TEMPLATE FOR EXTERNAL CLINICIANS REFERRING TO RECOVER COURSE

Dear…..

Patient details etc

**I'm writing to request approval for this client for 5 sessions of Group Physiotherapy consultations at an external physiotherapy clinic.**

This approval will allow for attendance at a low-cost persistent pain education course aimed at improving long-term outcomes and patient independence. Attached to this letter is information outlining the "RECOVER" course at Beleura Health Solutions in Hastings, Vic. There is no additional cost for this course outside of the 5 group physiotherapy consultation fees.  
  
It is my opinion that the content of this course will benefit this client and help in achieving better long term outcomes.  
  
Each attendance of the five sessions involved with this course will simply be billed as a "group exercise consultation" code.  
  
I would be grateful for your written approval of funding at your earliest convenience. Could you please also send a copy of your approval to:

Beleura Health Solutions, Hastings

Fax: 03 5979 3737

Email: [hastings@beleura.com.au](mailto:hastings@beleura.com.au)

Kind regards,  
  
  
  
  
  
  
   
  
  


RECOVER persistent pain course. Beleura Health Solutions, Hastings, Vic

Course outline for insurers.

Beleura’s RECOVER group sessions presents information in an interactive format.  Information is conveyed via digital presentation, discussion from the presenting physiotherapist, group discussion, group activity, visual aids and hands-on activities.   
  
Focus of the course:

* provide an understanding of pain
* provide detailed explanations of theory and practical application of self-management strategies
* provide information on considering referral for further assistance from other health professionals if required

All sessions presented by an APA Titled Musculoskeletal and Pain Physiotherapist.  
  
Sessions billed under the group consultation codes per the relevant bodies.  
  
Session duration = 75mins each.  
  
5 sessions, once per week over 5 weeks.

Patients are also provided with multiple resources for further home use.  These include links to written material, key images, videos and appropriate sections of pain management websites.  
  
   
  
Pre and post course standardised outcome measures taken.  Follow-up with same measures at 3 months post course:  
  
·        Pain Self-Efficacy Questionnaire  
  
·        Pain Catastrophising Scale  
  
·        Pain Interference Scale  
  
   
  
Individual session outlines below  
  
  
   
  
RECOVER pain course session outlines  
  
Session 1:  
  
·       Nociceptive pain physiology  
  
·       Focus on the concept that pain is not a measure of tissue damage  
  
·       Examples of unusual and interesting pain stories  
  
·       Introduction to the variability of the pain system’s thresholds and sensitivity  
  
·       Introduction of the concept of danger versus safety in central processing  
  
   
  
Session 2:  
  
·       Introduction of the concepts of bio plasticity and neuro plasticity and how these phenomena allow sensitisation of the pain system over time.  
  
·       Introduction of the terminology DIMs and SIMs as per literature from David Butler and Lorimer Moseley’s publications.  
  
·       Workshop and activity to identify different and hard to recognise DIMs and SIMs.  
  
·       Activity to share personal DIMs and SIMs.  
  
·       Discussion of common myths and mistaken beliefs relating to persistent musculoskeletal pain.  This section includes a section on understanding medical imaging.  
  
   
  
Session 3:  
  
·       Pain Medication  
  
·       Diet and inflammation  
  
·       Sleep and Pain  
  
·       Mental health and pain  
  
·       Activities: Examples of progressive muscle relaxation, breathing meditation, imagery meditation, and mindfulness.  
  
   
  
Sessions 4 &5:  
  
·       Active versus passive therapies  
  
·       Motivational goal setting  
  
·       Tackling long-term recovery  
  
·       Pacing and graded exposure  
  
·       Tackling painful movements  
  
·       Planning progressions  
  
·       Activities and group discussion surrounding ideas and examples of rehab progression