



**Workplace Safety &
Insurance Board**
**Commission de la sécurité
professionnelle et de l'assurance
contre les accidents du travail**

Toronto Office
200 Front Street West
Toronto ON M5V 3J1

Bureau de Toronto
200, rue Front Ouest
Toronto ON M5V 3J1

Telephone:
(416) 344-4526
1-800-569-7919

Téléphone :
(416) 344-1000
1-800-387-0750

October 2005

TTY:
1-800-387-0050

ATS :
1-800-387-0050

Fax:
(416) 344-2541

Télécopieur :
(416) 344-4684

Web site:
www.wsib.on.ca

Site Web :
www.wsib.on.ca

Dear Health Care Professional:

Re: 3-Step Clinical Screening Guide

During the development of Programs of Care (POC), the Fee-setting Advisory Committee recognized that from time to time, regardless of the nature of the injury, injured workers may show evidence of non-physical symptoms. These non-physical symptoms may indicate a psychological or emotional impairment that would be a **barrier to POC participation and recovery**. This can be an issue for all Programs of Care.

The Ontario Psychological Association (OPA) has prepared a 3-Step Clinical Screening Guide to assist health care professionals treating injured workers, when these situations arise, in determining whether a referral may be appropriate. The use of this guide is not mandatory. It is intended only to assist health care professionals who may wish to use it to exercise their professional responsibility and judgment.

As regulated health professionals, health care providers are responsible to their regulatory colleges for the standard of clinical care they provide, including referral decisions. This is the case whether or not a tool such as this guide is used. The use or non-use of this guide does not alter each health care provider's professional responsibilities as determined by their professional college regulations and legislation.

Yours sincerely,

Health Professional/WSIB Fee-setting Advisory Committee

Dr. Ruth Berman, Ontario Psychological Association
Don Gracey, Ontario Physiotherapy Association
Dr. Robert Haig, Ontario Chiropractic Association
Karen MacKenzie-Stepner, Ontario Association of Speech Language Pathologists and Audiologists
Teresa Rivero, Ontario Society of Occupational Therapists
Donna Bain, Workplace Safety & Insurance Board

3-Step Clinical Screening Guide

*The 3-Step Clinical Screening Guide will assist health care providers to determine whether referral for consultation is indicated for non-physical symptoms that may be a **barrier to Program of Care participation and recovery**.*

This screening process requires that the combination of your observations of the patient (Step 1) and patient responses to the questions (Step 2) will assist you to determine whether to recommend a referral to the patient (Step 3).

1. Professional observations:

Notable differences in client behaviour, appearance, demeanor suggestive of sad feelings, depressed mood, low energy, hopelessness, poor self-care; or persistent worry, tension, stress; or pain focus, difficulty maintaining engagement in treatment; or lack of anticipated response to treatment.

2. Specific questions:

A. In the past couple of days, have you....

1. lost interest in enjoyable or important activities?
2. lost confidence in yourself?
3. felt hopeless?
4. had low energy?

2 or more

and/or

B.

1. felt keyed up, on edge?
2. been worrying a lot?
3. been irritable?
4. had difficulty relaxing?

2 or more

and/or

C.

1. had an episode of extreme fear or discomfort?
2. experienced a "reliving" of a frightening event including nightmares and flashbacks or thoughts about it just popping into your head?
3. avoided things that remind you of a frightening event?

2 or more

3. Client agreement: willingness / interest in a referral for consultation to determine need for assessment and possible treatment.

When treating a worker in a Program of Care and the worker has given consent to the collection of this information; and the results of the 3-Step Clinical Screening Process lead you to recommend a referral because non-physical symptoms may be a barrier, WSIB should be advised of the worker's acceptance or rejection of the referral.