

OCCUPATIONAL HEALTH BRIEFS

NEWSLETTER of the ACA's COUNCIL on OCCUPATIONAL HEALTH

AUTUMN 2008 VOLUME 16, NO. 4

In This Issue:

<i>President's Message</i>	Cover
<i>Update: FMCSA, NRCME</i>	pg. 2
STUDENT MEMBERS CONFERENCE CALLS	pg. 2
<i>Dr. Don Brown becomes Delegate to the Council</i>	pg. 3
<i>Model Wellness Workplace Based on Actual Needs</i>	pg. 3
<i>Diplomate Program</i>	pg. 4

ACA COUNCIL on OCCUPATIONAL HEALTH 2007:

FRED RASCHKE, DC
PRESIDENT
wellnessdoc@centurytel.net

MIKE MEGEHEE, DC
VICE PRESIDENT
megehee@wtechlink.net

MARCUS VAUGHN, DC
SECRETARY/TREASURER
marcusvaughndc@yahoo.com

DAVID THORPE, DC, DACBOH
IMMEDIATE PAST PRESIDENT
DRTThorpe8@cs.com

ELIZABETH L. AUPPL
EXECUTIVE ADVISOR to the COUNCIL
eauppl@charterinternet.com

ACACOH
930 Crestview Lane
Owatonna, MN 55060
(507) 455-1025
Editor: eauppl@charterinternet.com

DISCLAIMER: Material published in this OHB do not reflect the opinions or positions of the ACA or the ACA's Council on Occupational Health nor that of the Officers or Editor. Copyright 2007 ACA Council on Occupational Health. All rights reserved. All authors are volunteer contributors.



President, ACA Council on Occupational Health

PRESIDENT'S MESSAGE:

"STOKING THE FIRE!"

"You must be the change you wish to see in the world."
- Mahatma Gandhi

FRED RASCHKE, DC

Fred Raschke, DC, CCSP, has practiced in Weyauwega, WI since 1991. Dr. Rashcke has completed 360 hours of postgraduate Chiropractic Occupational Health and Applied Ergonomics educational. Dr. Raschke works with schools for implementing strategies for prevention and wellness.

Greetings Council Members.

I live and practice in a small town in the Midwest. Although we may be many states apart, as fellow chiropractors, I think we are affected similarly in these uncertain times. Though the headlines may be negative, I remain optimistic by "stoking the fire" in the areas of my personal, professional, and community life that I have been passionate about. Most recently, I read a book titled *The Natural Step* co-authored by Sarah James and Torbjorn Lahti. It describes a proven framework to how cities, towns and businesses can change to sustainable practices. I consider it a complete community wellness plan.

Promoting the sustainability of businesses and communities correlates well with the chiropractic philosophy of working on prevention and causes. I enjoyed donating about twenty copies to leaders in city hall, area schools, businesses, vegetable farmers, patients and others willing to read, share and work toward this vision for our community. This column is not to provide you with my personal reading recommendations and passions, but to help you remember what inspired you to become a chiropractor, which is (I hope) to help humanity, while at the same time provide your family with an adequate standard of living to support your basic needs.

We have much to be thankful for, especially for the knowledge we have about the miraculous human body and its symbiotic relationship with our environment. Consider picking this book up. I believe you will find it most helpful when working with your patients, businesses and community leaders.

On another important note to you, the soon-to-be-available Federal Motor Carriers Safety Administration (FMCSA) program, will allow you to become certified if you wish to continue to perform Dept. of Transportation (DOT) physical examinations. Certification will be the result of successfully completing the federal required educational program. The Council looks forward to many doctors in our specialty becoming certified medical examiners through the new National Registry of Certified Medical Examiners (FMCSA) guidelines. We will announce to you, the locations where you will be able to complete the educational component once the program is finalized and announced by the FMCSA, a DOT agency.

SPEAKERS BUREAU

We also are developing a speaker's bureau to help us and the ACA identify those excellent speakers in our profession on topics of occupational health. You will find instructions for submitting your own materials for the Speakers Bureaus in the issue.

2009 COUNCIL SYMPOSIUM

Work has begun for planning the Council's next annual symposium, yet no date has been set, and there is a lot of planning to do before it becomes a reality. But you can
(next page)

count on the Council announcing symposium plans for 2009 as those plans unfold.

In closing, take time to enjoy the beautiful autumn colors and aromas, and be stoking your own fire.

Respectfully,
Fred W. Raschke, DC
President

Great Opportunity!

STUDENTS & 1ST YEAR DOCTORS: 4-PART SERIES – MEMBER BENEFIT CONFERENCE CALLS CALLS FOR YOU!

The Council announces a four part series exclusively for students and for doctors in their first year of practice. As a membership benefit, you will be able to participate in scheduled conference calls with your peers where you will be able to pose questions about setting up for practice, what to do in getting started in practice, how to begin practicing to include a degree of focus on occupational health, and other questions that you may have as either a student of chiropractic or a doctor just getting off the ground. Facilitators vary for each topic. Your cost? You get to call into a **Toll Free Number!** Teleconferences are 1 hour. Email instructions precede conference calls (reminding you one week in advance) to include dial-in information.

