



OCCUPATIONAL HEALTH **BEST PRACTICES**

WORKING TOGETHER TO KEEP PEOPLE WORKING

Structured Intensive Multidisciplinary Programs Interpreter Training June 2026

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Structured Intensive Multidisciplinary Program (SIMP)

- Also known as “pain clinic” or Interdisciplinary Pain Rehabilitation (IPR) for the treatment of chronic pain
- Programs are 5 days per week, 6 to 8 hours days for 2 to 4 weeks in duration
- Medical services are coordinated, goal directed, team based, and may include
 - Physical and occupational therapy exercises to increase flexibility and strength.
 - Educational classes that include topics on pain, how to manage and function with pain, exercise techniques, strategies to improve sleep, and how other factors impact and contribute to pain.
 - Relaxation training.
 - Work with a vocational specialist to develop return to work goals and a vocational action plan.
 - Visits with a physician to optimize pain and medication management.



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SIMP Principles

- The goal is to have multiple services at one location under one roof
- It provides thorough evaluation and treatment for chronic pain
- Includes regular team meetings amongst the providers and constant communication to focus on common goals developed in collaboration with the patient
- Treatment is adjusted based on the assessment and care of team members



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Success = Worker Participation

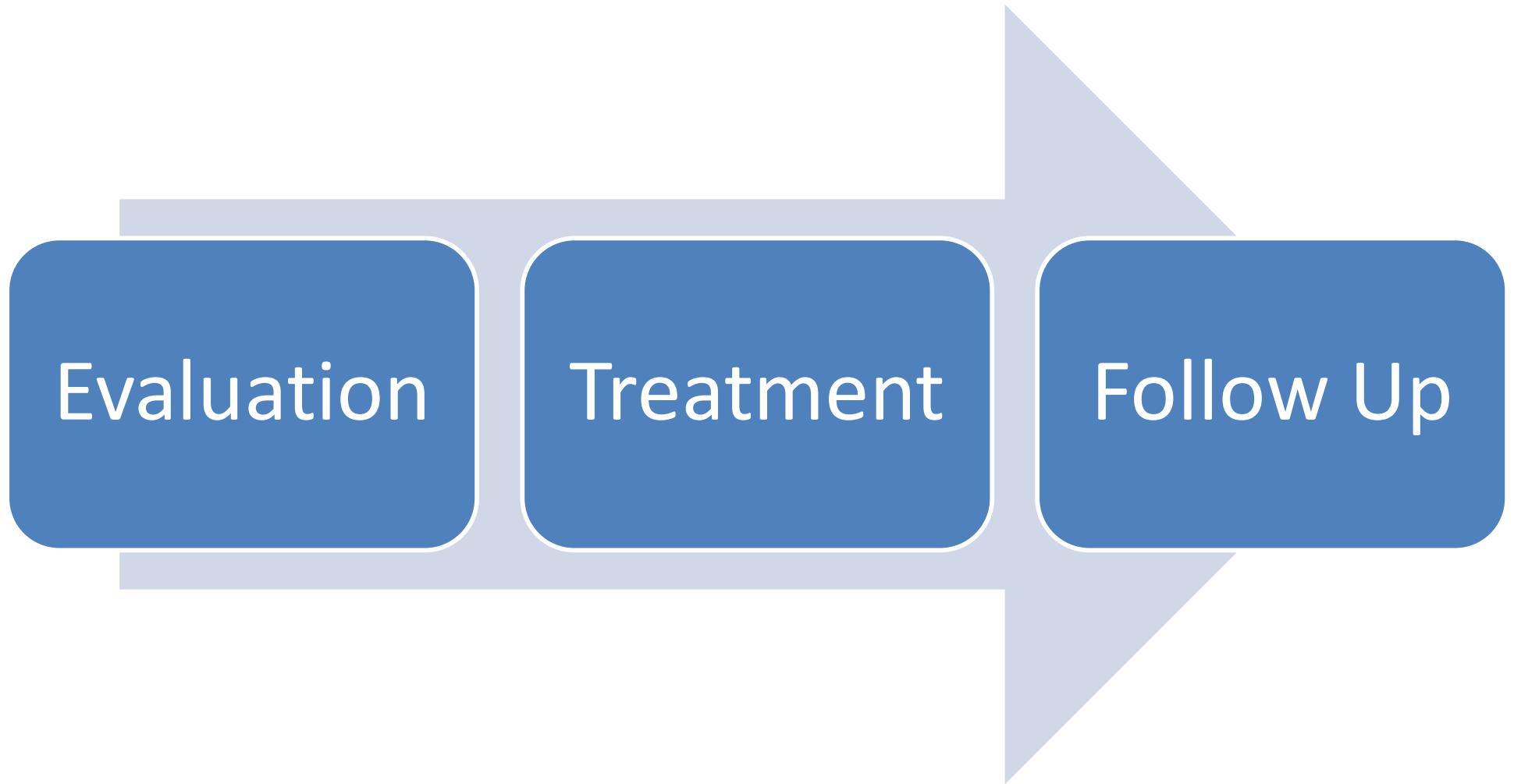
- The program is designed for painful injuries or medical conditions that interfere with return to work and activities of daily living.
- Treatment is tailored to the worker's individual goals and needs.
- SIMP is an intensive program that requires active participation and engagement, which are critical for success. It means commitment and participation every day, 6-8 hours each day, for the 2-4 weeks of the program.
- The goal is not to cure or eliminate a worker's pain, but **to help the worker learn to manage pain symptoms and better participate in work and life.**



