

Occupational & Environmental Medicine Newsletter



SEPTEMBER 2011

Flu Shot Update

Our flu shot calendar is nearly booked, but we do have openings.

Where: Anywhere in Twin Cities Metro

When: Beginning October 1

Price: \$25 per person

Minimum: 20 injections over a one hour visit

Payment: We can bill your company directly or, if your company offers HealthPartners for its medical plan, we can bill through your plan.

Contact:
Jodi Deschene: 952-541-2623



Best Practices For Treating Back Injuries

By Dr. Fozia Abrar, MD, Department Head, Occupational and Environmental Medicine

Low back pain injuries, with associated ongoing pain, are the most common musculoskeletal problems in Occupational Medicine. They may cause significant symptoms for workers, and reduced productivity for employers (especially if the worker is placed on restrictions). Employers prefer to use facilities that offer effective and consistent approaches to treating back injuries, and that allow their workers get back to productive work in a timely manner.

Many employers have asked us, “What techniques are the most effective in reducing the return to work time of employees with low back injuries?” Our department is working on answering this question and will be electronically tracking how long employees have restrictions as well as how long it takes for employees to return to work without restrictions. We will also be tracking how many employees are referred for other treatments such as physical therapy, chiropractic care, acupuncture, injections, and surgery.

This project will help us evaluate what course of action is most effective for employees and most cost-effective for employers. We are currently in the early stages of designing and implementing the program and hope to test the tracking software this fall. The goal is to give employers standardized reports on employee back pain and treatment outcomes by the end of 2012. If this program is successful, we may expand it to other musculoskeletal injuries such as lower extremities (hip, knee, ankle, foot) and upper extremities (shoulder, elbow, wrist, hand).

Please direct questions about this project to Dr Fozia Abrar at 651-528-4167 or Kyle Grunder at 952-541-2612.

Communication: Our Commitment to You

If you ever have questions regarding a service we've performed for your company please call; this is especially true with employees receiving work injury care. A common misconception we find in speaking with customers is they don't have the right to ask an MD to explain the reasoning behind a work restriction. You do, and we encourage you to pick up the phone and call.

The most effective way to solve problems (and that's what we do for you, after all) is achieved through clear communication. If you ever need clarification on any service we've provided please call 952-883-6999, select the clinic where the service was performed and ask to speak with the physician. Our staff person will have the physician call if they are available, otherwise they will take a message and relay it to the provider. Our expectation is that you will receive a call back as soon as the physician is able to do so.

Occupational Medicine & Urgent Care Clinic Locations

HealthPartners Riverside Clinic

Occupational Medicine
2220 Riverside Avenue South
Minneapolis, MN 55454
952-883-6999 Opt. 1
612-341-5131 (fax)

HealthPartners St. Paul Clinic

Occupational Medicine
205 S. Wabasha St.
St. Paul, MN 55107
952-883-6999 Opt. 2
651-293-8183 (fax)

HealthPartners West Clinic

Occupational Medicine
5100 Gamble Drive, Suite 100
St. Louis Park, MN 55416
952-883-6999 Opt. 3
952-541-2626 (fax)

HealthPartners Arden Hills Clinic

3930 Northwoods Dr
Arden Hills, MN 55112
952-883-6999 Opt. 4



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