



Australian Government

Comcare

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## PHYSIOTHERAPY TREATMENT NOTIFICATION PLAN EXPLANATORY NOTES

Comcare requires a Treatment Notification Plan (TNP) to be submitted when:

- > treating an injured worker for the first time, where more than five sessions are required
- > when there has been a gap in physiotherapy treatment of greater than twelve months
- > the injured worker has changed physiotherapy clinics

A fee will be paid for a fully completed TNP using item no COMPHYST1.

### LODGEMENT OF TNP

Fax: 1300 196 971  
Post: GPO Box 9905 Canberra 2601  
Email: [clinical.panel@comcare.gov.au](mailto:clinical.panel@comcare.gov.au)

### 1. HAS THIS INJURED WORKER ATTENDED YOUR PRACTICE PRIOR TO THE WORK-RELATED INJURY?

State any conditions present prior to this work-related injury that have required physiotherapy treatment. Indicate the period of treatment. Please note that Comcare will only fund treatment based on the injured worker's needs resulting from the work-related injury.

### 2. SPECIFIC ANATOMICAL SITE OF WORK RELATED INJURIES AND CLINICAL DIAGNOSIS

Provide your clinical diagnosis as determined by your assessment of the injured worker. Specify the anatomical site involved eg. 'right cervical musculo-ligamentous injury' versus 'neck pain', or 'fractured left tibial plateau' versus 'knee pain'.

### 3. CURRENT REPORTED SYMPTOMS AND PHYSICAL ASSESSMENT FINDINGS

State the current symptoms related to the work-related injury as the injured worker describes them to you. Place symptoms in order of priority for your physiotherapy treatment. Detail your measurable findings, for example – range of movement, neurological examination findings, muscle strength tests, palpation findings etc.

### 4. STANDARDISED OUTCOME MEASURES (SOM)

Monitoring the impact of treatment is an essential part of patient care. Baseline figures should be obtained by the 5th treatment and re-administered regularly. Measures must align with the goals set by the physiotherapist and the injured worker and where there is a lack of progress, action should be taken urgently to avoid development of a chronic condition.

It is important that physiotherapists indicate the name of the SOM, date administered, and the injured worker's score on the TNP. Standardised measures are preferred as they are validated in the scientific literature. Standardised measures have the advantage of being sensitive to change which ensures that the

impact of treatment is more likely to be established than non-validated measures. Examples of commonly used standardised questionnaires are the Neck Disability Index and the 10 metre walk. The reliability, validity and responsiveness of customised outcome measures are generally not known. However, where standardised measures are not available specific to goals, then customised measures should be administered such as the Patient Specific Measure.

### 5. GOALS

Goal setting must be used in the management of injured workers and must be set in conjunction with the injured worker. The establishment of goals ensures that the worker and clinician are focused on similar objectives of recovery and return to optimal level of function and work. Goal setting also ensures that appropriate measures are utilised to monitor recovery.

### 6. PROPOSED TREATMENT PLAN

List the total number of services you expect to be provided over a set number of weeks. Provide start and end dates for treatment.

### 7. PROPOSED TREATMENT & SELF MANAGEMENT

It is expected that treatment administered is consistent with the highest level of clinical evidence available. If there is minimal indication in the scientific literature of management of a specific condition regarding the management of a chronic condition, then it is expected the physiotherapist will have a greater reliance on goal setting and monitoring of standardised measures to ensure optimal clinical recovery.

The more a worker takes on the responsibility of their own recovery, the better will be their recovery. It is expected that physiotherapists will commence self-management strategies with injured workers from the initial treatment. Self-management includes but is not limited to clear understanding of the diagnosis and expected recovery time frames, aggravating and easing activities, the importance of maintaining mobility and the specific exercises required as part of their recovery.

It is expected that physiotherapists will not cause a patient to become dependent on them or passive techniques by administering regular ongoing consultations for a prolonged period without providing sufficient skills for self-management.

### 8. INJURED WORKER AUTHORISATION

The fee schedule has been developed to ensure that this TNP is completed as part of a consultation with the Injured Worker. Please ensure that you discuss and develop this TNP with the injured worker before they sign the plan.