

**NEWS YOU CAN USE**  
**4th Issue, January 2008**  
**[www.tcohr.com](http://www.tcohr.com)**

**TCOHR is committed to partnering with employers and workers to help prevent workplace injuries and to return injured workers to productive work roles as soon as possible.**

***Drug Screen Considerations***

As you know, TCOHR does not require appointments for drug screens. Most labs and MRO's provide test results within 24 - 48 hours. TCOHR House Account customers use MedTox and ADT (Advanced Drug Testing) who normally have results available the next day. There are two circumstances however that can bring about significant delays in you receiving timely and accurate test results.

If the results of a drug screen are time-sensitive, (and not using Rapid Drug Screens for non-DOT testing), couriers normally pick up each day's samples by 3pm. If an employee comes in later than this the sample may not go out until the following day, delaying results beyond the normal 24-hour average.

Then, there are circumstances when some employees will delay their test until the end of the day by arriving late and experiencing or claiming "shy bladder." Not only can this delay or possibly skew the results of your randomized program, but TCOHR staff can find themselves waiting several hours past our normal closing time, possibly incurring your company 'extended hours' charges.

Our recommendation in the case of random drug testing is to strongly encourage employees to come in before 1pm to have their drug test completed.

**Suggestions for future articles?  
Please let us know.  
We appreciate your business!**

***Timberwolves Ticket Drawing***

Okay we know their win/loss record so far but if you love basketball, you'll love Dr. Kemper's seats: Section 131, Row J!



The first drawing will be held Friday January 11<sup>th</sup> for the game on January 15<sup>th</sup>.

A second drawing will be held on February 13<sup>th</sup> for the February 19<sup>th</sup> Game.



No need to be a current customer of TCOHR to win, no purchases necessary. Just go to our website [www.tcohr.com](http://www.tcohr.com) and click on the email address at the bottom of the home page. Please type "tickets" on the subject line and in the message include your name, organization and daytime number.

Good Luck!

***Trans-dermal Anti-inflammatory***

Some Physical Therapy patients benefit from receiving anti-inflammatory medications trans-dermally or through the skin. Using a slight electrical charge, the skin's permeability is altered, increasing the usable dosage of certain medications. These drugs then make their way through skin pores, hair follicles and sweat glands, traveling directly to the injury site. Interested? Do a search for key word: Iontophoresis.

## ***AutoComm Online Reports***

Are you already receiving TCOHR's automated email notifications when patient reports are available for you to view / print / save? If so, you already understand the value of AutoComm. Considering it's free, you know that this tool is of enormous value to you.

You know that *within minutes* of a patient being discharged on our computer system you receive an email and link to the AutoComm site.

You already log in to the secure site where you can access the following reports:

- Physician Activity Status Report

A workability indicating diagnosis, meds if any, restrictions if any, and future scheduled appointments.

- Non-Injury Status Report

A description of evaluations conducted [drug screens, physicals, audiograms, pulmonary function testing, etc.], and results when available.

- Patient Visit Information by site, date & employee.

A summary report by employer / date range, broken down by company location when you have multiple sites, dates of clinic visits, employee information, case descriptions, medical provider, etc.

- Patient Referral Report

A report detailing the name and contact information of the specialist to whom an employee is referred, who is making the referral and a description for the basis of the referral.

- Missed Appointment Letter
- Occu 300 Report

The Occu 300 report is generated as requested by you. Please contact our office to receive this report by fax or mail.

The Occu 300 is based upon the OSHA 300 log but draws from our data involving injured employees we have seen. It lists employee name, job title, date of injury/illness, the location where the event occurred, the employee's description of the event, etc.

Please keep us in mind if your email address changes or if our point-of-contact within your company changes. We can specify certain reports going to injury or non-injury contacts and can include any number of AutoComm recipients.

If you are not receiving AutoComm reports and would like to, or if you would like to see sample reports, please contact Jim or Briana in Business Development.

## ***What is a Kraus-Weber Back Exam?***

The Kraus-Weber is a six item test that looks at the current function of the low back. It can help detect persons who have ongoing back problems. It may also be helpful to identify persons who will benefit from a remedial flexibility and strengthening program. It cannot however, determine job fitness. The exam consists of:

*Hip Flexor Stamina & Strength Evaluation*  
*Abdomen-Hip Assessment*  
*Abdominal Strength Test*  
*Upper Extension Stamina & Strength Test*  
*Lower Extension Stamina & Strength Test*  
*Flexibility Evaluation*

Kraus-Weber Back Exams take only fifteen minutes to conduct and are typically offered for \$50. Adding this component onto an existing physical can be easily worth the time and cost!