

BNAP



BACK & NECK ASSISTANCE PROGRAM

FOR GP'S



WORKABILITY'S CONSERVATIVE CARE PROGRAM FOR CHRONIC BACK AND NECK PAIN

WHAT IS BNAP?

Workability has developed an early intervention, functional rehabilitation program for chronic back and neck pain, based on value-based best practice principles.

The back and neck assistance program, or BNAP, is driven by physiotherapists working with patients' GPs, and occupational therapists when needed.

The program has been developed to improve pain and normalise function so that patients can feel more in control and get back to work and life.

All BNAP therapists are trained and accredited by Workability to assess and treat chronic back or neck conditions. And all staff members are coached on quality assurance measures to ensure that patients receive the best possible care and attention.

WHY BNAP?

Back and neck pain is common, but pain that is present on most days for more than 3 months starts disabling the patient for work and life. And the longer the condition continues, the greater the chances of disability.

Patients often undergo investigations such as multiple X-rays and MRIs, along with doctors' and specialists' appointments that can often end in surgery. Yet the disability and repeat surgery in South Africa is about 4 times higher than international statistics.

Much of this can often be avoided by an early intervention program like Workability's BNAP program.

WHO QUALIFIES FOR ENROLMENT IN THE PROGRAM

Patients may qualify for the BNAP program if:

- they are experiencing back and/or neck pain ON MOST days, for more than 3 months; and
- the area affected is their back and/or neck (excluding shoulder, hip or other areas of the body); and
- they are experiencing difficulty in or avoiding performing their daily meaningful functional activities due to pain/symptoms; and
- they have sought medical care to try and manage their symptoms.

**"Workability has treated over 16 000 patients
with a 93% return-to-work & life success rate."**

WHAT IS EXPECTED FROM THE GP

- As part of the program, the patients' GP is required to complete a BNAP assessment focussed on clearing red flags and confirming that the patient is medically safe to continue with the treatment program.
- This assessment can either be completed and submitted as part of the patient enrolment process if the GP is the source of the referral, or following the physiotherapists initial assessment if the patient is a self-referral or has been identified as an eligible patient by the medical aid.
- Digital copies of the GP BNAP assessment form can be requested from the Workability BNAP Team via email: referrals.network@workability.co.za
- Download the assessment form from: <https://tinyurl.com/2bnsn5er>
- Complete and submit the assessment form via Workability's web page: <https://workability.co.za/doctor-risk-screening-assessment>

WHAT THE PATIENT AND THEIR GP CAN EXPECT FROM THE PROGRAM

- If the patient qualifies to enrol in the BNAP program, they will receive notification of pre-authorisation from their medical aid. This will be linked to a specific BNAP accredited physiotherapy practice that the patient has selected during the enrolment process.
- The physiotherapy practice will contact the patient to schedule a comprehensive initial assessment.
- At the initial assessment the physiotherapist will determine the patient's risk stratification and work with them to set treatment goals. Depending on their risk category, they will need to attend anything from one to twelve sessions.
- Following the initial assessment, the GP will be required to do an assessment as well to ensure that it is medically safe for the patient to participate in the program. If the referral originated from the patients' GP, this step would have been completed prior to the physio's initial assessment.
- Now the patient can proceed with the program and their physio will tailor a personalised treatment plan that includes structured exercise, a home routine, and pain management strategies.
- Treatment may also include an occupational therapist if necessary.
- Because BNAP is a program, it is linked to an estimated completion timeframe within which their treatment sessions will be scheduled from the initial assessment date:
 - Low Risk 1-3 weeks
 - Medium Risk 6-9 weeks
 - High Risk 12-16 weeks
- The desired outcome at the end of the program is reduction in pain, functional improvement with participation in activities of daily living, and the ability to self-manage going forward
- Patient assessment and outcome reports are available to the patients' GP if required.

WHAT WILL BE EXPECTED FROM THE PATIENT

- The success of the program relies on the patients' commitment to fully participate in and complete the program, with a view of taking ownership and control of their functional health and wellbeing.
- Adherence to appointment scheduling within program completion timeframes is key.
- Open communication and working with their therapist to set and achieve expectations and outcome goals are vital.

**patients taking ownership
and control of their functional
health and wellbeing is vital**



WHO DOES WHAT IN THE BNAP PROGRAM?

Physiotherapy may include:

- Movement adaptation and exercise prescription
- Manual therapy if and when needed
- Pain and stress management strategies
- Education e.g. flare-up management, healthy lifestyle, sleep hygiene

Occupational therapy may include:

- Engaging in important and meaningful activities
- Developing, recovering, or maintaining the skills needed for everyday activities
- Achieving independence and independent living
- Creating a return-to-work plan
- Making appropriate workplace recommendations to your employer

The GP assessment:

- The patient needs to undergo a medical examination by the doctor, whose primary role is to make sure they are medically fit to participate in the BNAP program.

HOW DOES PAYMENT WORK?

BNAP is a global fee physio driven program, the cost of which comes from the medical aid risk pool and not from the patients' day to day savings account (T&C apply). The medical aid will pay the global fees to the physiotherapy practice, who will then pay the GP for their assessment report.

HOW TO REFER A PATIENT

If you have identified a patient as appropriate for the program:

- complete the GP BNAP assessment form and send to Workability's BNAP Team via email: referrals.network@workability.co.za
- complete the GP BNAP assessment form and refer via Workability web page: <https://workability.co.za/doctor-risk-screening-assessment>



HOW TO CONTACT US



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