

# Acute Low Back Injuries Program of Care (ALBI POC)

## HEALTH PROFESSIONAL QUICK REFERENCE

### Admission Criteria

The Program of Care is used for workers:

- ▶ With an acute low back injury (up to 6 weeks from date of injury/recurrence)
- ▶ Who may also have another injury that does not preclude the worker from participating in this Program of Care
- ▶ Assessed within the first 42 days from date of injury and/or recurrence
- ▶ With no clinical evidence of significant red or yellow flags
- ▶ Still at work (regular or modified) or off work
- ▶ Not hospitalized.

If the health care professional determines that a worker is not suitable for the Program of Care, the health professional must contact the WSIB.

### Program Duration

- ▶ Program duration is 8 weeks from date of first assessment

### Initial Assessment Report

The health care professional will communicate the key findings of the initial assessment (including red and yellow flags) and treatment plan with specifics on the expected frequency and duration of the treatment program.

**Mail or fax to the WSIB within 2 working days.**  
**Fax: (416) 344-4684 or 1-888-313-7373.**

### Phase 1 Treatment (weeks 1 – 4)

#### *Recommended:*

Education, Pain and Self Management Strategies, Injury Treatment (stretching exercises, spinal manipulation and/or mobilization), Progressive Pain Management Steps and Transition to Work

#### *Not Recommended:*

Acupuncture, Prolonged/total bed-rest, Bio-feedback, Electrical stimulation, Flexion exercises, Magnet therapy, Mechanical traction, Ultrasound

### Phase 2 Treatment (weeks 5 – 8)

#### *Recommended:*

Exercise, Manipulation and/or Mobilization, Transition to Work

#### *Not Recommended:*

Acupuncture, Prolonged/total bed-rest, Bio-feedback, Electrical stimulation, Magnet therapy, Mechanical Traction, Transcutaneous Electrical Nerve Stimulation (TENS), Underwater Traction and Underwater Massage, Ultrasound

### Outcome Measures

Scores from the Numeric Pain Rating Scale and the Roland-Morris Disability Questionnaire must be entered on the Initial Assessment Report and the Care and Outcomes Summary.

### Communication with Employer

The only personal information about the worker that may be released to the employer without the worker's consent is information relating to the worker's functional abilities.

At the beginning of treatment, you may contact the employer as appropriate, either by phone or by letter, to let the employer know that you will be involved in facilitating the worker's continued progress of return to work. You should inquire about the physical demands of the worker's job and, if necessary, about possible modifications. When the worker is ready for discharge, you should contact the employer.

All communication should be documented in the worker's chart at intake and discharge.

### Communication with WSIB

Call the WSIB when:

- ▶ The worker is not suitable for the ALBI POC
- ▶ The worker is not progressing as expected
- ▶ Red and Yellow flags are identified that would warrant further evaluation outside the Program of Care
- ▶ At 6 weeks if worker requires further care
- ▶ Any other issue arises.

### Care & Outcomes Summary

The Care & Outcomes summary will include the level of participation in the Program of Care, key treatment progress, the worker's functional abilities, job status and any further recommendations. The Care & Outcomes summary should be completed whenever the worker is discharged from the Program of Care. Send to the WSIB within 2 working days from discharge.

ALGORITHM

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Program of Care delivery from initial assessment to discharge.

