

Best Practice 4 - Assessing barriers to return to work

Best practice:

Measure: 80% of claims on the MAVEN Functional Recovery Questionnaire (FRQ) work list receive an FRQ within 6 weeks from claim established date.

Purpose of the FRQ:

The FRQ is a validated scale used to identify workers that are at high-risk of not returning to work within 1 year following a musculoskeletal injury.

Questions 1-3

- Determine the overall FRQ score, positive or negative.
- FRQ positive means a worker is 20 times more likely to be disabled in 1 year.
- Health Services Coordinator refers FRQ positive claim to the AP for appropriate interventions, for example:
 - Focus on increasing activity,
 - Track functional improvement goals and progress, or
 - Consider referrals such as SIMP, Physical Therapy, Occupational Therapy, Activity Coaching (PGAP), and VOC.

Questions 4 - 6

- Cover work accommodation, recovery expectation, and fear-avoidance, which helps identify specific worker psychosocial issues.
- Claim Manager work items are generated from FRQ questions 4 and 5, regardless of whether or not the FRQ is positive.

How to meet this best practice:

Care coordinator is considered an extension of the provider and administers FRQ to identified workers on the provider's behalf.

NOTES:

- The Department will still reimburse for completion of a Barriers to Return to Work Assessment; however the Assessment no longer counts towards this Best Practice. See COHE Fee Schedule (lni.wa.gov/cohe) for appropriate billing information.
- This best practice is included on the provider best practice report.