

06 September 2023
State Insurance Regulatory Authority
By email: VBHC@sira.nsw.gov.au

[REDACTED]

Re: Model of Care for the Management of Low Back Pain

Dear SIRA

We thank you for providing insurers the opportunity to provide feedback and hope that that the following can be of assistance. The following recommendations have been collated from [REDACTED].

With regards to implementation of the model, we note reference to short-form OMPQ and the STarT Back screening tool in the current model. We therefore suggest that there be a mandatory inclusion of these on Allied Health Recovery Requests (AHRR) and propose that a copy of these tools be included when submitting AHRRS. We propose that the treatment providers' specifically document their treatment protocols so that these can be reviewed against evidence-based treatment and to facilitate peer-to-peer reviews, if required. We also recommend provision of these screening tools to the nominated treating doctor as part, with view of promoting holistic approach to managing psychosocial flags.

Given the above recommendations, we suggest that consideration for the fee for AHRR to be increased in order to promote and encourage the documentation of psychosocial flags and the STarT Back screening tool.

We also suggest a post stratification step to be included, for patients to be redirected from low value care to high value care in order to support their recovery, if required. This may include, for example, the recommendation for referral to a titled Physiotherapist with the appropriate speciality.

With regards to existing barriers, we continue to identify referral for imaging in the acute phase as an issue given the psychosocial issues that incidental pathology identified through this may engender.

As discussed above psychosocial and low back screening tools are not currently being documented by treatment providers, hence the above recommendation to make this mandatory. Lastly, the current lack of IPCs and the long wait time for IPCs for peer-to-peer review. This can result in significant delays in treatment and may negatively impact recovery outcomes.

Regarding resources to facilitate adoption, the provision of an infographic for GPs as readily accessible tool for NTDs, is recommended (Please see the infographic included at

the bottom of this correspondence). Likewise a pictorial summary for patients for management of acute and persistent low back pain might be another consideration.

Given the focus on yellow flags consideration to be given of training of allied health professionals to interpret the Orebro to promote a person-centred approach to care.

We again thank you for this opportunity and look forward to future collaboration.

Should you require further discussion regarding this submission, please do not hesitate to contact us at your convenience.

Regards

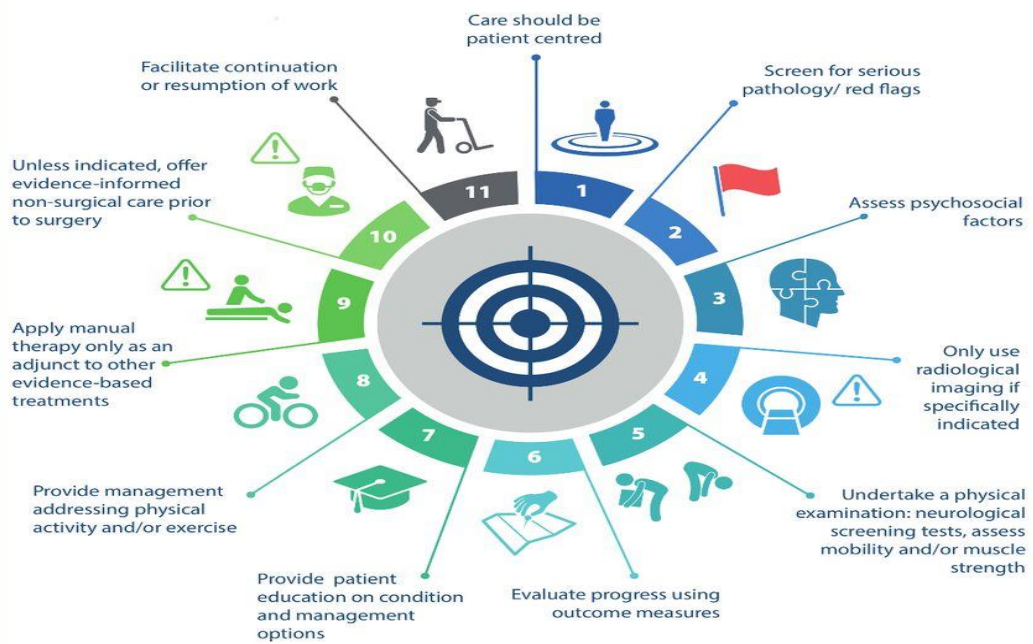
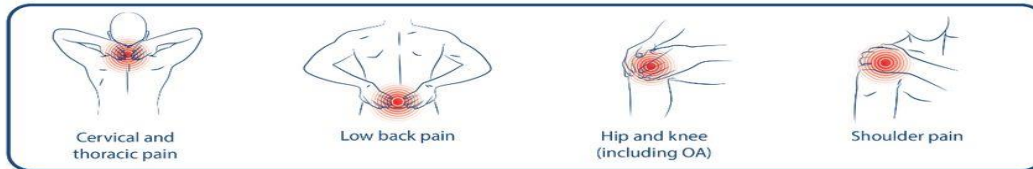
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11 Best Practice Recommendations for Care in Musculoskeletal Pain

Infographic summary of a systematic review undertaken to identify common recommendations for high-quality care for the most common musculoskeletal pain sites encountered by clinicians in emergency and primary care



Reference: Lin I, et al. Br J Sports Med 2019;0:1–10. doi:10.1136/bjsports-2018-099878

