The right care at the right time

Most injured workers recover and return to their jobs. The best and quickest recoveries happen when the injured worker gets the right care at the right time.

The right care

The right care, as decided by the health care provider, may include things like testing, medication, therapy, referral, surgery and return to modified work. Often, the worker may have several types of care at the same time.

The right time

The right time is anytime care is needed — at any stage in recovery. By watching the worker’s progress, the health care provider can see when testing and specialized treatment may be needed. We can arrange to have the right care available as soon as possible or when the injured worker is ready for it.

Return to work

Return to work is an important part of a worker’s recovery. A return to the normal routine of work and support from the employer and co-workers promotes faster healing.

A working partnership

There is a partnership at work to return injured workers to their normal activities as soon as safely possible.

If an injured worker is not recovering as expected, each of the partners must accept responsibility and take action:

- The primary practitioner makes decisions about the worker’s treatment and adjusts the worker’s restrictions as recovery progresses.
- The WCB monitors the worker’s recovery and arranges advanced assessment and treatment with the primary practitioner.
- The employer changes the worker’s duties to allow a return to work as soon as it medically is safe, and continues to change those duties as recovery progresses.
- The worker takes an active role in recovery by cooperating with medical treatment and return to work.

Working together, these partners do what needs to be done to provide the right care — including return to work — at the right time.

For more information, see our Recovery and Return to Work for Injured Workers brochure or visit www.wcbsask.com.
Primary assessment & treatment

Normally, one health care provider will make the decisions about an injured worker’s treatment at every stage of recovery. This primary practitioner can be a family doctor or nurse practitioner, a chiropractor, dentist, optometrist or physiotherapist.

The primary practitioner:

- Assesses the injury and develops a treatment plan;
- Lays the groundwork for early return to work by providing the worker a list of restrictions and shares this list with the employer;
- Asks the WCB to arrange diagnostic tests, specialist appointments and surgeries, as needed;
- Asks that the worker be moved directly to advanced assessment and/or treatment, if needed; and
- Monitors each stage of the worker’s recovery.

Most injured workers need only primary level treatment before returning to work. Only a few need advanced care. Almost all workers can return to some type of work while they recover.