

# The Clinical Framework

Helping you to deliver better health  
outcomes for injured workers



# Five principles for delivering your treatment

## 1. Tailored

Measuring the impact of your treatment can help you tailor your treatment for each patient.

If there is no benefit, you can modify your approach or try something else.



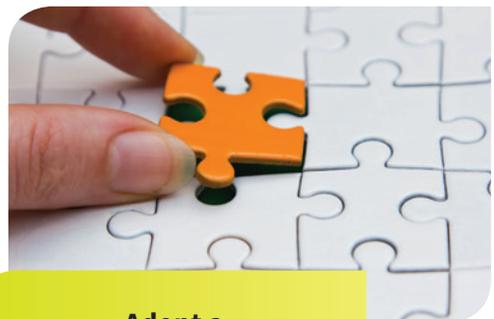
**Measure & demonstrate the effectiveness of treatment**

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## 2. Holistic

All patients have things going on in their lives that can negatively impact the effectiveness of your treatment.

Adopting a biopsychosocial approach helps you to identify and address these things.



**Adopt a biopsychosocial approach**

### 3. Ownership

If you discuss realistic expectations of treatment early, your patients may find the transition to self-management easier.

Patients who take ownership of their injury and participate in their home program are far more likely to achieve the best recovery.



**Empower the injured person to manage their injury**

### 4. Focused

Evidence shows that work and collaborative goal setting can be good for patient health.

This is why setting functional goals that support return to work *with* your patient can maximise their health outcome.



**Implement goals focused on optimising function, participation and return to work**

### 5. Evidence-based

There are multiple treatment approaches available for you when providing treatment for injured workers.

Using treatment consistent with the best available evidence means that you have the highest possibility of success with your approach.



**Base treatment on best available research and evidence**

Like to know more?

## Online education for allied health professionals

ReturnToWorkSA is offering online education modules to help allied health practitioners achieve positive health outcomes for patients with a work injury.

Developed in partnership with Personal Injury Education Foundation (PIEF), the two online modules:

- ✓ help you understand what's expected of you when treating patients with a work injury
- ✓ are free for allied health practitioners
- ✓ contribute to your CPD hours (approx. 3 hours to complete)
- ✓ are easy to use and interactive
- ✓ can be done at your own pace.

For more information visit

**[www.rtwsa.com/allied-health-education](http://www.rtwsa.com/allied-health-education)**