



# INSIDE SRHS

A NEWSLETTER FROM THE CORPORATE HEALTH STAFF  
OF SPARTANBURG REGIONAL HEALTHCARE SYSTEM

January 2019

## WHAT'S INSIDE

### New Team Members

We welcomed several new members to our team this Fall! Dr. BJ Catron, board-certified in orthopedics will primarily see patients at our Westside office on Reidville Road. We hired Angie Tezza, Nurse Practitioner to serve patients onsite at one of our client's workplace clinics.

### Scheduling Tips

New Hire Registration Paperwork, and individualized packets for your recruiting needs. Mass hiring? Call us to block appointments in preparation for job fairs, acquisitions, or temp to hire scenarios.

### NEW DOT Regulations

Diabetes considerations with DOT drivers... Please note, we have recently updated our employer and employee guides regarding DOT examinations in our office. The newest DOT exam form and diabetes assessment form are located here too. Find these documents in the documents section of our webpage. [www.SpartanburgRegional.com/CorporateHealth](http://www.SpartanburgRegional.com/CorporateHealth)

### Hearing Conservation Program

OSHA compliant testing and training. Also available onsite for a minimum of 40 employees.

### Office Ergonomics

Learn how we can help you improve your employee engagement and efficiencies by addressing ergonomics in the workplace.

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## We value your feedback.

So much so we would like to encourage your feedback. One client along with one of your teammates will be invited to join two of our team members for a lunch at Cribbs in Spartanburg or California Dreaming in Greenville. We will select a survey respondent every month during 2019. After completing the survey please send Abby [arussell@srhs.com](mailto:arussell@srhs.com) a screen shot of the completion page or include your contact information to be included in the Free Lunch Drawing!

Please submit your feedback via the following Survey Monkey link:  
<https://www.surveymonkey.com/r/CorpHealthFeedback>

**FREE LUNCH, FOR TWO!**

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## Corporate Health Holiday Schedule

### Occupational Health Westside & Pelham Offices:

Tuesday, January 1<sup>st</sup> - Closed



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## Join us in welcoming our newest Providers!

### **BJ Catron, MD** Physician

Dr. BJ Catron joins the Spartanburg Regional Corporate Health team providing patient care in our occupational health clinics. He joins us after 20 years of experience as an orthopedic surgeon. His orthopedic knowledge and skill will be invaluable to our team and most certainly enhance the customer experience. Dr. Catron shares that each workplace injury involves a methodical and careful approach to ensure the patient recovers properly so he or she can return to work quickly.

Dr. Catron is a graduate of University of Kentucky's College of Medicine. His certifications include board certification by the American Board of Orthopedic Surgeons, fellow of the American Academy of Orthopedic Surgery, as well as member of the American College of Occupational and Environmental Medicine. He is a FMCSA Certified Medical Examiner with the USDOT, and certification eligible for Certified Medical Review Officer (MRO). Dr. Catron is excited to join the corporate health team and broaden his scope into other areas such as pulmonary and job fitness.



### **Angie Tezza, FNP-C, MSN** Nurse Practitioner

Angie finished her Masters of Science in Nursing as a Family Nurse Practitioner 2 years ago from South University in Georgia.

Angie brings experience in Internal Medicine as an NP, but also experience working in both of our Spartanburg Regional Healthcare System's Emergency Departments as an RN. Angie received her nursing degrees from USC Upstate. Her skills include managing both acute and chronic illnesses along with a passion for providing high-quality, patient centered, holistic care. Her desire to work with patients across their lifespan lends well to the on-site clinic model that our Corporate Health division serves to many Upstate employers; which is where Angie can be found on a daily basis.





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## Scheduling Procedures

Our patient registration paperwork is available on our webpage for download to allow employees to fill out some of the paperwork ahead of time expediting their visit in our clinic.

[www.SpartanburgRegional.com/CorporateHealth](http://www.SpartanburgRegional.com/CorporateHealth)

Also, consider reaching out to us if you would like our help in developing a new hire registration packet with all the pertinent forms for your new hire physicals. Arriving to the appointment with completed paperwork can increase efficiency and reduce appointment time duration. Please contact Abby, our Corporate Relations Manager at 864-560-4033 or [arussell@srhs.com](mailto:arussell@srhs.com)

We gladly work with our clients to set aside multiple appointments for mass recruiting or hiring efforts. We will make every attempt to meet your request as our schedule permits and ask that you provide a minimum of one (1) weeks' notice prior to the requested dates. For high volumes of physicals, more notice is appreciated. Please contact our Senior Practice Manager to inquire about scheduling multiple appointments at 864-560-9672.



