



# BOOST Recovery Q&A

# BOOST RECOVERY: QUESTIONS & ANSWERS

## How is BOOST Recovery different to what Honeysuckle does?

BOOST Recovery is a plasticity-oriented rehabilitation program. BOOST Recovery coaches are skilled in helping injured people up-regulate or down-regulate their nervous system as required, to create the neuro-biological conditions required to achieve pain recovery.

When a person starts with BOOST, their coach focuses on understanding their systems. This knowledge helps the coach introduce new information and challenges, at the right time and in the right amount. Challenges are presented as experiments and they are co-designed by the person and their coach. They relate to activities the person has been unable to attempt alone. In between coaching sessions a person will experiment, using the strategies they've learned, which are reinforced by the Brain Changer app, and then report back at the next coaching session. Coaches help a person problem-solve and refine their experimentation, a process which results in reconditioning, increased confidence and with time and practice, recovery.

# BOOST RECOVERY: QUESTIONS & ANSWERS

## Does BOOST Recovery duplicate Honeysuckle's care co-ordination?

**NO:** BOOST Recovery provides pain-specific treatment recommendations for the Honeysuckle Injury Nurse Coordinator and claims teams to integrate into the person's broader care coordination plan.

## Why does the referral criteria include people from 8 weeks post-DOI, when some conditions can expect to have 'normal' pain symptoms up to 12-weeks post-injury?

12-weeks is used as a general guideline to distinguish between acute and chronic pain, based on 'usual healing timelines' for most tissues.

Heightened sensitisation can impact recovery timelines, regardless of tissue integrity.

The distinction between 'acute' and 'chronic' pain should always consider individual patient factors, the specific nature of the injury or condition, and ultimately your clinical judgment.

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**Can a referral be made even if the client is starting on new treatment?**

**YES:** BOOST can help optimise treatment outcomes by supporting an IP to actively desensitise their nervous system through ALL relevant means.

**Does the 'clock re-start' for the referral timeframe, if the client starts a new intervention, e.g. new medication?**

**NO:** Referral timelines should always be considered from DOI.

**Can a client commence the BOOST program while awaiting monitoring of a response to a new intervention?**

**YES:** Having a BOOST coach to help an IP develop active self-management strategies is incredibly helpful psychologically. It optimises the IP's sense of control and autonomy over the direction of their care. They're not just 'waiting around' to see if a new intervention works – they're actively contributing to their overall rehabilitation.

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Can a client be referred to the BOOST program while they are under the care of Pain Specialists?

**YES:** a BOOST coach will help a client incorporate recommendations from the Pain Specialist into their everyday recovery strategies. Again, this can increase the client's sense of autonomy as BOOST can help them develop more active self-management strategies – they're not just relying on limited contact with a Specialist to dictate the outcome of their recovery.

# BOOST

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