



OCCUPATIONAL HEALTH **BEST PRACTICES**

— Working together to keep people working —

OMD Updates for Self-Insured Employers

WSIA Liaison Committee

November 2023

Coverage Decisions

New/Pending Decisions or Updates

- Acupuncture for Chronic migraine and chronic tension-type headache.
- Transcranial Magnetic Stimulation for the Treatment of Selected Conditions (Effective: 10/01/2023).
- Non-pharmacologic treatments for treatment-resistant depression (Updated and effective: 10/01/2023).
- Stereotactic body radiation therapy (SBRT) & Stereotactic Radiation Surgery (SRS) (Updated and effective: 11/01/2023).
- Hyaluronic acid/Platelet-rich plasma (The HTCC draft decision was made on July 21, 2023 and the final decision is pending).
- Low level laser therapy (Being rescinded): This coverage decision is expired as of November 1, 2023, and is superseded by a new [payment policy on LLLT](#). Effective November 1, 2023, the modality is a covered benefit when performed in a clinical setting.
- Spinal cord stimulation (The HTCC will meet on November 17th, 2023 to re-review the topic and make a draft decision).

Work Rehabilitation

Updates

- On January 1, 2024, L&I is transitioning from the current work conditioning and work hardening programs to implement the new Work Rehabilitation program. The Work Rehabilitation program will require all clinics approved for this service to meet educational, clinical, and quality requirements. Work Rehabilitation is focused on evidence-based standards of care with more focus on a return to work pathway and includes new progress checkups, care conferences, and a standardized functional discharge summary. To that end, clinics will need a Job Analysis or Job Description individualized to the worker in order to start care, so ensure prompt completion if a referral is requested. New payment policy drafts will be available by December 1st 2023.

Current program details, including the Work Rehabilitation Guideline, new standards, and templates for forms are available here:

<https://www.lni.wa.gov/patient-care/treating-patients/helping-workers-get-back-to-work/work-rehabilitation-2024#program-details>

For questions related to this change, please contact us at therapy@lni.wa.gov

Pilots & Projects

Master's Level Therapist (MLT) Pilot Project

- A public hearing was held September 7th for CR-102 proposed rulemaking for the MLT pilot. The rulemaking proposes to amend WAC 296-21-270. Labor & Industries' (L&I) rules don't currently allow master's level therapists (MLTs) to treat injured workers. L&I initiated a pilot to determine how MLTs can best be incorporated into the workers' compensation setting. The amended section will allow MLTs to treat workers for behavioral health and mental health conditions. No public comments were received, and rule changes will go into effect January 1, 2024.

More information is on the [MLT Webpage](#)

Email - MLT@lni.wa.gov

Behavioral Health Interventions Policy (BHIP)

- An updated payment policy for Behavioral Health Interventions is being published on December 1st, effective January 1, 2024. The policy is applicable to Master Level Therapists (MLTs), and providers who use behavioral health intervention CPT® codes 96156-96159. All other providers who use Evaluation and Management Services (E&M) may use those codes for behavioral health interventions.

Behavioral health interventions aid workers in their recovery by addressing psychosocial factors. Referrals must come from the attending provider; however, any claim party may recommend a worker receive these services. Workers may receive individual interventions, interventions as part of a group setting, or some combination thereof. [GOVDELIVERY](#) will occur with details on December 1st.

For questions related to this payment policy, please contact us at HPPM@Lni.Wa.Gov

Post-Traumatic Stress Disorder (PTSD) Project

- The vision of the PTSD project is to ensure that appropriate and timely care and resources for PTSD are available for workers, employers, and providers while reducing unnecessary long-term disability.

The project kick-off was held on 10/23 and teams have formed to tackle these important goals:

- Ensure L&I claim adjudication processes support timely decision making on PTSD claims
- Enable timely access to appropriate treatment for PTSD
- Improve tracking of PTSD claims to better understand the impact to the workers' compensation system
- Ensure evidence based treatment of PTSD
- Increase awareness of claim resources related to PTSD for adjudicators and employers

The project aims to complete this work by March 2025.

Advisory Committees

Advisory Committee on Health Care Innovation and Evaluation

- [ACHIEv](#) - Next meeting, January 25, 2024

Industrial Insurance Chiropractic Advisory Committee

- [IICAC](#) - Next meeting, Jan. 18, 2024
- Updates
 - In partnership with OMD, our Industrial Insurance Chiropractic Advisory Committee has updated the evaluation, treatment, and management recommendations for the resource “Conservative Care Options for Work-related Epicondylitis / Epicondylolysis.” After public comment, this has been published with our other evidence-based treatment resources at: <https://lni.wa.gov/patient-care/treating-patients/treatment-guidelines-and-resources/index#practice-resources-for-attending-providers>
 - Work is underway to review the literature on “Conservative Care Options for Occupational Carpal Tunnel Syndrome” next year. Drafts will be reviewed and comments welcomed at open public IICAC meetings in 2024.

Industrial Insurance Medical Advisory Committee

- [IIMAC](#) Next meeting, January 25, 2024

Other OMD Changes

Recruitments

- Associate Medical Director for Psychology: A candidate has been selected with the announcement coming soon.
- Health Policy Occupational Nurse Consultant: Recruitment is happening now; interviews will be scheduled soon.
- Provider Navigator: Recruitment announcement closed October 31, 2023; interviews will be scheduled soon.