



**Injury Management Consultants (IMCs) are medical practitioners who are appointed by the State Insurance Regulatory Authority (SIRA). They have specialised skills in workplace injury and rehabilitation that can help you and your treating doctors plan your return to work.**

## **Why have I been referred to an Injury Management Consultant?**

Work-related injuries sometimes require complex negotiations between you, your treating doctor, other treatment providers, your employer and the Insurer (CMI).

The Injury Management Consultant will work together with everyone involved in your claim to help overcome any problems or difficulties associated with your return to work. They will also help to develop a clear plan around suitable duties and timings to make your return as safe and durable as possible.

*It is important to note that the Injury Management Consultant will not provide any treatment; they will not provide an opinion with regard to liability; and will not take the place of your treating doctor.*

Before making a referral to an Injury Management Consultant, your case manager will:

- Discuss the referral with you.
- Invite you to participate in a file review.
- Offer you a face-to-face appointment if you wish to be involved.

## **How will an Injury Management Consultant assist me?**

In order to fully understand your claim and develop the best return to work solution for your needs, the Injury Management Consultant may:

- Conduct a file review of your medical and rehabilitation reports provided by CMI.
- Examine you if you've been asked to attend an appointment. This is your opportunity to participate further in the development of your return to work plan.
- Talk with your employer or visit your workplace to gain an understanding of your role and other tasks that may be offered throughout your recovery to match your fitness for work.
- Talk to your treating doctor. They may also talk with other treatment providers, such as your physiotherapist, to discuss a treatment plan that will further assist your return to work.
- Reach agreement with your treating doctor about work that is suitable now and promote a plan to assist your final return to work goal.
- Provide a report outlining all of the above to your treating doctor and case manager.



### **What do I need to do?**

- You must attend any appointment on time, as arranged by your case manager. If you do not attend the scheduled appointment, your right to receive weekly benefits may be suspended until the examination takes place.
- You may be accompanied by another person during the assessment if the Injury Management Consultant agrees.
- Discuss as much detail about your injury and treatment as possible. Take any scans and medical reports for the Injury Management Consultant to review. Answer questions to help determine the best return to work options.
- Wear clothes that are comfortable to be examined in.
- Cooperate with the Injury Management Consultant during the examination, but let them know if something they ask you to do causes you pain.
- Discuss details of your job before the injury.
- Discuss duties that have been made available, or may be available to you.
- Provide contact details of the person in your workplace who is able to discuss your work duties (e.g. Health & Safety Coordinator, Return to Work Coordinator).
- Discuss the report with your treating doctor once it has been received.

Reasonable costs such as travel and meal allowances associated with your attendance at the appointment will be considered by CMI. Please discuss these further with your case manager.

### **What happens after I meet with the IMC?**

The plan outlined to assist your return to work will be coordinated by your case manager once the report has been received.

A copy of the Injury Management Consultant's report will be provided to you after a file review or face-to-face consultation.

If there has been no agreement between your treating doctor and the Injury Management Consultant, your case manager will talk with you about what you should expect next.

If you have any concerns before, during or after this assessment please contact your case manager who will discuss these concerns directly with you in an attempt to resolve them.

### **For more information**

You can find more information about Injury Management Consultants on the SIRA website: [www.sira.nsw.gov.au](http://www.sira.nsw.gov.au) or contact your CMI case management team.