

# **Occupational Health: The Continuum of Care in Addiction Recovery Return to Work Compliance Monitoring for Safety Sensitive Employees**

Category: Poster Presentation (In-Person)

## Abstract Body

Compliance Monitoring is an extension of Occupational Addiction Medicine and is grounded on the principle that treatment is effective and addictions are chronic. Like other chronic diseases, it takes long term management to achieve long-term success in recovery.

An Independent Medical Evaluation (IME) by a Medical Addiction Evaluator is the foundation of a comprehensive compliance monitoring program. Relapse Prevention Agreements are developed by translating the recommendations from the IME into the terms of a compliance agreement.

After completing primary treatment, individuals may be ready to return to work in their safety sensitive position. Compliance Monitoring as the next step on the continuum of care for recovery serves a dual purpose; it requires the employee or claimant to assume responsibility and accountability for their ongoing recovery while also providing objective third party assurance that risk and liability in the workplace is significantly reduced or mitigated.

Compliance Monitoring is much more than simply a drug testing program, and the various components of a comprehensive program form the key elements to support a successful recovery and return to work for individuals in safety sensitive workplaces.

The goal of this poster presentation is to show how the efficacy of occupational medicine as it relates to addiction medicine can be enhanced by building a comprehensive Relapse Prevention Agreement based on the recommendations made by a Medical Addiction Evaluator in an Independent Medical Evaluation.

1. McLellan T, Skipper G, Campbell M, DuPont R Five year outcomes in a cohort study of physicians treated for substance use disorders in the United States *British Medical Journal*. 2008; 337

Key Words (Max 5)

- Occupational Health
- Other
- Recovery
- Substance Use Disorders (general)

#### Learning Objective #1

Understanding that treatment alone is often insufficient for successful recovery, and how compliance monitoring is the next step on the continuum of care for employees diagnosed with a substance use disorder.

#### Learning Objective #2

Compliance Monitoring is more than simply a drug testing program, and the various components of a comprehensive program form the key elements to support a successful recovery and return to work for individuals in safety sensitive workplaces.

#### Reference #1

McLellan T., Skipper G., Campbell M., DuPont R. Five Year Outcomes in a Cohort Study of Physicians Treated for Substance Use Disorders in the United States. Vol. 337, No. 7679 (Nov. 15, 2008), pp. 1154-1156. British Medical Journal

#### Reference #2

Smiley, R. and Reneau, K., Outcomes of Substance Use Disorder Monitoring Programs for Nurses. Journal of Nursing Regulation (2020)11(2),28-35.

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