

Participating in the Development of Your Treatment Plan

Participating in the development of your treatment plan will assist in a timely recovery from injury and/or illness.

Treatment Plan:

Treating Practitioners

- Throughout your recovery, you may be working with several treating practitioners. i.e. Family physician, physiotherapist, chiropractor, social worker, counselor, and/or specialist
- It is important to ask enough questions so that you understand what is going on and the options associated with recommended treatments.
- Being away from the workplace has many detrimental effects of your health and wellbeing. Discuss the various options of continuing to work in a modified capacity during your recovery.
- Gather information about activities that you should or should not be doing to assist with recovery.
- Advise your practitioner that your employer requires documentation that outlines your functional limitations and any restrictions you may have when initially returning to work.
- If DMP provides you with a medical form for your treating practitioner to complete, make sure all areas have enough information for the DMP to assist in the development of a case management plan for you.
- Inform your practitioner of your job duties and possible modifications to your work that would assist and support you in an early safe return to work.

Treatment

- Attend all scheduled appointments
- Provide treatment provider with an update on progression of activities associated with the tasks of daily living
- Be willing to fully participate in treatment sessions
- Ask questions about the treatment that is being provided and ensure understanding of progression of treatment
- If treatment is not progressing as expected, inquire about additional or alternative treatment modalities and options



Communication with Employer

- Provide updates to your DMP on an ongoing basis to ensure the development of an appropriate Case Management Plan
- Share medical documentation with your DMP to facilitate an early safe return to work plan when appropriate, including: nature of illness/injury, functional limitations and/or restrictions and prognosis for return to work
- Identify any barriers that come up that may interfere with your ability to return to work. These barriers could include medical, personal, workplace or vocational barriers. Have the discussion with your DMP or EDMP representative and they can work with you to assist in resolving these barriers.