## Hearing Conservation Program

We offer a robust and comprehensive hearing conservation program under the direction of our board-certified occupational medicine medical director. All audiometric testing is completed according to OSHA standards using the latest in Micor-Processor Audiometer Technology and our computer-based analytics program allows us to compare to baselines from prior years or data you provide in advance. We also offer annual hearing conservation training as required by OSHA.

If you are looking to provide on-site services in 2019 contact Ms. Ruby Tillotson, COHC at 864-560-9665 today to reserve your dates!

## Independent Medical Exams

Independent medical examinations (IMEs) are evaluations performed by an evaluator not involved in the care of the examinee, for clarifying clinical and case issues. IMEs are an important component of workers' compensation systems and are also used to clarify other disability or liability associated cases. Impairment evaluations are often used to provide a more objective understanding of the impact of an injury or illness. The quality of examinations and examiners varies widely, and it has been often difficult to identify skilled, thorough and unbiased examiners, especially before an examination.

We are fortunate to have two Certified Independent Medical Examiners in our office; that have many years of experience providing IMEs ranging from simple to complex cases and are certified by the American Board of Independent Medical Examiners (ABIME). Training is provided by several professional societies, however before ABIME there has been no national quality certification process. ABIME certification was created to establish and maintain standards of conduct and performance among independent medical examiners. ABIME is recognized by the American College of Occupational & Environmental Medicine, which sponsors state-of-the-art training courses in impairment & disability evaluation.

If you would like more information or to schedule an IME, please call 864-849-1948.





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## DOT Exams - New Diabetes Guidelines!

FMCSA published a Diabetes Standard final rule on September 19, 2018 (83 FR 47486). The rules are effective November 19, 2018 and apply to insulin treated diabetes mellitus individuals and grandfathered drivers.

### Key points:

FMCSA wishes not to exclude drivers with diabetes that require insulin as long as requirements are met. Drivers must certify every 12 months if taking insulin.

Waivers or Exemptions are no longer accepted, and the Certified Medical Examiner (CME) must determine qualification with input from the treating clinician. This means drivers must see their treating clinician first and have the 'ITDM Assessment Form, MCSA-5870' completed and provide this form along with your glucometer reading log to the CME. The evaluation by the treating clinician and the subsequent assessment form is valid for 45 days. Disqualification occurs if:

- Unstable insulin regimen is present
- Diabetes mellitus is not properly controlled

The provision for diabetes grandfathered drivers will be removed November 19, 2019.

## DOT Exam Guidelines

Our providers offer comprehensive DOT physical examinations that follow the medical recommendations and guidelines set forth by the Federal Motor Carrier Safety Administration (FMCSA). To better serve you, we have created documents to assist you, the employer and your prospective or current driver of what to expect when visiting us for a DOT exam. Copies of both are available on our webpage:

[www.SpartanburgRegional.com/CorporateHealth](http://www.SpartanburgRegional.com/CorporateHealth)

Keep in mind, that until further notice all drivers will receive the long form and large copy of the pocket card to submit to the DOT. The DOT is no longer supporting the pocket cards, and therefore we will not use pocket card until they are revised and updated.

## Office Ergonomics

There are several mechanisms for performing office ergonomic assessments that range from 1-on-1 evaluations to software-based tools. In general, most companies find it beneficial to provide an office workstation educational component followed by an assessment or follow-up and correction component. Our preferred mechanism involves an interactive group-based education format that is followed by registration for individualized assessment and ergonomic adjustments at the associates work station. However, there are currently many software vendors who offer the ability to do both while an associate is at their office workstation. These software options essentially use decision algorithms based on associate interactive responses to determine if a workstation is, or has been converted to, an ergonomic workstation. In the event a non-ergonomic situation still exists after completion of the interactive software module, the software will typically trigger an individualized in-person or online follow-up. Both approaches are effective and have their advantages. Software based interventions tend to be more efficient and allow for potentially valuable aggregate data reporting on a large scale whereas non-software-based interventions tend to be better at addressing more difficult or multifactorial concerns.



## Why Consider Ergonomic Evaluations?

Most employers are ultimately still paying for the medical management of conditions that are negatively affected by poor office design and ergonomics due to being self-insured or otherwise partially funded benefit plans. Additionally, there is significant research supporting increased employee engagement, attendance, and efficiencies when office ergonomics are addressed in the workplace.

Please contact Brent Webber, PT for more information:  
[bwebber@srhs.com](mailto:bwebber@srhs.com)