

Steps to Success as a Designated Doctor (DD)

How to prepare for the training

Review the DD Supplemental Information at <https://www.tdi.texas.gov/wc/dd/documents/sipacket.pdf>.

This information will help you become familiar with commonly used acronyms and their definitions. The packet also contains:

- Rules specific to DDs.
- Texas Department of Insurance, Division of Workers' Compensation (DWC) contact information.
- Relevant Appeals Panel decisions.

Before attending a training course, print the presentation slides and exhibits if listed. On these printouts, you will be able to take notes and write down information from the training. If the training includes pre-course cases, review the cases and answer the case questions **before** the webinar. Use the *American Medical Association (AMA) Guides, 4th Edition* when answering the impairment rating (IR) questions. We will provide the answers during the training.

Schedule of training events

The only required training is the *DD and Certifying Doctor Required Certification Training*. All other webinar training events are optional. All webinars are interactive and live. They offer an opportunity to review and clarify information, ask questions, make comments, etc.

We strongly recommend that you attend the DD 101 Webinar before attending the DD Required Certification Training. You can attend the Case-Based Webinar Series after the DD Required Certification Training.

You can find all webinar training information at <https://www.tdi.texas.gov/wc/dd/training.html>

Below are training events offered throughout year:

- 1. DD 101 Workshop** (optional) – This in person workshop touches on the basics of the DD's role in the workers' compensation system, including its fundamental concepts. Several

pre-course cases are presented to let doctors see what is addressed in an actual DD exam. DC, MD, and DO licensees earn eight hours of continuing education.

2. DD and Certifying Doctor Required Certification Training

- This training consists of prerecorded videos. **You must complete an attestation after viewing the videos.**
 - *Texas Workers' Compensation DD Process and Overview*. This video details processes, policies, and rules.
 - *Extent of Injury (EOI)*. This video explains the question of EOI and details the steps necessary to provide an accurate and legally sufficient answer.
 - *Return to Work (RTW) and MD Guidelines*. This video shows case scenarios, which provide examples of injuries, treatment, and results to show how to determine an injured worker's RTW status. Pre-course cases are provided for enhanced learning.
 - *Maximum Medical Improvement (MMI) and Official Disability Guidelines*. In this video, case scenarios demonstrate what to do with the medical records that are sent to you and what is pertinent in your history and physical examination of the injured employee to determine if they have reached MMI. Pre-course cases are provided for enhanced learning.
- DD Question and Answer Webinar (optional) – This is a live webinar. Faculty are present at this interactive webinar to answer questions on the content and concepts of the four prerecorded videos.
- Upper Extremity MMI and IR – This webinar explains methods for rating IR of the upper extremity. Pre-course cases are provided.
- Lower Extremity MMI and IR – This webinar explains methods for rating impairment of the lower extremity. Pre-course cases provided.
- Spine MMI and IR – This webinar explains methods for rating impairment of the spine. Pre-course cases provided.
- Non-Musculoskeletal (Non-MSK) MMI and IR – This webinar explains methods for rating some of the non-MSK injuries most commonly seen in the worker's compensation system.

3. **Case-Based Webinar Series – Modules 1-6** (optional) – This webinar contains a series of six separate modules, which offer more detail and opportunity for interactive dialog between attendees and instructors.
 - Module 1 – MMI
 - Module 2 – Spine MMI, IR, and EOI
 - Module 3 – Upper Extremity MMI and IR
 - Module 4 – Lower Extremity MMI and IR
 - Module 5 – Non-MSK MMI and IR
 - Module 6 – Non-MSK Traumatic Brain Injury
4. **EOI** (optional) – This webinar provides a detailed introduction to the DD’s role in addressing the issue of EOI. It includes important concepts and step-by-step guidance.
5. **MSK Workshop** (optional) – This is an in-person, live event. Objectives are to:
 - Understand and review information listed on the DWC Form-032, *Request for Designated Doctor Examination*.
 - Develop strategies to inform and direct the injured employee.
 - Learn and practice examination techniques.

When studying for the exam

1. Do the following steps to help you pass the exam:
 - Review the training PDFs and materials.
 - Review your notes from the webinars you attended.
 - Review presentations from the 2015 training. These are saved on the website for self-study at <https://www.tdi.texas.gov/wc/dd/training.html>.
- Option H.**
- Review the example cases in the *AMA Guides, 4th Edition*. Although *The Guides Casebook* for the 4th Edition is not adopted as an authoritative resource, it also has cases you can study.
 - Be familiar with the *AMA Guides, 4th Edition*.
 - Know DWC’s administrative timelines, rules, and regulations.

- Know how to determine the MMI date and calculate the IR.
2. Review the [DD Sample Certification Test Questions](#). This document includes an answer key that describes the concepts the test questions evaluate, and it explains the correct choice and why the other choices are not correct.

Testing

The DD Certification test is administered by our vendor, PSI, at multiple locations in Texas. When you are ready to test, review PSI's [Candidate Information Bulletin](#) for information on how to schedule your test and rules for the testing process.

Questions or concerns?

We are here to help! Contact us by telephone or email.

- Designated Doctor Education: desdoc.education@tdi.texas.gov
Telephone: 512-804-4765
- Questions about Certification: OMA@tdi.texas.gov
Telephone: 512-804-4766