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, Biofeedback, 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.

Phase 2 Treatment (weeks 5 – 8)

Recommended:
Exercise, Manipulation and/or Mobilization, Transition to Work
POC ends no later than 8 weeks after treatment started

Initial assessment by health care professional
- History/physical/functional
- Treatment planning

Red flags, significant yellow flags or worker not suitable for ALBI POC?
- Yes → Call WSIB for referral for alternate care
- No → Phase 1 Treatment:
  - Education
  - Pain and self-management strategies
  - Injury treatment
  - Continue working/transition to work

Needs further intervention?
- No → Discharge and submit Care and Outcomes Summary Report
- Yes → Phase 2 Treatment:
  - Provide further intervention to facilitate recovery of function:
    - Self-management and monitoring
    - Exercise
    - Manipulation and/or mobilization
    - Continue working/transition to work
    - Monitor worker’s progress towards return to work (if off work).

Concerns about worker’s progress?
- Yes → Call WSIB at 6 weeks for referral to alternate care
- No → Discharge and submit Care and Outcomes Summary Report

Phase 1
First 4 weeks of treatment

Phase 2
Weeks 5-8 of treatment

Communications
POC health professional is expected to communicate with worker, employer and WSIB (see POC booklet, page 12) to facilitate return to work