

BOOST RECOVERY PROGRAM

INFORMATION FOR DOCTORS

Do you have patients with compensable injuries who require complex pain medicines to enable physical activity?

Do you have patients with compensable injuries who have no improvement or worsening symptoms at 6+ weeks post-injury?

THE BOOST RECOVERY PROGRAM CAN HELP

BOOST Recovery is an award-winning virtual care clinical program supporting self-management of pain recovery using evidence-based approaches. Your patient will work with an Allied Health pain-informed, expert Pain Coach to co-design a goal-oriented plan of care. BOOST will provide your patient with the guidance, skills, training and encouragement needed to put their care plan into practice.

BOOST Health Labs' targeted focus on assisting people through their pain journey is grounded in rigorous science, from our evidence-based methods to data-driven decisions about care planning and delivery. **Outcomes and benefits to the patient upon completion of BOOST include, but are not limited to:**

- * a significant percentage of people returning to activities of daily living, including work;
- * improved well-being as evidenced through significant improvement in mood and pain-related symptoms; and
- * an increase in patient's confidence and ability to independently manage their ongoing recovery through use of new skills, supported by pain neuroscience resources.

BOOST RECOVERY ¹ VS ePPOC BENCHMARKS 2020-21: CLINICALLY SIGNIFICANT IMPROVEMENT		ePPOC	BOOST RECOVERY
DOMAIN	ePPOC BENCHMARKS ²	ALL SERVICES 2020-2021 ³	ALL 2020-2023
PAIN SELF-EFFICACY	60% of patients with impaired self-efficacy (moderate or severe) at referral make a clinically significant improvement at episode end.	49%	68.5%
PAIN CATASTROPHISATION	70% of patients with high or severe pain catastrophising at referral make a clinically significant improvement at episode end.	56%	98.5%
PAIN INTENSITY	40% of patients with moderate or severe pain at referral make a clinically significant improvement at episode end.	32%	33%
PAIN INTERFERENCE	70% of patients with moderate or severe pain interference at referral make a clinically significant improvement at episode end.	61%	65%
DASS - DEPRESSION	70% of patients with moderate, severe or extremely severe depression at referral make a clinically significant improvement at episode end.	55%	65.8%
DASS - ANXIETY	50% of patients with moderate, severe or extremely severe anxiety at referral make a clinically significant improvement at episode end.	44%	57.1%
DASS - STRESS	60% of patients with moderate, severe or extremely severe stress at referral make a clinically significant improvement at episode end.	58%	70.6%

¹ N = 100

² Source: [Introduction to the Electronic Persistent Pain Outcomes Collaboration \(ePPOC\) - adult services \(2020\)](#)

³ Source: [Patient Outcomes in Pain Management Enterprise One Pain Management Service 2021 Mid-Year report for 1 July 2020 - 30 June 2021 \(ePPOC\)](#)

THE BOOST PATHFINDER

Delivered in **four sessions over two weeks**, the Pathfinder is a series of **discovery and practical problem-solving sessions**. It utilises standardised evidence-based testing, and includes some introductory pain science education. The Pathfinder Report is created in collaboration with the person, outlining the best pathway for the person's future treatment.

