

FOR DOCTORS

BOOST

Pain Recovery Program

Do you have compensable patients with persisting pain and injury who are not making progress in returning to work as expected?

Have you identified patients who would benefit from an intensive pain program but you don't have an option that's accessible quickly and available anywhere in Australia?

Boost Recovery helps Doctors and other health professionals to recommend an evidence-based, pain recovery program without a waitlist to compensable clients who are open to a re-adaptive neuroscience-based approach to persisting pain rehabilitation.

The program is a **12-week evidence-based pain education, behavior modification and graded exposure program** delivered 1:1 via telehealth or in person. The program is a psychologically-informed behavior change program. It does not replace the need for psychologist care for those people with significantly altered mood, behaviour or trauma history.

Digital program delivery makes pain care accessible for claimants in rural and regional Australia, and those with limited mobility or access to transport.

- Standardized curriculum
- Video coaching with post-graduate trained allied health professionals
- Validated outcome measures of functional change
- Self-management approach focused on return to work
- No waiting list to start program after insurer approval
- Digital delivery suitable for regional and remote workers

Expected Program Outcomes

- Development of pain self-management skills and reduced health care utilization
- Re-engagement with return to work planning and upgrading to reduce wage costs over time as worker resumes increased hours and duties
- Decreased pain flareup frequency and intensity reducing absenteeism and minimizing emergency medical care for increased pain
- Long-term progress towards recovery and claims closure supported by the Boost Recovery app.

Outcome measures collected at baseline, 6 weeks and 12 weeks:

Outcomes include validated self-reported measures of pain intensity and interference, psychometric variables, medication use, health care utilisation and functional capacity.

Program inclusions:

- 18 x 45 minute video coaching appointments with trained health professional
- Three progress reports sent to insurer and medical care team
- Collaborative care and shared communication with worker's health care team
- Twelve months access to the Boost Recovery scoring and planning app to support continued progress towards recovery
- Lifetime access to online education program
- Lifetime access to online peer support group

Education Curriculum

- Making sense of recovery from a scientific perspective
- Pacing activity and using graded exposure
- Thought management and coping skills
- Mindfulness and self-regulation
- Stress management
- Understanding medication and medical care
- Values, habits and goal setting
- Exercise and fitness
- Nutrition for recovery
- Flareup management

Making a Referral

Access to the Boost Recovery program for compensable clients requires approval from the patient's insurance case manager.

Please contact Tina at Boost Recovery prior to requesting approval to determine the patient's suitability for the program and to send them an initial information pack so they can make an informed decision about their participation in the program.

Normal processes of request for approval should be followed, and Tina should be alerted when the approval for the program is made and the program can commence.

Restrictions

Medication Step Down: This program is not a substitute for a medically guided medication cessation program although it is a useful support for goals of decreasing pain medication usage.

Trauma and Post-traumatic Stress Disorder:

Workers with a trauma history will require psychologist assessment to determine suitability before entering the program and will need ongoing psychologist care.

Suitable Program Candidates

- People with new pain or injury that are being medically managed and investigated that have a high level of distress and have been identified as high-risk for development of persisting pain
- A person with pain that persists past 12 weeks and is not making functional progress towards returning to work
- People with recurring pain or multiple pain areas with work absenteeism or multiple short term claims.



Exclusions

- The worker is unable to communicate in English
- The worker has declined participation in this kind of intervention
- The worker is unwilling to use digital tools and to communicate via email
- A limited life expectancy or rapidly deteriorating disease or condition Psychosis, cognitive impairment or cognitive decline

QUESTIONS?

Email info@brainchanger.io

Call Tina McIntosh on **0468 870 967**

See more on our website: brainchanger.io

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