

Case Studies

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BOOST RECOVERY CASE EXAMPLES

CASE STUDY #1

AB: FULL-TIME WAREHOUSE ASSISTANT

MEDICAL HISTORY

DOI: 21/1/21. Started BOOST 10 months post-injury. LBP from repetitive lifting at work – no significant pathology on scans. Highly distressed from pain and ongoing inability to work at pre-injury capacity.

RETURN TO WORK

START OF BOOST

3 hours x 3 days/week.
RTW upgrade plans paused due to distress.

MID-BOOST

4 x 6-hour shifts with imminent upgrade to upgrade to 4 x 7-hour shifts.

MEDICATION

Two x mood stabilisers, opioid pain relief, anti-inflammatory.

1 x low-dose mood stabiliser, no opioid use (occasional NSAID for flare-up support).

GOALS

To be able to help around the house, socialise with mates, walk 5km for exercise, **all significantly statistically improved.**

BOOST RECOVERY CASE EXAMPLES

CASE STUDY #1

AB: FULL-TIME WAREHOUSE ASSISTANT

ePPOC SCORES

 LOW / NORMAL RANGE  MODERATE / MID-RANGE  HIGH / SEVERE RANGE

MEASURE	START OF BOOST	END OF BOOST
PAIN INTENSITY (AVERAGE)	6.5	3
PAIN INTERFERENCE	5.5	1
DASS - DEPRESSION	8	0
DASS - ANXIETY	0	0
DASS - STRESS	20	2
PAIN SELF-EFFICACY	25	57
PAIN CATASTROPHISATION	22	0

OUTCOME: Despite becoming quite ill with COVID during the program, all outcomes in the low/normal range at end of BOOST.

BOOST RECOVERY CASE EXAMPLES

CASE STUDY #2

BJ: DISABILITY SUPPORT WORKER. UNABLE TO DRIVE CAR DUE TO PTSD.

MEDICAL HISTORY

DOI: May 2021. Started BOOST 6 months post-injury. Rolled scooter when car pulled out in front of her. Right upper leg weakness, numbness and pain, head injury and PTSD.

RETURN TO WORK

START OF BOOST

Certified unfit for work.
Barely leaving the house.
Unable to walk >2 min.
Reliant on walking stick.

END OF BOOST

Certified fit to RTW as carer (delayed due to COVID mid-program).

MEDICATION

No pain medication.

No pain medication.

GOALS


Walking >20 mins, no walking aids, driving car, grocery shopping, socialising with friends, **all statistically improved (some close to pre-injury capacity).**

BOOST RECOVERY CASE EXAMPLES

CASE STUDY #2

BJ: DISABILITY SUPPORT WORKER. UNABLE TO DRIVE CAR DUE TO PTSD.

ePPOC SCORES

 LOW / NORMAL RANGE  MODERATE / MID-RANGE  HIGH / SEVERE RANGE

MEASURE	START OF BOOST	END OF BOOST
PAIN INTENSITY (AVERAGE)	6	4.5
PAIN INTERFERENCE	9	4
DASS - DEPRESSION	24	8
DASS - ANXIETY	16	18
DASS - STRESS	26	12
PAIN SELF-EFFICACY	6	41
PAIN CATASTROPHISATION	41	21

OUTCOME: Improved pain, reduced interference, improved mood and confidence to increase function. **NOTE:** Anxiety increase due to breakthrough in exposure program. BJ drove her car for the first time!

BOOST RECOVERY CASE EXAMPLES

CASE STUDY #3

ME: FULL-TIME GROCERY AND SERVICE DEPARTMENTS

MEDICAL HISTORY

DOI: 08/04/21. Started BOOST 24 weeks post-injury.
L) knee twisting injury: meniscal tear + ongoing pain++

RETURN TO WORK

START OF BOOST

6 hours/week: 2 x 3 hour
shifts, seated positions
only.

END OF BOOST

9 hours/week: walking
for up to 30 mins/hour.

MEDICATION

Prescription non-steroidal
anti-inflammatory,
Panadol and Nurofen.

Occasional Panadol.

GOALS

To bend forward, squat, increase walking tolerance, play with
animals on farm, dance, **all significantly statistically improved.**

BOOST RECOVERY CASE EXAMPLES

CASE STUDY #3

ME: FULL-TIME GROCERY AND SERVICE DEPARTMENTS

ePPOC SCORES

 LOW / NORMAL RANGE  MODERATE / MID-RANGE  HIGH / SEVERE RANGE

MEASURE	START OF BOOST	END OF BOOST
PAIN INTENSITY (AVERAGE)	8.25	6
PAIN INTERFERENCE	9.1	3.4
DASS - DEPRESSION	22	4
DASS - ANXIETY	12	2
DASS - STRESS	22	10
PAIN SELF-EFFICACY	13	31
PAIN CATASTROPHISATION	42	19

OUTCOME: Mild/normal despite her pain intensity still being moderate - she got her confidence back!

BOOST RECOVERY CASE EXAMPLES

CASE STUDY #4

WM: ONLINE ORDER FULFILLMENT, LIQUOR STORE.
WORKING FULL TIME WHILST STUDYING.

MEDICAL HISTORY

15/07/21. Started BOOST 4 months post-injury.
LBP whilst lifting boxes. Disc bulge on scan. History of back pain
from a previous workplace injury (different workplace).

RETURN TO WORK

START OF BOOST

Not working - failed RTW
1 month post-injury.

END OF BOOST

Successfully
commenced RTW at
retail liquor outlet: 3 x
5-hour shifts/week.

MEDICATION

None.

None

GOALS

Driving > 30 mins (to get to work), sleep, studying, playing with dog,
diet improvements, **all significantly statistically improved (some
close to pre-injury capacity).**

BOOST RECOVERY CASE EXAMPLES

CASE STUDY #4

ME: FULL-TIME GROCERY AND SERVICE DEPARTMENTS

ePPOC SCORES

 LOW / NORMAL RANGE  MODERATE / MID-RANGE  HIGH / SEVERE RANGE

MEASURE	START OF BOOST	END OF BOOST
PAIN INTENSITY (AVERAGE)	6.5	1
PAIN INTERFERENCE	6	1
DASS - DEPRESSION	14	4
DASS - ANXIETY	10	0
DASS - STRESS	22	18
PAIN SELF-EFFICACY	17	50
PAIN CATASTROPHISATION	30	3

OUTCOME: incredible improvements across all domains!

BOOST

HEALTH LABS

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