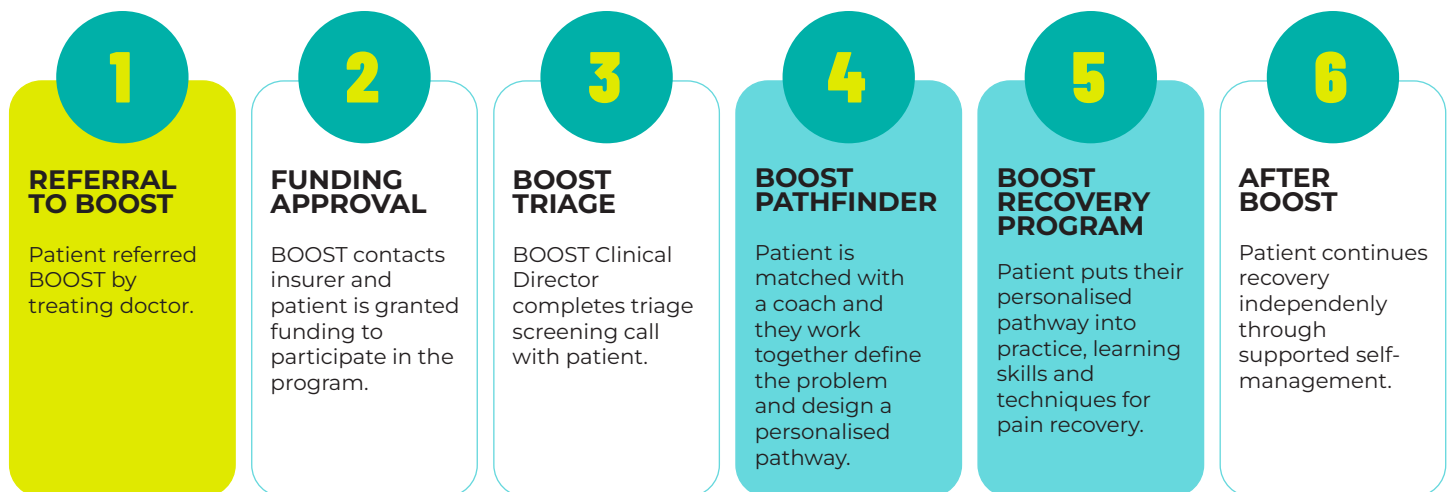
THE BOOST RECOVERY PROGRAM

The BOOST Recovery Program is **uniquely customisable**, with each person's program adapted to suit their specific recovery needs. The program encompasses pain education, graded exposure, skills for planning and pacing, and other psychologically-informed strategies for **lasting behaviour change**. All participants are given lifetime access to the Brain Changer app and the BOOST Learning Materials.

There are two BOOST Program pathways post-Pathfinder:

- * BOOST Lite (4 weeks), suitable for people with **low distress and high levels of engagement**.
- * BOOST Prime (10 weeks), suitable for people with **high distress and high levels of engagement**.

HELP YOUR PATIENTS FIND THEIR PATH OUT OF PAIN



REFERRING TO BOOST IS SIMPLE

Fill in our online referral form here: <https://boosthealthlabs.com/referral>

All referrals are actioned by the BOOST Health Labs team within 24 hours. You can also utilise the attached fax referral form.

**BOOST
HEALTH
LABS** *

**BOOST
RECOVERY**
**BRAIN
CHANGER**

ADDRESS

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Civic ACT 2601

ABN

67 617 037 886

CONTACT

(02) 5112 2820
info@boosthealthlabs.com

WEB

www.boosthealthlabs.com



BOOST Recovery Program Patient Referral Form

PLEASE FAX THE COMPLETED REFERRAL FORM TO (02) 9094 2253.

PATIENT FULL NAME

PATIENT EMAIL

PATIENT MOBILE PHONE NUMBER

PATIENT DATE OF BIRTH

PATIENT FULL ADDRESS

PATIENT DATE OF INJURY

THIS REFERRAL IS COVERED BY:

WORK COVER CTP PRIVATE (SELF-FUNDED)

INSURER (IF WORK COVER/CTP)

CLAIM NUMBER (IF WORK COVER/CTP)

SUMMARY OF CLAIM/RELEVANT PATIENT MEDICAL HISTORY

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BOOST Recovery Program *Patient Referral Form*

PLEASE FAX THE COMPLETED REFERRAL FORM TO **(02) 9094 2253**.

REFERRING DOCTOR'S NAME

REFERRING DOCTOR'S PRACTICE NAME

REFERRING DOCTOR'S EMAIL

REFERRING DOCTOR'S PHONE NUMBER

CASE MANAGER NAME (WHERE APPLICABLE)

CASE MANAGER EMAIL (WHERE APPLICABLE)

CASE MANAGER PHONE NUMBER (WHERE APPLICABLE)

OTHER NOTES/COMMENTS

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