

Your role in supporting injured workers – A snapshot of the clinical framework

WorkCover WA has endorsed the *Clinical Framework for the Delivery of Health Services*. This best practice framework outlines five principles for healthcare practitioners providing services to people with compensable injuries. Below are examples of how GPs can apply these in their consultations with injured workers.

Principles	Examples in practice
1. Measure and demonstrate the effectiveness of treatment	<ul style="list-style-type: none"> use a <i>standardised assessment tool</i> to measure the worker's initial status and progress during and/after intervention report the effectiveness of treatment with a focus on change in work participation (e.g. the worker has sustained modified duties with a gradual increase from 20 to 30 hours per week over a 4 week period)
2. Adopt a biopsychosocial approach	<ul style="list-style-type: none"> assess and address early signs of biological, psychological and social/work circumstances that risk poor injury management outcomes (i.e. use of the <i>OMPQ</i>, <i>flags model</i> or taking a comprehensive history) if you are unable to address barriers, communicate these with other injury management parties (i.e. the worker's supervisor, injury management coordinator or workplace rehabilitation provider) early phases of treatment should focus on educating the worker about the natural course of their injury, providing reassurance and emphasising the role of work in recovery
3. Empower the injured person to manage their injury	<ul style="list-style-type: none"> workers are empowered to manage their injury when healthcare practitioners: <ul style="list-style-type: none"> partner with them to develop goals and self-management strategies and promote independence from treatment challenge thoughts that are identified to be unhelpful during recovery and returning to work assist the worker to identify sources of support (e.g. family, co-workers and relevant government services)
4. Implement goals focused on optimising function, participation and return to work	<ul style="list-style-type: none"> design goals with the worker that are functional, work-specific and SMART – specific, measurable, achievable, relevant and timed (e.g. within 2 weeks, 'worker' will have the capacity to sit continuously for 15 mins/hour when performing seated duties) progress towards goal-achievement should be regularly assessed and reset or modified as necessary
5. Base treatment on best available research evidence	<ul style="list-style-type: none"> use best available research evidence to inform the management and review of the worker's injury and return to work (e.g. refer to relevant <i>National Health and Medical Research Council clinical guidelines</i>)

More information:

- Visit WorkCover WA's website www.workcover.wa.gov.au or contact WorkCover WA's Advisory Services on 1300 794 744
- AFOEM's website for the *health benefits of work* and the *role of GPs*
- TAC and WorkSafe Victoria's *Clinical Framework for the Delivery of Health Services*