

Specialty Spotlight Spring, 2019

Market Movements

Maximizing Alternatives in Pain Management

Pain Management, which can be an unmanaged path of “fix me” solutions, should be balanced, individualized, multi-disciplinary and multi-modal. Physicians are encouraged when treating chronic pain to use treatment options like acupuncture and meditation, as opposed to prescribing opioids, but blending these add-on approaches with the right physical fitness will help injured workers get functionally better with the most lasting impact. Yoga and pilates support the evidence-based model, but must be approached from a progressive standpoint with adequate instruction (to not induce injury). This is even true for aquatic therapy, a physically low-level intervention that is ideal for the joints and shoulders of those who are very weak and deconditioned.

Payers expecting a return on investment through a wellness trial involving these solutions need injured worker compliance and motivation, measurable functional improvement and a decrease in medication use and surgery (i.e. the “illness model”). Replacing injured worker dependency on pills with physical activities improves mental attitude, overall happiness and lends to lasting symptom relief.

Source: Steven Moskowitz M.D., Senior Medical Director, Paradigm

X-Ray Vision: The Surgeon Superpower

Microsoft and Philips have developed an augmented reality platform for image-guided, minimally invasive surgeries. The HoloLens 2 headset features voice recognition, real-time eye tracking, advanced gestures and translucent holographic lenses, allowing the wearer to see beneath the skin before making an incision. The image-guided platform allows physicians to see the real world superimposed with live data and 3D medical imagery that is needed to guide precision therapy.

Source: Becker's Hospital Review

Building a Better Joint

Dr. Marc Jacofsky, Chief Scientific Officer for The CORE Institute (a Paradigm provider), is leading groundbreaking experiments with cadaver joints and robotic motors to more realistically study how joints move — especially where there are limitations due to injury and ultimately implant hardware application. By attaching robotic motors to the muscles, the unique anatomy of the donor can be recreated. The data being gathered is improving the design of shoulder, hip and knee prosthetics, as well as informing the rehabilitation process.

Source: The CORE Institute



Did You Know?

Amazon: From A(SC's) to Z

The convenience of placing an order effortlessly, and at a lower cost, is quickly moving into the healthcare industry. Unlike hospitals with fixed contractors managing inventory, smaller and more nimble Ambulatory Surgical Centers (ASC's) can make faster choices to change an existing vendor and utilize the expediency of e-commerce. By collaborating with companies like Amazon, distribution expenses can be eliminated and surgical supplies can be ordered at a fraction of the cost.

Source: Becker's ASC Review

Offering VIP Treatment to PIP Cases

The Michigan No Fault Auto Liability (PIP) marketplace is ripe with opportunity for many payors. For injured workers covered by these plans, our Post-Acute Care provider network ensures that:

- ▶ Catastrophically injured patients experience cost-effective care outcomes with top-tier clinicians.
- ▶ Cost savings are achieved at below chargemaster discounts.
- ▶ Payor rights to reimburse providers and use retrospective bill audit are advocated for under all relevant Michigan statutes and laws.
- ▶ Existing loss cases can be managed through network providers or new Single Case Agreement relationships.

Source: Stan Smith, Senior Vice President, Paradigm Specialty Networks

Watchlist Focus

Using AI to Counter Work Comp Fraud

From bogus claims to suspect brokers, insurance fraud costs companies and their customers more than \$40 billion a year, the FBI estimates. Using artificial intelligence (AI) to identify inconsistencies and unusual patterns is quickly becoming the standard for insurance companies. Sophisticated AI tools can spot complex patterns of connected people filing similar claims (perhaps with overlapping networks of doctors or lawyers), about injuries from deliberately staged accidents. The result: improved turnaround times for settlement and payment.

Source: Fast Company



Ask a Provider

Addiction Recovery Insights

Substance abuse in the workplace has increased dramatically over the last 20 years. Often, these issues evolve from the medical treatment of a work-related accident. Paradigm Specialty Networks provider Kacie Sasser offers her insights on this trend:

Q How has the opioid crisis impacted absenteeism, workplace accidents and productivity?

A Workers who are impaired tend to have a much poorer work record. Surprising to some, nearly 70% of those who abuse substances are employed and active in the workplace.

Q What red flags may employers notice that would help claims professionals investigate an injured worker's need for addiction therapy?