Put the dates on your calendar now! It's your chance to ask questions to help you get started!

Current membership status of participants will be verified at the onset of the conference call. Please keep your membership current. Topics and dates are:

SETTING UP TO PRACTICE

November 18, 2008 - 6:00 PM Central Time

MARKETING YOUR LOCAL PRACTICE

February 17, 2009 – 6:00 PM Central Time

OCCUPATIONAL HEALTH SERVICES YOU CAN PROVIDE RIGHT AWAY!

May 19, 2009 – 6:00 PM Central Time

RETURNING INJURED WORKERS TO WORK

Sept. 15, 2009 – 6:00 PM Central Time

PLAN TO PARTICIPATE!! THIS IS FOR YOU!!

RESULTS OF RECENT ELECTION

Officers for 2008 – 2009:

Fred Raschke, DC – President (2nd term)
Mike Megehee, DC – Vice President (2nd term)
Marcus Vaughn, DC – Secretary/Treasurer (2nd term)

Thank you for voting.

COUNCIL'S SPEAKER BUREAU

The Council is assembling its Professional Speakers Bureau. The information will be provided to various chiropractic groups and institutions so that the professional leadership entities will be able to select presenters on occupational health related topics for continuing education conventions, conferences, and seminars.

You must be a current member of the American Chiropractic Association, and also a current member of the ACA Council on Occupational Health to apply. Membership will be verified upon receipt of your application information as follows (below). All information must be transmitted by electronic (email) file attachment, and in the following manner in order to be considered:

- Current curriculum vitae
- Individual topic syllabus-course outline per topic broken down hour-by-hour for 2, 4, and/or 6 hour programs.

Only neatly typed and well organized outlines will be considered. All files must be sent by email attachment in MSWord format. Send your information without delay to eauppl@charterinternet.com. Thank you.

NATIONAL REGISTRY OF CERTIFIED MEDICAL EXAMINERS STATUS

By Mike Megehee, DC

Many of you have been eagerly awaiting the Federal Motor Carrier Safety Administration (FMCSA) training program and certification test to become registered as a Certified Medical Examiner in the upcoming National Registry of Certified Medical Examiners (NRCME) program.

Recently, panel members and volunteers completed the proposed training program online, and then completed the proposed certification test at testing centers located across the country. Since that time, the proposed training program and certification test have been under review and revision by the FMCSA

Announcements from the FMCSA are that it has finished review and revision of the proposed program and has sent the Notice of Proposed Rulemaking Change to the Office of Management and Budget (OMB) for clearance. The OMB has up to 60 days to release this notice back to the FMCSA. Following that, the Proposed Rulemaking Change will be published in the Federal Register. There is a 60 day period for public comment before it could become a rule.

Those who wish may send their comments regarding the proposed NRCME to the docket. After the docket and public comment period closes, the FMCSA will review all public comments prior to issuing the Rulemaking Change that will establish the NRCME. Immediately afterward, the FMCSA approved training course and certification test will be available to physicians.

The question is, how long with the FMCSA take to review the public comments? That is nearly impossible to determine at this time, however it will certainly be within one year from the date of the Proposed Rulemaking change publish date. So, the estimated time for establishment of the NRCME would range from somewhere around March 2009, to a worse case >>>

of November 2009. Given that the FMCSA is anxious to begin this program, I am hedging toward the early part of 2009.

There will be tremendous opportunities for our profession to fill in the void when many of the physicians currently providing these services elect not to participate. If you have any questions, please feel free to contact me at DrMegehee@yahoo.com.

FMCSA MEDICAL EXAMINER HANDBOOK & RESOURCES AVAILABLE

The first chapters of the Federal Motor Carrier Safety Administration (FMCSA) Medical Examiner Handbook are available online. You will find access to chapters 1-4 at the link below. Chapters included are:

- I. General Information
- II. The Job of Commercial Driving (including the cognitive, physical and psychological impact on drivers)
- III. Guidelines (review of fundamental, basic guidelines for performing DOT physical examinations)
- IV. Physical Qualification Requirements (for the driver to become certified to operate a commercial motor vehicle)

The link is: <http://nrcme.fmcsa.dot.gov/MEhandbook.htm>

At the following link, you can access information and PDF files concerning the Driver Exemption Programs (for vision and diabetes). Find the .pdf files at: <http://www.fmcsa.dot.gov/rules-regulations/topics/medical/exemptions.htm>.



**DON BROWN, DC,
DACBOH**

**DELEGATE TO THE
ACA COUNCIL ON
OCCUPATIONAL
HEALTH**

Donald Brown, DC, DACBOH, practices in New Richmond, Wisconsin. He is a Diplomat of the American Chiropractic Board on Occupational Health. He has completed certifications as an Alcohol Screening Professional and Drug Screening Trainer offered by Northwestern Health Sciences University (NWSU) and by the International Academy of Chiropractic Occupational Health Consultants (IACOHC). Dr. Brown has authored articles for the Occupational Chiropractic and Applied Ergonomics Newsletter. He is currently contributing to the American Chiropractic Association Council on Occupational Health as the Appointed Delegate.

