

Let's help them stay at work!



The end date for RETAIN-CT enrollments has been extended to **September 30**. We encourage all providers and office staff to submit forms of patients with mild to severe MSD's facing workplace challenges. **A Return-to-Work Navigator will be assigned to them.**

All patients will now be automatically assigned a Return-to-Work Navigator

Dear providers and office staff –

ALL new participants recruited from your offices will receive the services of a RETAIN-CT RTW Navigator to support their personal journey back to work or to stay at work after injury/pain/illness.

- Patients that are out of work needing to return may benefit from the RETAIN-CT program that will navigate them to the many no-cost programs and services offered by the state of CT.
- Workers who are living with pain or MSD and are trying their best to remain at their current job may find a consult with the RETAIN-CT ergonomist helpful.
- A patient collecting workers comp with an injury that has left them with a permanent impairment, may find help by enrolling in the program to receive important education on RTW options before making the decisions to apply for Social Security disability benefits and leave the workforce.
- Are you treating an older worker who is struggling with aches and pains and is contemplating leaving the workforce before retirement age? A RTW Navigator can discuss other options, such as short-term training for a new profession.

The RETAIN-CT staff remains dedicated to providing these and many more outstanding services to patients who are either not working, working with a disability and/or struggling with pain or fatigue. The program funding runs until the end of February 2022 with an end date for new participant recruitment on September 30, 2021.

Our last big push to recruit new participants.

On behalf of the U.S. Department of Labor's Office of Disability Employment Policy, the CT Department of Labor, UConn Health and the entire RETAIN-CT team, we admire your dedication to the program and we all appreciate your effort to discuss the RETAIN program with your patients and assist them in enrolling in the study. We have one last request of our providers and staff. In the months of August and September during our final phase of enrollment, our goal is to receive 30 new participants. That's 30 patients that would receive services from a the RTW Navigator.

Please continue to share this outstanding and compassionate program of support with your patients. Your involvement in this important project and research has validated the need to continue a program such as RETAIN to improve the quality of life for many more patients. While we search for alternate funding to continue RETAIN-CT, please, provide the patient referrals that will allow our RETAIN-CT RTW navigators and case management professionals to assist your patients in supporting them in returning to work or staying at work.



Shared Resources from our RETAIN-CT Doctors

The following is a collection of research and online references from Dr Michael Erdil, MD, Dr William Shaw, PhD and from RETAIN-CT providers shared at ECHO meetings and exchanged by email.

Nutrition

From Richard Duenas, Chiropractic Physician, Westside Chiropractic, LLC
During a group discussion, Dr. Richard Duenas, discussed nutritional recommendations he provides to patients.

<https://nutritionfacts.org/>

Lifestyle and nutrition are examples of missed opportunities that physicians too often fail to include in patient discussions according to Dr Erdil. Here are some additional nutrition websites he has used in the past.

The NIH and USDA has useful information on nutrition and supplements.

NIH Office of Dietary Supplements <https://ods.od.nih.gov/>

NIH Dietary Supplements for Older Adults <https://www.nia.nih.gov/health/dietary-supplements-older-adults>

USDA Dietary Guidelines for

Americans https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

Pain

Understanding Pain

Helps individuals understand what current research has been saying about chronic pain (5 min)

https://www.youtube.com/watch?v=C_3phB93rvI

Advice for People Taking Opioid Medication

Explains what chronic pain is, what we know about the benefits and risks of opioid medications, and how to reduce risks (11 min).

<https://www.youtube.com/watch?v=7Na2m7lx-hU>

Consumer Reports Health

<https://www.consumerreports.org/back-pain/the-better-way-to-get-back-pain-relief/>
<https://www.consumerreports.org/pain-relief/how-to-get-rid-of-lower-back-pain/>

Cornell

Take Care of Your Pain Program was developed for older adults receiving home care but has useful information for patients

<http://citra.human.cornell.edu/tcyp>

UC Davis (developed with funding from RWJ)

Booklet providing 11 strategies for chronic pain self-management (16 pages)

https://www.ucdmc.ucdavis.edu/nursing/Research/INQRI_Grant/Long-Term%20Non-Surgery%20Pain%20Management%20Strategies%20Booklet%20WebFINAL082311.pdf

The Back Book (attached)

As a follow-up to a RETAIN case conference, attached is “The Back Book” that was developed in the UK as a simple patient advice pamphlet. Dr Shaw finds this to be one of the best brief no-nonsense guides for patients, and it looks like it is now freely available on the web, so you can share this with RETAIN participants if the occasion presents itself. Dr Shaw doesn’t see anything in the booklet that seems particularly out-of-date, though the document is probably going on 40 years old.

IASP “Global Year About Back Pain” site where there are some fact sheets (and other information from years past) that might be useful

<https://www.iasp-pain.org/GlobalYear>



COVID-19

Below are the resources that were shared in the June 10, 2021 ECHO chat:

Acute Care Physical Therapy

APTA online learning resources that are open access: <https://learningcenter.apta.org/covid19>

Exposure to Workplace Trauma and Posttraumatic Stress Disorder Among Intern Physicians: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2780781>

Association Between Proportion of Workday Treating COVID-19 and Depression, Anxiety, and PTSD Outcomes in US

Physicians: <https://pubmed.ncbi.nlm.nih.gov/33201021/>

National Academy of Medicine- Clinician Wellbeing and

COVID:<https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

CDC post covid-19 guidelines (attached)

The CDC has released interim guidance in March 2021 for the evaluation and treatment of patients with post-acute covid syndrome.

Work & Health

Work & Health from the UK

Free webinars on key issues to do with work and health: Webinars | The Society of Occupational Medicine (som.org.uk)

RETAIN-CT Project ECHO –

Two more sessions remain in the series

RETAIN Connecticut will host Project ECHO session 7, August 12 at 7:30am and will conclude the series with session 8, Sept 9. Project ECHO is a defined strategy to foster peer communication on specialty topics across clinical disciplines. The topics are “Pain and Substance Use Disorders” led by Dr. Surita Rao; for Session 7 and “Behavioral Approaches to Pain Management” for Session 8.

This Project ECHO series consists of monthly meetings with participating RETAIN-CT providers.. If you are interested in joining either ECHO session, please contact Dr. Michael Erdil at erdil@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.**

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