



# ACCENT ON HEALTH

A newsletter for insurers, agents and solicitors.

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## Decision making in care needs

Recently Solicitors attended a morning seminar on how occupational therapists make clinical decisions when recommending personal and domestic care.

Accent Occupational Therapists adopt conceptual thinking that assumes client's choose to engage in occupations or daily activities that are goal directed, purposeful and meaningful

Consideration is given to pre Injury roles and life stage, medical history and report of performance. This is then compared to their post injury status, which is based on reports of function and objective measures. The synthesis and analytical clinical reasoning includes cross checking of observed and reported performance.

From this, a report that is concise, comprehensive, reasoned based in evidence and clinical experience is provided.

## Keeping people informed.

Recent research undertaken in Canada confirms what we are all aware of. Successful rehabilitation occurs where there is good communication maintained between all parties, particularly the injured person.

So, how do you maintain communication between all parties particularly within the CTP system where injured people are provided access to rehabilitation provider reports several months after they have been written?

At Accent we address this through a multifactor approach. We assure our client that they have the right to access information written about them, we

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### MAA ASSESSORS

**Megan Elder and Belinda Shepherd join Susan Arnold as MAA Assessors in Occupational Therapy.**

**Megan, Clinical Unit Director at Accent has over 14 years of experience in Neurology. Belinda holds a Doctorate of Applied Science, Occupational Therapy and has over 15 years of OT experience and 12 years in the specifically in Traumatic Brain Injury.**

provide them with copies of the rehabilitation goals to sign. We provide them with an information booklet that outlines the services we offer plus provides them with space to record appointments, medications, medical history, contact details and business card storage. In addition we provide all our clients with relevant copies of information pamphlets from the relevant government organization.

By providing this level of information from day one of contact, our aim is to ensure that all parties are kept informed during their difficulty transition through rehabilitation.

## Case Management of people with traumatic brain injury. Research results.

By Susan Arnold, Business Services Manager

Accent has been providing case management services for people who have sustained traumatic brain injuries for over 10 years.

Recently two of our staff, with assistance from students of the University of Western Sydney, School of Occupational Therapy, undertook a review of the service provided to people referred to Accent. The results were presented at the National Case Management Conference held in Melbourne. The research looked at the allocation of hours and Influencing Factors in the Management of Survivors with Traumatic Brain Injury.

Our research revealed a median time of case management was 2.25 hours per month. The range of hours required for crisis was between 4 to 35 hours per month.

Factors such as the combination of complex behavioral issues, family issues, conflict with insurers demonstrated the need for increased case management hours in our sample. PTA while a useful tool did not necessarily predict the level of case management required.

Following our research we have modified our approach to incorporate the CANS score as well as considering the effect that environmental domains have on case management.

Further research is now planned utilizing data from similar services in Newcastle and Tasmania to determine if these factors are consistent throughout Australia.

Contact Megan Elder or Sue Arnold for more details.

## Profile on Occupational Therapists.

Occupational therapy is a profession concerned with promoting health and well-being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by enabling people to do things that will enhance their ability to participate. This may include modifying the environment to better support participation.

Occupational therapists take an holistic approach to the needs of their clients. Having made an assessment, the Occupational Therapist then talks with the client, employer, other professionals and family members prior to in develop a program.

At Accent we have 8 Occupational Therapists. Our senior OT's are accredited by the Australian OT Association to ensure that they provide the highest quality of service possible. Many of our Occupational Therapists also have additional qualifications in Safety, or Ergonomics, while one holds a Doctorate. Further, three of our OT's are MAA Assessors.

Accent Occupational Therapists can undertake a range of services including

- Workplace Assessments to identify suitable duties for injured workers;
- Assessment of an individuals level of performance in everyday and work tasks;
- Monitoring of RTW programs;
- OH & S Training;
- Development of alternative methods and modified equipment to allow independence.
- Paediatric treatment services
- Home modifications
- Hand splinting
- Wheelchair prescription

Call 46315009 and ask to speak to our Clinical Services Manager, Megan.

