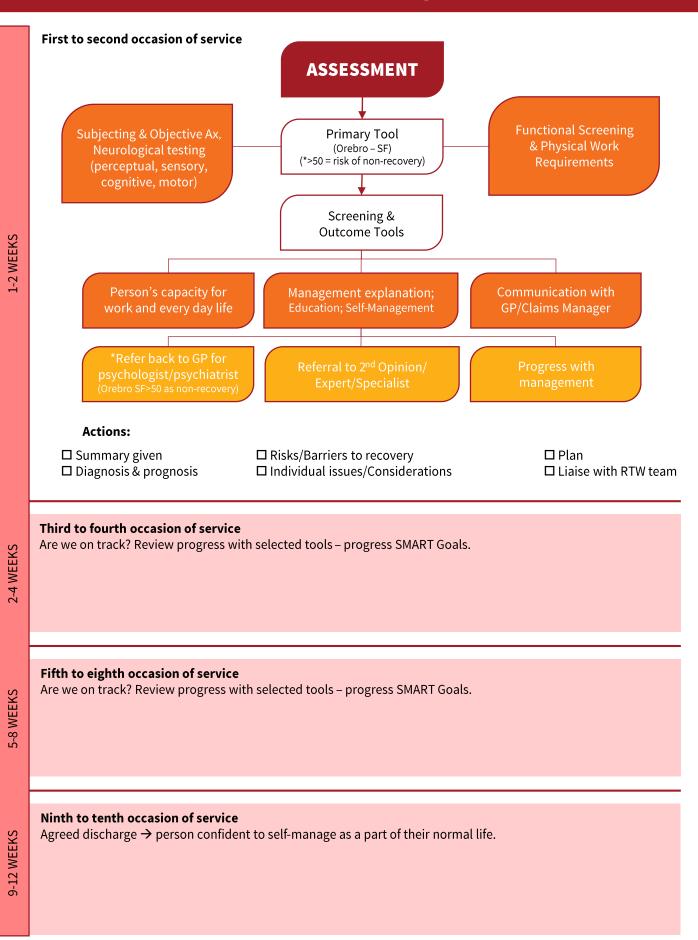
## **OnTrack - Best Practice Management Pathway**



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## Comprehensive subjective and objective assessment, including relevant functional outcome measures and Orebro-short form. Consider red, yellow and blue flags. **Assess** Use Orebro-short form to stratify persons into risk categories and identify other contributing factors. Use other screening tools to identify other contributing factors. Consider risk of not returning to work if patient is off work for $\geq 4$ weeks Risk Individual discussions informed by a Person-Centred Care (PCC) approach. Focus on education, graded activity, self management, goal setting and timeframes. Regular communication with all team members (eg, Dr, RTW Specialist etc) **PCC** Refer to other health professionals including specialist/expert musculoskeletal physiotherapy and occupational health physiotherapy services, as appropriate, based on risks identified. Refer Self-management focus with relevant interventions, gradual return to normal activities and work whilst addressing patients belief systems and behaviours; consider workplace visit. Manage Are we on track? Regular review of progress using functional outcome measures and SMART goals at standardised time periods. Progress goals and forward plan next stages. If there is a failure to progress, refer for second opinion. Review Communication to person and team regularly throughout the episode of care regarding the therapist's opinion of diagnosis, prognosis, treatment plan, and routine evaluation of the impact of treatment on capacity using outcome tools, subjective and objective measures.

**Summary** 

Discharge

- Discharge at 12 weeks with summary letter to person and team.
- Patient confident in flare up management and injury prevention strategies.