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3 Phases of SIMP



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SIMP Evaluation

- A team of health care professionals with expertise in pain including physician, physical therapist, psychologist, and vocational specialist will assess the worker to determine if they are able to participate in the program.
- The evaluation will include reviewing the worker's history and performing a physical examination.
- The team will work with the worker to develop individualized goals and treatment plan, so the worker is able to return to work and return to life.



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SIMP Treatment

- Treatment includes, but not limited to physical therapy, exercises to increase flexibility and strength, educational classes, visits with physician to optimize pain management medication, relaxation training.
- Vocational specialist will work with the worker to develop return to work goals and vocational action plan.
- The educational classes will include topics such as on pain, how to manage and function with your pain, exercise techniques to be active with your pain, strategies to improve sleep, nutrition and its impact on pain, stress and its relationship to pain, and how emotions can contribute to pain.



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SIMP Follow Up

- The worker may still have pain at the end of the treatment phase, but will have learned how to handle the symptoms when they arise and can participate and resume activities important to them.
- Not all workers will need SIMP follow up, but for those that do services can be face-to-face or non face-to-face
- It will include helping the worker to maintain the improvement made during the program by
 - Providing support for learned skills during SIMP treatment
 - Adjusting the worker's home and work environment to help with their chronic pain management and increase activity
 - Discussion with the attending provider, surgeon, other providers, the claim manager, insurer assigned vocational counselor, employer, or family and community members to support the worker
- We want the worker to return to work and return to life.



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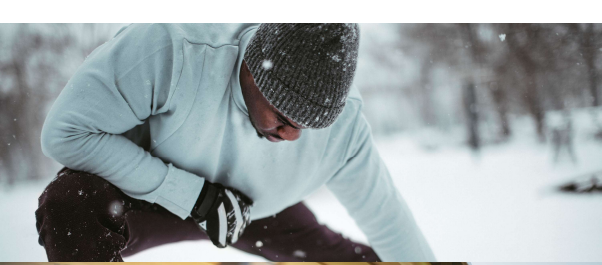
A Day at SIMP

- A day at SIMP can vary from worker to worker and day to day.
- It includes both group visits and individual sessions
- Typical group activities can include
 - Physical and occupational therapy exercises to increase flexibility and strength.
 - Educational classes that include topics on pain, how to manage and function with pain, strategies to improve sleep, and how other factors impact and contribute to pain.
 - Relaxation training.
 - Work with a vocational specialist to develop return to work goals and a vocational action plan.
- Individual sessions with a health care provider



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Return to Work and Return to Life



Language Access Provider/Interpreter Role

- Interpret what is said during a visit and ask questions if needed
- Accept assignments responsibly
- Respect confidentiality
- Follow the DSHS code of ethics, [WAC 388-03-050](#), and the ethics established by the certification/authorization you have obtained.
- Comply with [L&I's Incident Resolution Process/Quality Assurance plan](#)
- Comply with all safety and security requirements of the facilities you work in
- You will be assigned to a worker and follow them through the course of that day at SIMP.



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Questions?

For Policy Clarification:

L&I Interpretation Services: Interpretation@Lni.wa.gov

For appointment questions or technical assistance contact SOSi:

Phone: 1-888-224-6635

Email: Support@wordbridge.help



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