## Feature Article - Fitness at Work

By: Erin McGregor, Exercise Physiologist.

Physical activity needs to be built into your daily lifestyle. By doing this you will keep your body's health at its best. Additionally, it is one of the most effective ways to assist with weight loss and keep weight off once it's lost.

So how do you build fitness into your busy lifestyle? By increasing the amount that you move, For example

- Try taking the stairs instead of the lift (for at least part of the way).
- Get off public transport one stop earlier and walk to work or home.
- Do housework like vacuuming.
- Walk (don't drive) to the local shops.
- Walk the dog (or your neighbour's dog).
- Walk with a friend and combine physical activity with socialising.
- Join a local walking club

Regular activity such as walking can help you lose body fat, maintain a healthy weight, improve your fitness and reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Weight bearing exercise such as walking helps to prevent bone and joint disease, manage conditions such as high blood pressure, high cholesterol, joint and muscular pain or stiffness and increases your heart and lung fitness. It also assists in increasing your balance, muscle strength and reduce body fat if overweight.

**The recommended number of steps accumulated per day to achieve health benefits is 10,000 steps or more.**

A pedometer is one way of measuring the amount of walking you do in a day. It will give you a guide so that you can then increase your level of fitness.

Erin McGregor, our Exercise Physiologist, can run a range of workplace-based services attending to the health needs of your staff. Erin can run a simple fitness class at your workplace during meal breaks right through to a long term health and wellness program.

For more information contact Susan Arnold on 47315009 or email [sarnold@accentonhealth.com.au](mailto:sarnold@accentonhealth.com.au) for details.

## Training through Accent

By Daniel De Paoli, Director

Accent now provides training in a whole range of topics. The training can be conducted at our office in Penrith or at your workplace. Topics include

### Accredited Courses – WorkCover

OH & S Consultation Course – 4 day

RTW Coordinators – 2 days

### OH & S

Strategic Management of RTW (Advanced RTW)

Safety for supervisors

Unfair dismissal

### Safety Issues

Manual handling

Injury Prevention

Working from Heights

Hazardous substances

Risk Management

### Health

Nutrition

Exercise & Fitness

Sleep & Shift Work

Stress Management

Theraband Exercises – Workplace based

Pedometer Exercises – Workplace based

Drug and Alcohol

Health Screens

Smoking Awareness

### General

Voice protection for teachers

Accent Home modification method

Weight management & self esteem for children

Integration of disabled children into pre-school

Staff Performance

Risk Assessment for supervisors

Managing stressed employees

*For more information, view our web page*

[www.accentonhealth.com.au](http://www.accentonhealth.com.au)

## Accent Services



Accents services include but are not limited to:

- Workers compensation and injury management
- OHS consultation
- Corporate & community training
- Human resource consultation
- Pre placement medicals/screens
- Case management
- Occupational Therapy treatment and management service including brain injury, spinal cord injury, orthopedics, paediatrics, physical or developmental disability.
- Psychological and general counselling services including assessment, treatment, life coaching, career counselling and EAPs (Employee Assistance Programs)
- Medico legal assessment and reporting

For a full listing of our services and more information, call our office on 4731 5009 or look at our website: [www.accentonhealth.com.au](http://www.accentonhealth.com.au)

### Management

**Director:** Daniel De Paoli  
Veronica Grima

### Service Managers:

Susan Arnold – Business Services  
Megan Elder – Clinical Services  
Maxene Wilson – Office Manager

### Locations:

Level 1, 429 High St., Penrith  
Suite 6, 92 Bathurst St, Liverpool

*We cover Sydney Metro, West, South West Sydney, Sutherland Shire, Blue Mountains, Bathurst, Lithgow, Newcastle, Wollongong and ACT Areas.*