

GP Coordinated Integrated CDM/Private Pain Management Programs

Core's SPECIALIST PAIN MANAGEMENT AND FUNCTIONAL REHABILITATION PROGRAM is an integrated intervention that empowers people to understand musculoskeletal injuries, overcome persistent pain barriers, and assist with durable and safe return to normal activity.

LEVEL 1 – INTEGRATED 4 WEEK PROGRAM (1-4)

Medicare Funded - Pain Management Programs

GP Assessment:

1. Team Care Arrangement for EPC 4 Physio 1 EP Consults
2. Mental Health Care Plan 5 Psych Consults

Week One

Physio 1 (20mins) - Care Plan Summary Review (History), Initial Functional Assessment, Education + Summary Letter (Proforma)- by Physio

Psych 1 (40mins) - Care Plan Summary Review (History), Initial Psychological Assessment + Summary Letter (Proforma)- by Physio

Physio 2 (20mins) - ADL Goal Setting + Home Exercises (Stability and Flexibility)

Psych 2 (40mins) - ADL Goal Setting - ACT: Acceptance and Commitment therapy

Week Two

Physio 3 (20mins) - CV Goal Setting - Graded Walking program (time) - Structure and Education

Psych 3 (40mins) - Cognitive Exposure + Pacing Techniques

Week Three

Physio 4 (20mins) - Functional Activity Retraining/Manual Handling

Psych 4 (40mins) - Progressive Muscle Relaxation and Breathing Techniques

Week Four

ExPhy 5 (20mins) - Weekly Program Planning - Pool or Gym + Summary Letter (Proforma)

Psych 5 (40mins) - Cognitive Behavioural Techniques - Reflection, Distraction, Validation + Summary Letter (Proforma)

GP Reassessment

WHAT DO THE PARTICIPANTS DO?

Key facets of the course include:

- Education on established evidence-based guidelines on various conditions - the myths and optimal management;
- Participation in various interactive training activities, related cognitive behavioural therapy, communication skills and assertiveness;
- Participation in progressive muscle relaxation training, sleep hygiene and mindfulness. Observe, practice and gain active skills using biofeedback;
- Practice exercise goal setting, graded activity, contingency management, medication scheduling and the develop principles of safe exercise;
- Active participation in pacing and manual handling training - observe, practice and gain personal feedback from a physiotherapist;
- Learn how to evaluate and modify workstations and activities of daily living to avoid postural stress;
- Individual core stability training - observe, practice and gain personal feedback from a physiotherapist;
- Initial development of a specific and progressive independent functional rehabilitation program.

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LEVEL 2 – INTEGRATED 4 WEEK PROGRAM (5-8)

Private Health Funded/Partial Medicare Funded Pain Management Program (Medicare Local)

Week Five

Physio 1 - Initial Goal Reassessment (Functional Considerations) + Summary Letter (Proforma)

Psych 1 - Initial Goal Reassessment (Cognitive Considerations) + Summary Letter (Proforma)

Physio 2 - Home Program Progression (30mins)

Week Six

Physio 3 - Cardiovascular Program Progression (30mins).

Week Seven

Physio 4 - Functional Activity Progression/Ergonomic Assessments

Psych 2 + Summary Letter (Proforma).

Week Eight

Physio 5 - Weekly Program Progression - Pool or Gym + Summary Letter (Proforma).

GP Reassessment

Further Psych Sessions as agreed between clinician and their treating doctor.

WHEN TO REFER?

Typical candidates' may include those who:

- Have beliefs that their condition is severely harmful or potentially significantly disabling;
- Have activity avoidance in anticipation of pain;
- Have low mood, self-efficacy or altered behaviour responses, or withdrawal from social interaction;
- Have catastrophic tendencies inclusive of significantly altered cognitive-behavioural function;
- Have the expectation that passive rather than active treatment will help the pain;
- Have significant issues with medications and or other general health concerns i.e. addiction, tolerance, contraindications or ineffective medication regime;
- Have severe injury/multi-trauma with complications and >26 weeks since onset of injury;
- Have had a failure of medical/surgical treatments;
- Require an understanding of their situation;
- Have flag signs

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