Thank you, Dr. Brown, there is always so much to do to keep the Council running smoothly and making it more visible to the profession. We know you will serve well.

AWARD WINNING, MODEL WELLNESS PROGRAM BASED ON ACTUAL NEEDS

By Elizabeth L. Auppl

Are you working with an industrial client for establishing or improving the company's workplace wellness program? Then you may be interested in some aspects of a model program that the City of Gainesville, GA includes in its wellness package.

It was important for the city to identify what types of illnesses its workers were most at risk for, which illnesses resulted in the most work comp or medical claims, and then decide the design and scope of the wellness program.

Makes sense, doesn't it? What a great selling point, when you take the time to work with your industrial client to learn the demographics of their workforce, and learn what types of illnesses are most reported by employees. It's smart for the employer to survey employees to learn what illnesses, diseases, or disorders they may be predisposed to because of familial history. It's a smarter move than just going into a company with hopes of selling a wellness program that their workers will only experience minimal satisfaction with. *For the workplace wellness program to matter, and to garner buy-in and get participation in, the program components must be relevant to the specific health needs of people.*

Even a program that has wonderful incentives built into it, it won't work if the employees' specific health problems are not being addressed, and if the employer does not see medical costs decreasing. The employer has to see the wellness program as a profit center, not just a perk for employees.

The City of Gainesville learned that heart diseases were the most experienced health issues, and the city was able to address this with employees in a number of ways including screenings and education.

The Wellness Council of America conducted a study, *The City of Gainesville: A Platinum Well Workplace Case Study*, **well worth checking out at:**

http://www.welcoa.org/freeresources/pdf/casestudy_gainesville.pdf to get the full report and details. Some aspects of the well workplace program were:

- ◆ Prostate Cancer education
- ◆ Skin Cancer screening (particular for companies that have workers spending their workday outdoors in summer sun)
- ◆ Education about Depression, including educating management and supervisors on the signs and symptoms of depression
- ◆ Breast Cancer awareness
- ◆ Diabetes screening and education
- ◆ Cardiovascular programs (walking, nutrition, etc.)
- ◆ Aerobics and exercise (options to use gym facilities)

And much more. It is a great award winning wellness model. Be sure to check it out, and be sure to take the time necessary to assist your industrial client in knowing what the specific needs of the workforce are before proposing a wellness program.

"Selling a service or product to a customer just because you have the best service or product around, is about as intelligent as selling gold-filled turtle shells to snakes."

"Sell someone the moon if you can. But be sure they even need the moon in the first place or it quickly evolves into a sore thumb instead."

- Anonymous quotes



**Occupational Health and Applied Ergonomics Diplomate Program
DVD Order Form**

36-Hour Introductory Module*

\$275 for each 12-hour Session (Inquire for student or new doctor discounts)

Session 1: The Role of Chiropractic in Occupational Health Current statistics show that most of the injuries that occur on the job involve the neuromusculoskeletal system. Who knows how to prevent and treat these conditions better than anyone else? You, the chiropractor. Find out how you can translate your chiropractic skills into prevention and improved clinical case management of work and non-work related disorders. Discover how corporations are rapidly expanding a more conservative, prevention-driven approach to workplace health and wellness. **Joseph J. Sweere, DC, DABCO, DACBOH, FICC**

Session 2: Learn How to Promote Services with an Emphasis on Industrial Relations Discover what it takes to create profitable relationships with business and corporate employers. Real-world examples and proven techniques will be explored. **Scott Bautch, DC, DACBOH**

Session 3: DOT Drug Testing and Alcohol Screening Certification and DOT Physical Exams. You will become certified for official recognition to perform U.S. Department of Transportation screenings for your industrial clients and the general public. Discover how quickly and easily you and your staff can add this service to your practice and how by providing one of these services opens the doors for providing a host of services to industrial clients. **Elizabeth L. Auppl, CDSP/T, CASP/T; and Joseph J. Sweere, DC, DABCO, DACBOH, FICC**

First Name Middle Initial Last Name

Address

City: State: Zip:

Office Phone: Email Address:

States of License: License #

Payment Options:

Amount Paid \$ _____ Check #: _____

____ VISA ____ MC Card #: _____

Exp. Date: _____ Signature (required): _____

Check with your state licensing board(s) for approval of distance learning toward license renewal credits. The DVD format is approved by the ACBOH so you can earn hours toward the diplomate.

*** To order the complete Phase 1 package – contact Diana Berg or Jennifer Bell at 952-888-4777 ext 249. Diana or Jennifer can give you the details as well as the pricing for the package.**

From: Occupational Health Briefs, Publ. ACA Council on Occupational Health (ACAOH), Summer 2008.