

How to refer into ICPMSK

For GPs, rongoā Māori practitioners, kaupapa Māori health providers, and allied health providers

 Read time: 3 mins

GPs, rongoā Māori practitioners, kaupapa Māori health providers, and allied health providers can refer kiritaki into the ICPMSK service. This guide provides further information on ICPMSK, how to refer into the service and the next steps.

Integrated Care Pathways Musculoskeletal (ICPMSK) is an innovative way of supporting people with injuries that require multiple rehabilitation services, designed for kiritaki needing more integrated, specialised and coordinated treatment. Services may include physical rehabilitation, assistance with return to work, specialist opinion and navigation through the ACC and health system.

Kiritaki in ICPMSK will get a team of health providers called the ICPMSK interdisciplinary team that will support them all the way through their recovery journey. The team will wrap around the kiritaki and use their expertise to develop and deliver a coordinated treatment plan. The health providers must put the kiritaki at the centre of their recovery and consider the recovery goals of the kiritaki when delivering the agreed treatment plan.

Referrals

Who is ICPMSK appropriate for?

ICPMSK is for kiritaki who meet the following criteria:

- ✓ Accepted cover for a non-permanent musculoskeletal injury to their lower back, shoulder and/ or knee.
- ✓ Intend to reside in Aotearoa New Zealand for the duration of the programme.
- ✓ The injury happened within the last 12 months at time of referral*
- ✓ The injury carries a high chance of needing surgery.

The injury must be of a level of complexity that is likely to require specialist oversight and interdisciplinary treatment to achieve a return to work or return to independence. For example, in the shoulder this might be a full-thickness tear of the rotator cuff, or an AC joint dislocation. In the knee it could be a rupture of the ACL. In the lower back it could be a lumbar disc prolapse that causes pain in the leg.

*with an exception for specific diagnoses included in the ICPMSK Operational Guidelines, Section 8.1 Who is eligible for ICPMSK.

What types of treatment providers will the kiritaki have access to under ICPMSK?

The kiritaki will have a core team of health providers that includes:

- Surgical specialists
- ICP Navigators
- Physiotherapists
- Vocational rehabilitation capability.

The kiritaki will also have access to pain management providers, psychology service providers, other medical specialists and other rehabilitation services to meet their individual needs.

I'm a rongoā Māori practitioner, can I keep treating kiritaki while ICPMSK assessment takes place?

Yes. ICPMSK services and rongoā Māori can occur at the same time, and you can continue to treat kiritaki if they are accepted onto an integrated care pathway.



He Kaupare. He Manaaki.
He Whakaora.
prevention. care. recovery.



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Visit www.acc.co.nz/icpmsk.



Referrals

I'm an allied health provider, can I keep treating kiritaki while ICPMSK assessment takes place?

If the kiritaki is accepted onto an integrated care pathway for the injury you are treating them for, ongoing allied health care must be funded and provided through the ICPMSK supplier.

How do I refer?

If the kiritaki want to be considered for ICPMSK, please follow these steps:

1. Contact the ICPMSK supplier in your region. A list of suppliers can be found on our website
2. Let the supplier know your kiritaki would like to be considered for an ICPMSK pre-screen and send the supplier their claim number.

What happens after I've made the referral?

A member of the supplier's ICPMSK team will contact your kiritaki to discuss the injury and their recovery so far. This pre-screen will help establish if they're likely to meet the service entry criteria.

Kiritaki that pass the pre-screen will go through further assessment (such as a physical exam, x-ray/CT, and/or medical specialist review). This assessment will confirm if ICPMSK is right for the kiritaki.

