



Sincerity of Effort Testing

August 2007



News

Debra Lord wins ACE Award

Debra Lord was presented with the ACE Award for "Best Practices in Functional Testing" at the Worksteps Symposium in Cozumel, Mexico. She was recognized among over 500 providers for her excellence in the "3 D's":

Diligence, Determination and Dedication!

Congratulations Debra!!!

More News

Want to learn more about employment testing?

Lindee Greer, Training Director for Worksteps will be a featured speaker at the NC Worker's Compensation Educational Conference October 10-12 at the Sheraton Imperial, RTP, NC.

Visit the website:
www.comp.state.nc.us/ for more information.

JOB READY SERVICES

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How can you tell if an injured employee is being compliant with the rehab process? Do you have objective evidence available to you to determine whether the IW is being compliant? Traditionally, the FCE utilized Jamar dynamometer (grip test) testing to determine sincerity of effort. However, this test is only 70% reliable in detecting valid effort. Although it was intended to be an objective tool, it was shown to be limited to subjective interpretation.

New testing is now available that is 99.5% reliable in detecting inconsistencies in the subject's performance. The evidence is based on 7 testing criteria. Failing even 1 of these criteria indicates an equivocal effort on the part of the subject. Failing 2 or more criteria indicates significant evidence of non-compliance. Failing 3 or more criteria indicates a

1 in 1,000,000 chance that the subject is giving good effort. Failing 4 or more shows an unprecedented 1 in 10,000,000 chance the subject is giving good effort.

A lifting component of this new testing allows the evaluator to correlate lifting ability with a lift box as well as a lever arm. Prior to this type of testing, the subject could simply self-limit and refuse to lift more. However, a lever arm allows the evaluator to determine whether the subject's ability was consistent with demonstrated effort or if they had the ability to lift more than demonstrated. The information provided is reliable, objective and valid.

Sincerity of Effort testing can be a stand-alone test



or can be used in conjunction with an FCE. Strong objective evidence of sincerity of effort can be useful in facilitating case closure; allow for counseling the subject in repeating parts of the test to give better effort or simply documenting compliance.

Want to learn more about the FCE? Job Ready has an educational presentation entitled, "ABC's of the FCE" which has been approved for 1 hr of CE for adjusters and CCM. Contact us for more info.

UPCOMING EVENTS

Thursday, August 9

Job Ready office
Presentations:

Work Conditioning: Putting the Work into Rehab

Job Site Visits: Keystone for Safe Return to Work

(Approved by DOI for 2 hours of CE for adjusters)

RSVP: michelle.morgan@jobreadyservices.net

Thursday, September 13

Job Ready office
Lunch & Learn

(previously scheduled July 19):

"Non-Surgical Treatment of Degenerative Disc Disease" - Dr. Thomas Buchheit

NOTE: Now approved for CCM/CRC (1 hr)

Approved by AAOHN for 1 hr

Cost: \$10.00 (lunch & CEU's)

RSVP: michelle.morgan@jobreadyservices.net