

RETURN TO WORK SERVICES

SCHEDULE 4E

POST-COVID REHABILITATION PROGRAM

1.00 LOCATIONS

- 1.01 The Contractor's approved Premises for this Schedule are as follows:
- a)
 - b)
 - c)

2.00 APPLICATION

- 2.01 Schedules 1, 6 and 7 apply to this Schedule.
- 2.02 This Schedule applies to PCR Programs only.

3.00 SERVICE OVERVIEW

- 3.01 The Program is designed to address the medical, functional, musculoskeletal, psychosocial, and vocational needs of the Worker experiencing post-COVID symptoms to facilitate safe, sustainable RTW.
- 3.02 The Program will assist Workers and Employers by outlining abilities and restrictions, negotiation of modified work plans, and provision of workplace supports.
- 3.03 Treatment Services are evidence-based and customized to individual Workers' needs and includes collaboration with all key stakeholders including the Worker, CO, Employer, Worker's Representative (if applicable), treating physician or surgeon, and the Worker's support network, in the rehabilitation process.

4.00 PROGRAM DESCRIPTION

- 4.01 A PCR Program is a treatment Program wherein the majority of the Service interventions occur on the Contractor's Premises, in the Worker's home (virtual delivery), or a combination of both.
- 4.02 Program objectives are to restore mobility, strength, functional tolerance, and resiliency through an Interdisciplinary approach including physical and cognitive rehabilitation, exercise therapy, psychological counselling, and technological monitoring.

5.00 PCR SERVICES AND PROCESS MAP

- 5.01 The PCR Program must be implemented according to the PCR Referral and Triage Pathway (see Appendix E) and the PCR Process Map (see Appendix F).

6.00 PROGRAM DURATION

- 6.01 Program duration is up to twelve (12) weeks and will be customized on a case-by-case basis. The Length of Stay and need for individualized Services will be assessed on an ongoing basis by the treatment team and will be adjusted accordingly. Program will be available up to five (5) Days per week and up to five and one half (5.5) hours per Day.
- 6.02 Prior CO approval is required for Program extensions beyond twelve (12) weeks.
- 6.03 The Contractor will submit an extension request as soon as it is reasonably known that one will be required, and in all cases no less than one (1) week prior to the scheduled discharge.

7.00 PROGRAM COMPONENTS

- 7.01 Referral to Services will serve as an authorization to proceed with the Program. Program admission will also support the purchase of a monitoring device costing less than three-hundred dollars (\$300.00) should it be deemed beneficial in treating the Worker by the treatment team. The Contractor will document the clinical indication for the device on the claim File.
- 7.02 If more than six (6) weeks has elapsed since the Post-COVID Triage Assessment (Form C1424), the following psychometric evaluations will be repeated and reported on the PCR Initial Report (C1425):
 - a) PDI and VAS;
 - b) SF-36; FSS;
 - c) Post-COVID Functional Scale;
 - d) The GAD-7; PHQ-9, PCL-5, and Psychology Log will be administered on Program admission and discharge.
- 7.03 Program updates:
 - a) The treating clinician will case conference with the CO to discuss the Worker's progress at a minimum of every four (4) weeks during the Program phase, and as needed;
 - b) The treating clinician therapist will case conference with the Worker's treating physician and Employer as needed during the Program phase.

8.00 STAFFING

- 8.01 All programs must be made up of at least two (2) of the following team members:
 - a) Physiotherapist;
 - b) Occupational therapist;
 - c) Exercise therapist, or kinesiologist, with experience in musculoskeletal and functional Assessments; and
 - d) Psychologist.
- 8.02 Physician availability is required to address any medical issues that may occur during Program.

8.03 A MSW who is registered with the Alberta College of Social Workers and approved to perform psychosocial interventions can provide counselling Services for Workers who are attending a PCR program. Counselling Services are provided by MSWs to help and guide Workers in coping with and resolving any psychological barriers that are part of their work-related injury or accident.