



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?

Refer to the BOOST Recovery Program, a **12-week pain education, behaviour change and graded exposure program** delivered 1:1 via telehealth.

BOOST RECOVERY DELIVERS

- » Self-management approach focused on return-to-work.
- » No wait list to start program after insurer approval.
- » Video coaching with post-graduate trained allied health professionals.
- » Results consistently exceeding the national gold standard ePPOC benchmarks in validated functional change outcome measures.
- » Digital program delivery makes pain care accessible for patients in rural and regional Australia, and those with limited mobility or access to transport.

EXPECTED PROGRAM OUTCOMES

- » Re-engagement with return-to-work planning and upgrading.
- » Measurable goal achievement based on individual barriers to RTW and function.
- » Lowered distress, more control = better outcomes
- » Robust pain self-management skills.
- » Increased workplace attendance; decreased pain flare-up frequency and intensity resulting in more consistent daily function.
- » Claims closure progressed through enhanced recovery.

EARLIER INTERVENTION = BETTER RESULTS

85.7% of claimants referred within 6 months of injury increased their work hours during the BOOST Recovery Program.

SUITABLE PROGRAM CANDIDATES

- » People experiencing pain that persists after 6-12 weeks.
- » People who are not making functional progress towards returning to work.
- » People who are distressed and/or have been identified as high-risk for developing persisting pain.
- » People with recurring pain with work absenteeism and/or multiple short-term claims.

PROGRAM INCLUSIONS

- » 18 x 45-minute video coaching appointments with pain clinician.
- » 3 x progress reports sent to insurer and healthcare team.
- » Collaborative care with patient's healthcare team.
- » One year post-program access to the BOOST Recovery app to support continued progress towards recovery.
- » Lifetime access to online education program.
- » Lifetime access to online peer support group.

EDUCATION CURRICULUM

- » Improving function through pacing activity and 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.
- » Flare-up management.

REFERRAL PROCESS FOR BOOST RECOVERY

- STEP 1:** Discuss recommendation for BOOST Recovery referral and gain patient consent.
- STEP 2:** GP makes the referral via our website referral form, <https://brainchanger.io/refer-a-patient> or faxes attached referral document.
- STEP 3:** BOOST team contacts insurer to seek funding approval for referral.

Note: The BOOST Recovery system supports early intervention with automated risk screening tools and pre-referral case discussion with our Clinical Director.

RESTRICTIONS

Medication Step Down:

BOOST Recovery is not a substitute for a medically guided medication cessation program, but can support cessation goals.

Trauma and Post-traumatic Stress Disorder:

BOOST Recovery is a trauma-informed program. To ensure patients can engage safely with program strategies, diagnoses of trauma and PTSD need to be discussed with the BOOST Clinical Director as part of the referral process.

EXCLUSIONS

- » The patient is unable to communicate in English.
- » The patient has declined to participate.
- » The patient is unwilling to use digital tools and/or to communicate via email.
- » A limited life expectancy or rapidly deteriorating disease, psychosis, cognitive impairment or cognitive decline.

REFER A PATIENT TO BOOST RECOVERY (PAGE 1 OF 2)

Please fax the completed referral form to **(02) 9094 2253**.

PATIENT FULL NAME**PATIENT EMAIL****PATIENT MOBILE NUMBER****PATIENT STATE OR TERRITORY****THIS PERSON TYPICALLY RESPONDS TO:**

- Phone Calls Voicemail Text Message Email

THIS REFERRAL IS COVERED BY:

- Work Cover CTP Private (self-funded program cost is \$8000, unfortunately no rebates are available at this time).

CLAIM NUMBER IF WORK COVER/CTP**PLEASE PROVIDE A SUMMARY OF THE CLAIM/PATIENT HISTORY:**

REFER A PATIENT TO BOOST RECOVERY (PAGE 2 OF 2)

Please fax the completed referral form to **(02) 9094 2253**.

REFERRING DOCTOR'S NAME

REFERRING DOCTOR'S EMAIL

REFERRING DOCTOR'S PHONE NUMBER

PATIENT'S INSURER (WHERE APPLICABLE)

CASE MANAGER NAME

CASE MANAGER EMAIL

CASE MANAGER PHONE NUMBER