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## FREQUENTLY ASKED QUESTIONS ABOUT THE CHIE PROGRAM

### What is the CHIE Program?

The Comprehensive Head Injury Evaluation (CHIE) Program is a multidisciplinary treatment program which consists of clinic-based assessments exploring any cognitive (thinking), physical, functional or work-related difficulties that you may be experiencing as a result of your concussion/head injury.

The Program is 5 to 10 business days. On average, you will spend up to 7 days at Back in Motion. Towards the end of your CHIE Program, your treatment team will meet with you to discuss what will happen after the program (i.e., further treatment or return to work). Further treatment recommendations will vary depending on individual needs, and the treatment team will work together with you to find the best plan.

### What is the purpose of the CHIE Program?

The purpose of the CHIE Program is to:

- Assess issues or difficulties you may be experiencing as a result of your concussion/head injury
- Provide you with strategies to better manage your symptoms, improve your cognitive (thinking) and physical function, and promote recovery from your injury

The treatment team will work with you and the people involved in your rehabilitation, to find the best solution for you to return to work with support.

### Who will be working with me in the CHIE Program?

The CHIE treatment team includes:

- Occupational Therapist
- Neuropsychologist
- Physical Therapist
- Physician

In addition to these core team members, a range of other rehabilitation professionals provide services to clients in the CHIE Program. These include:

- Kinesiologist (a specialist in exercise physiology)
- Speech-Language Pathologist
- Psychologist or Clinical Counsellor

The different members of the team are able to address different aspects of your concussion/head injury, and will work together with you to make shared decisions about your rehabilitation goals and activities.

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## What will I be doing in the CHIE Program?

Your CHIE Program will consist of the following:

- Assessments exploring the following:
  - Cognitive (thinking) ability
  - Physical ability
  - Functional ability
  - Work-related difficulties
- Trials of general and injury-specific exercises, including:
  - Stretching, strengthening and cardiovascular exercises
  - Balance exercises
  - Cognitive (thinking) exercises
  - Work simulation exercises
- One-to-one or group education on topics such as:
  - Self-management of pain and headache symptoms
  - Mood management
  - Brain injury
  - Sleep
  - Memory and concentration
- Group relaxation sessions
- One-to-one sessions with the Clinical Counsellor (as needed)
- Appointment with the Program Physician (as needed)
- Job Site Visit (as needed) to confirm your job demands and to explore return to work options

The treatment team will customize your CHIE Program to address your needs and circumstances, and create strategies and plans with you to support your return to work.

## What are the timeframes for the CHIE Program?

- Monday to Friday
- Up to 6 hours per day (8:30 am - 2:30 pm)
- 15-minute coffee break and 30-minute lunch break
- In unique circumstances, and with approval from your Case Manager, there may be flexibility to this schedule

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### **Am I involved in decisions about my CHIE Program?**

Yes, you are involved with decisions in your CHIE Program. You are the expert on the job you will return to, so we will work with you to figure out the best options for your return to work.

While there are timeframes and return to work expectations set by WorkSafeBC, we will work with you to provide support and alternatives.

You are invited to give feedback on the CHIE Program through individual meetings, suggestion boxes, and surveys.

### **How does the CHIE Program communicate with my family doctor?**

When you begin CHIE, your family doctor will be sent a letter to let him/her know that you are in the CHIE Program. As well, your family doctor will receive a copy of all reports from the CHIE Program. After receiving the report, your family doctor will have an opportunity to communicate with us if he/she has any concerns about your participation in the CHIE Program. When necessary, a member of your treatment team will communicate with your family doctor to update them on your progress and ask any questions as needed. If any medical issues (not related to your injury) arise during the Program, a member of your treatment team will contact your family doctor.

### **What if my doctor doesn't think I'm ready to go back to work?**

Any return to work plans developed with you in the CHIE Program will be sent to your family doctor. If there are any changes suggested by your family doctor, we will review that information, and communicate with your doctor to ensure that we are working together. We will provide the support you need to return to work safely and successfully.

### **Will you talk to my employer?**

The Occupational Therapist will speak with you regarding your work, and gain your consent to contact your employer. The Occupational Therapist will contact your employer to confirm job demands, explore return to work options and available supports at the workplace, and communicate recommendations from the CHIE Program.

### **Who gets a copy of my CHIE Program Reports?**

With your consent, the Intake, Progress, Discharge, and Job Site Visit Reports are sent to your Case Manager and family doctor.

### **Does Back in Motion work for WorkSafeBC?**

No, Back in Motion is a private company providing rehabilitation services to a variety of organizations. Back in Motion has contracts with WorkSafeBC to deliver several programs. Our clinical opinions and recommendations are based on the observations and measurable findings of the treatment team. All of our staff members are employed by Back in Motion.