

END-PROGRAM REPORT



Name: [REDACTED] **Claim number:** [REDACTED] **Start date:** 21/06/23

Medical History & Diagnosis: [REDACTED] presented with ongoing left knee pain and swelling following a medial meniscus tear while stepping off a safety ladder in a warehouse on 19/09/22. The tear resulted in significant knee pain, limited range of motion, and swelling. [REDACTED] underwent two surgeries to address the meniscus tear. The first surgery was performed in December 2022, followed by a second surgery in April 2023. Following the initial surgery, [REDACTED] returned to work duties prematurely, which may have contributed to the persistence of symptoms and delayed recovery. [REDACTED] had been engaged in physiotherapy sessions and a self-directed exercise program including hydrotherapy and land-based exercises aimed at improving strength, stability, and range of motion of the affected knee joint. [REDACTED] reported intermittent episodes of knee pain and swelling, particularly after prolonged periods of activity.

[REDACTED] has finished the final stage of the BOOST Recovery Program with her pain coach, Physiotherapist Julia Di Kang.

RECOMMENDATIONS

1. [REDACTED] will benefit from continued lower body strength, endurance, balance and reactivity training, beyond knee pain-related rehabilitation.

STRENGTHS

These are factors that will be helpful for [REDACTED] continuing self-management towards recovery, either self-reported, or identified in her medical reports and outcome measures:

PERSONAL

- [REDACTED] has built on her existing health and wellbeing knowledge to establish effective and well-practiced self-management plans for independent use.
- [REDACTED] has made significant and meaningful improvements across all domains of her functional scale measures (see Appendix).
- [REDACTED] has repeatedly demonstrated her personal strength and resilience in conquering challenging situations related to progressing her knee rehabilitation.
- [REDACTED] has developed an extensive toolkit of useful mind/body regulation techniques that she is able to use to help manage pain, stress and sleep disturbances as they arise.
- [REDACTED] has improved her stress resilience significantly using ACT skills, such as awareness of and unhooking from unhelpful thoughts.
- [REDACTED] has reconnected with and discovered new meaningful activities including art and audiobooks that also form a helpful part of her flareup management plans for future use.

SOCIAL

- [REDACTED] has returned to her pre-injury work hours during the program.
- [REDACTED] has deepened her relationships with supportive family members even more in the past few months.

MEDICAL & HEALTHCARE

- [REDACTED] has returned normal scores in all domains of her pain-related outcomes measures (see Appendix).
- [REDACTED] sleep quality and quantity has improved significantly during the program, and she has a well-practiced sleep routine that she can utilise as a part of her ongoing pain self-management routines.
- [REDACTED] has used the self-management skills learned through BOOST to try new physical rehabilitation programs and make significant progress in knee strength and loading tolerance.
- [REDACTED] reports she has positive experiences with her health care team including her GP, physiotherapist and exercise physiologist.

CHALLENGES AND RISKS

These are factors that continue to affect [REDACTED] path to recovery, either self-reported or identified from her outcome measures. These may require ongoing support for [REDACTED] and her care team to ensure she continues to successfully progress towards living a full and active life:

MEDICAL

- [REDACTED] has reported medical issues with her kidney and liver as a side-effect of the anti-inflammatories taken to manage knee pain.

RECOVERY COPING SKILLS

- [REDACTED] will likely experience some continuing intermittent knee pain flare-ups as she continues to work through her pain recovery plans, and she can turn to her flare-up plan as needed.

POST PROGRAM ACTIONS

Throughout her time in the BOOST Recovery Program, [REDACTED] has learned new information and developed new skills to help her continue working towards her recovery. Looking to the future, [REDACTED] has plans and strategies to continue the following actions:

ACTIVE CASE MANAGEMENT

- In [REDACTED] remaining exercise physiology (EP) sessions, she will explore exercises to continue improving her left knee function, particularly in balance and reactivity. She will also continue to work towards achieving her physical activity guidelines of 150 minutes of moderate activity per week and two strength training sessions.
- While [REDACTED] has done very well to return to full work hours and improved function, she has not yet regained her pre-injury status and ongoing EP support would be beneficial.

SELF-MANAGEMENT SKILLS & STRATEGIES

- [REDACTED] will continue to schedule her days to align with her values and valued actions, which is an important thought and behaviour management skill she has learned with her coach.
- [REDACTED] will continue to seek out more social interactions, and challenge herself with new social experiences such as monthly art workshops.
- [REDACTED] will continue with daily techniques for nervous system regulation that have a positive effect on reducing sensitivity and pain symptoms.
- [REDACTED] will continue practising self-compassion and stress resilience techniques, as she has found them a helpful part of her work upgrading and wellbeing routines.
- [REDACTED] will continue her sleep routine to maintain sleep patterns that help her to feel rested and reduce the likelihood of pain flare-ups.
- [REDACTED] will continue to explore her interests including art, audiobooks and volunteering with causes [REDACTED] feels passionate about, such as animal welfare and youth mental health.

FUTURE GOALS

- For kidney and liver function to return to normal range.
- To feel safe and confident to balance and change directions on her left leg.
- To consistently achieve 150 minutes of moderate activity and two strength training sessions per week.

REPORTABLE OUTCOMES

CURRENT WORK STATUS

- [REDACTED] reports she has returned to working full hours in an office role.

CURRENT MEDICATION USE

- [REDACTED] has discontinued the pain medication she had been taking previously on medical advice related to her kidney and liver function.
- [REDACTED] reports taking the following medication:
 - Pantoprazole (proton-pump inhibitor to reduce stomach acid) 1 x 40 mg per day.

COMMUNICATION WITH STAKEHOLDERS

- A copy of this report will be sent to [REDACTED] treating medical team.

THIS REPORT COMPLETES THE BOOST RECOVERY PROGRAM.

APPENDIX – BOOST Program Scoring

PATIENT SPECIFIC FUNCTIONAL SCALE

This scale is a self-reported, patient-specific measure, designed to assess functional change, primarily in patients presenting with musculoskeletal disorders including persisting pain. It is scored out of 10, a higher score indicating higher function.

Significant positive change
 Non-significant positive change
 No change

Activity	Intake	Mid-Program	End
Feeling calm and stress regulation	3	6	8
Self-compassion	0	4	8
Sleep	6	6	8
Exploring interests	0	6	8
Regular physical activity	1	5	8
Average Score:	2	5	8
Significant Progress:		Yes	Yes

OUTCOME MEASURES

These outcome measures are based on scientifically validated scales that measure different parts of people's experience and coping with pain. These measures are taken three times in the program and they help to measure progress, target specific interventions, and identify any missing parts of evidence-based pain care. These measures are a standard group of tests used to measure outcomes in Australia's leading pain care programs.

Low / Normal range
 Moderate / Mid-range
 High / Severe range

Measure	Intake	Mid-Program	Final
Pain Intensity (average)	6	3	1
Pain Interference	9	3	0
DASS - Depression	6	4	2
DASS - Anxiety	10	4	4
DASS - Stress	24	8	4
Pain Self-Efficacy	49	51	60
Pain Catastrophisation	10	4	3