A These triggers may include, but are not limited to:

- ▶ Prescription history (medication, dosage)
- ▶ Behavioral changes, especially after work breaks
- ▶ Unexplained absences and changes in appearance
- ▶ Errors in work and impaired judgement
- ▶ Frequent accidents or emergencies

Q Are we currently winning or losing this battle?

A As we continue to focus on the disease of addiction, we are opening the door for recovery opportunities and more supportive environments. I would see this as a definite win. We have also placed comprehensive regulations on medical providers with respect to prescribing controlled substances.

Source: Kacie Sasser, ARNP, MSN, FNP-C, CARN — Sr. Director of Medical Services, Lakeview Health; The Substance Abuse and Mental Health Services Administration



Company News

Provider Welcome

Paradigm Specialty Networks is proud to announce the addition of the following leading Physician Groups to its Orthopedic and Spine Care Management Program:

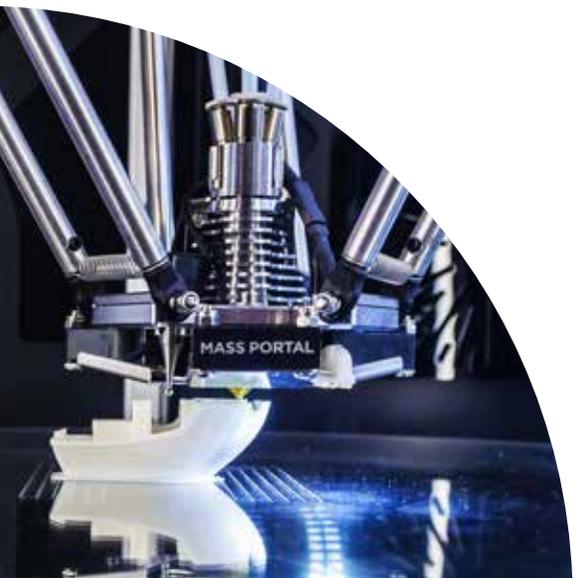
- ▶ Beaufort & Hilton Head Orthopaedic Specialists (SC)
- ▶ Orthopaedic Specialists of North Carolina (NC)
- ▶ Watson Clinic (FL)

Industry Development

Implants on Command: 3D Printing

The 3D printing technique is quickly becoming a convenient way for surgical providers to create (on the spot) necessary implant devices for surgical procedures from the comfort of their own facilities. This approach saves considerable time on manufacturing and distribution costs. These 3D printed implants are mostly being used in orthopedic and cranial procedures, but also as replicas for training purposes. State regulations are moving swiftly to control the appropriate use of 3D printed implant devices, and the FDA is also closely monitoring this significant market disruption.

Source: Radiological Society of North America



Statistics Central

Orthopedic Site of Care Shift & Impact

The number of ASC's offering outpatient joint replacement surgeries:

2014: 25

Current: 200+

The number of hip and knee joint replacement surgeries performed in an outpatient setting:

2019: 1.1 million

2026 estimate: 1.9 million (73% increase)

Savings for commercial payers based on moving surgical procedures from an inpatient setting to an outpatient setting (Centers for Medicare & Medicaid Services):

\$2.5 billion annually

Sources: Advisory Board, Ambulatory Surgery Center Association, Vizient

Better Outcomes for All

The Best Specialists, the Best Results.

In December 2018, the Paradigm family of companies was rebranded and reorganized to offer the most comprehensive services in workers' compensation across the continuum of care:

Paradigm Catastrophic Care, formerly Paradigm Outcomes, continues to manage catastrophic injuries.

Paradigm Complex Care, formerly The Alaris Group, Encore Unlimited, Restore Rehabilitation and advisory solutions from Best Doctors, Inc., offers unmatched case management services.

Paradigm Specialty Networks, formerly Adva-Net, ForeSight Medical and Encompass, delivers surgical implant cost containment as well as provider network solutions for: orthopedic and spine care, comprehensive pain, post-acute care, addiction recovery and behavioral health.

For more information, please contact:

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Paradigm Cares Corner

Kids' Chance of America and Paradigm share a mission to reach more people and improve more lives. As its largest corporate sponsor, Paradigm is committed to helping children with parents experiencing a catastrophic work injury. Paradigm is also a proud sponsor of The Alliance of Women in Workers' Compensation. This unique organization brings together an entire industry of professional women to work together for the common good.

Kids' Chance
Educating Children of Injured Workers

**THE ALLIANCE OF WOMEN
IN WORKERS' COMPENSATION**