

FOR INSURERS

# BOOST

## Pain Recovery Program



Do you have injured workers on your case list with persisting pain and injury who are not getting back to work no matter how many services you approve?

Have you identified workers who are at risk of high cost claims but you don't have an intensive, early intervention option that's accessible no matter where the worker lives?

Boost Recovery **helps case managers deliver high-quality, personalised pain treatment to injured workers** who are not progressing in returning to work and full function.

The program is a **12-week evidence-based pain education, behavior modification and graded exposure program** delivered 1:1 via telehealth or in person.

- Standardized curriculum
- Video coaching with post-graduate trained allied health professionals
- Validated outcomes 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

## 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.

## Approval and Enrollment Pathway

Requests for approval are made by the worker's nominated treating doctor or other health care professionals to support that worker's need for enhanced support with pain recovery and return to work.

Once the request is approved, the health care professional should be notified via usual channels and they will alert the Boost Recovery team to begin the program.

Further support for the worker's suitability or need for pain education and supported behavior change intervention may come from an Independent Medical Assessment or multidisciplinary case conferences.

### COST PER PROGRAM

**\$8000** ex. GST

(paid over three instalments)

## 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.

## 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](mailto:info@brainchanger.io)

Call Tina McIntosh on **0468 870 967**

See more on our website: [brainchanger.io](http://brainchanger.io)

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