



HOW TO USE THE PHYSIOTHERAPY TREATMENT PLAN FORM

Comcare expects treatment providers to deliver services in line with The Clinical Framework for the Delivery of Health Services (which can be found on the Comcare website: www.comcare.gov.au).

The Clinical Framework provides guidance for treatment providers helping employees recover and return to work following a workplace injury or disease.

Comcare requires a Physiotherapy Treatment Plan to be submitted when:

- > treating an injured employee 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 employee has changed physiotherapy clinics

Injury details

Provide an anatomical diagnosis where possible, such as (L) rotator cuff tear rather than one that is based on symptoms, such as (L) shoulder pain.

Work status

Alternative/Modified duties: the employee is working at a limited capacity, which may involve doing the same job in a different way or completing different duties/jobs

Not working: the employee has either no capacity to work and is unfit for any duties, or suitable duties are not available.

Assessment

The serial use of relevant Standardised Outcome Measures will provide you, the employee, the employer, other healthcare professionals and Comcare information to establish progress over time. Determining whether the employee is improving, worsening or not changing over time can assist in guiding future management.

Standardised Outcome Measures are preferred as they are reliable, valid and sensitive to change. If a Standardised Outcome Measure is not available for the condition being seen or the goals being set, consider using the Patient Specific Functional Scale.

Please specify the Standardised Outcome Measure used, indicating the initial and review scores with the respective dates.

Refer to Principle 1, "Measure and demonstrate the effectiveness of treatment" in the "Clinical Framework" for further information.

Refer to Principle 2, "Adopt a biopsychosocial approach" in the "Clinical Framework" for further information to assist you in completing the Risk Measures.

For example:

Outcome measure	Initial score		Subsequent score	
	Date	Score	Date	Score
Neck Disability Index	25/5/2019	56%	26/7/2019	24%
Upper Extremity Functional Index	25/5/2019	20/80	26/7/2019	64/80

Barriers

In order of priority, please indicate any biopsychosocial factors that may be barriers to recovery or to an early, safe and durable return to work. Early identification and management of these barriers can assist in optimising outcomes and reduce the risk of long term disability.

Refer to Principle 2, "Adopt a biopsychosocial approach" in the "Clinical Framework" for further information.

Current activity/functional goals

Goals must be related to function and return to work. The goals should be Specific, Measureable, Achievable, Relevant and Timed (SMART) and should be developed in collaboration with the employee.

Refer to Principle 4, "Implement goals focused on optimising function, participation and return to work" in the "Clinical Framework" for further information.

For example:

Current activity/ functional limitation	SMART goals	Estimated date of achievement
Unable to walk 100m	Walk tolerance to increase to 500m	1/6/20XX
Not working	Return to work for 2 days, undertaking modified duties	10/6/20XX

Proposed treatment plan and methods

Please ensure you indicate the number of services and duration for the treatment plan, as well as the date when you anticipate the employee will be discharged from your care.

Please ensure you indicate the treatment methods that you will be using to achieve the employee goals. Refer to Principle 5, "Base treatment on the best available research evidence" in the "Clinical Framework" for further information

Please indicate the self management strategies that the employee will use to manage their condition. It is expected that self management strategies will be initiated at the initial treatment and developed throughout the course of treatment.

Refer to Principle 3, "Empower the injured person to manage their injury" in the "Clinical Framework" for further information.

Consent information

The treating practitioner is legally responsible for obtaining the patient's consent for disclosure information where necessary.

The fee schedule (available at www.comcare.gov.au) has been developed to ensure that this plan is completed as part of a consultation with the employee. Comcare will not fund more than one session per day. Please ensure that you discuss and develop this Physiotherapy Treatment Plan with the employee before they sign the plan.