



HOW TO USE THE PSYCHOLOGY 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 Psychology Treatment Plan to be submitted when:

- > Treating an employee for the first time, where more than five sessions are required (initial plan).
- > Where further treatment is requested past the initial plan (review plan).
- > When there has been a gap in treatment of greater than twelve months.
- > Where the employee has changed clinics.

Work status

Alternative/Modified duties: the employee is working in 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 or suitable duties are not available.

Clinical Assessment

Please outline the work-related psychological diagnosis, including details of the diagnostic system used. Please note that Comcare will only fund treatment based on the employee's needs resulting from the work-related injury.

Capacity

Please provide details of the employee's pre-injury capacity, as well as current capacity for work, home and community related activities.

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.

Progress since last plan

Please only complete this section for review plans. Please provide details of the employee's progress since the last plan was completed. Include information on change in the employee's function and document outcome measure results.

Treatment Goals and Intervention

Treatment goals should be developed collaboratively between the employee and the Psychologist, and should address identified barriers to recovery and return to work.

Goals should be formulated using SMART (Specific, Measurable, Achievable, Relevant, Timed) criteria.

The Psychologist should outline the evidence based proposed treatment strategies to address the goals and measures of progress, as well as employee self-management steps alongside expected timeframes.

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, including an expected discharge date if known.

Other Recommendations

Please include any recommendations to support the employee return to health and work. Examples may include recommending a referral to a Workplace Rehabilitation Provider, a medical specialist, arrangement of a case conference or flagging treatment that may need an extended consultation (please include Psychology Extended Consultation Request form).

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 Psychology Treatment Plan with the employee before they sign the plan.