

Habit Health Musculoskeletal Integrated Care Pathway

ICP-MSK

ICP is a fully funded musculoskeletal programme that works in a collaborative inter-disciplinary way, to ensure fast access to treatment for patients that have a significant back, knee or shoulder injury.

Eligibility for ICP-MSK

Confirmed or suspicious of a diagnosis below:

Knee

- Medial and/or lateral meniscal tear or other internal derangement
- Medial and/or lateral ligament rupture
- Anterior cruciate ligament rupture with/without meniscal tear
- Posterior cruciate ligament rupture
- Traumatic patellar dislocation
- Patellar tendon rupture
- Post-traumatic osteoarthritis
- Fracture of the patella
- Osteochondral fracture
- Fracture involving the tibial condyle or femoral condyle

Shoulder

- Rotator cuff full thickness tear (rupture)
 - +/- Biceps tendon high grade tear
 - +/- Traumatic labral tear
- Glenohumeral joint dislocation
- AC joint dislocation
- Fracture of the clavicle
- Fracture of the humerus
- Fracture of the glenoid
- Post-traumatic osteoarthritis

Lower back

- Lumbar disc prolapse, or extrusion/radiculopathy
- Lumbar fracture

Other

- Previous fracture (ACC funded surgery) that now requires removal of metalware

How do you refer patients?

Add "ICP Referral" to referral letter title and/or subject line

Include ACC 45 number
(or claim number starting 100)

Attach relevant lodgement notes, radiology reports or other supporting info

EDI: **habithut**

Email: **referrals@habit.health**

Or use your current referral process





Specialist Referrals - From April 1, search Habit Health and use the embedded referral form for ICPMSK

Referrals

Inclusion criteria:

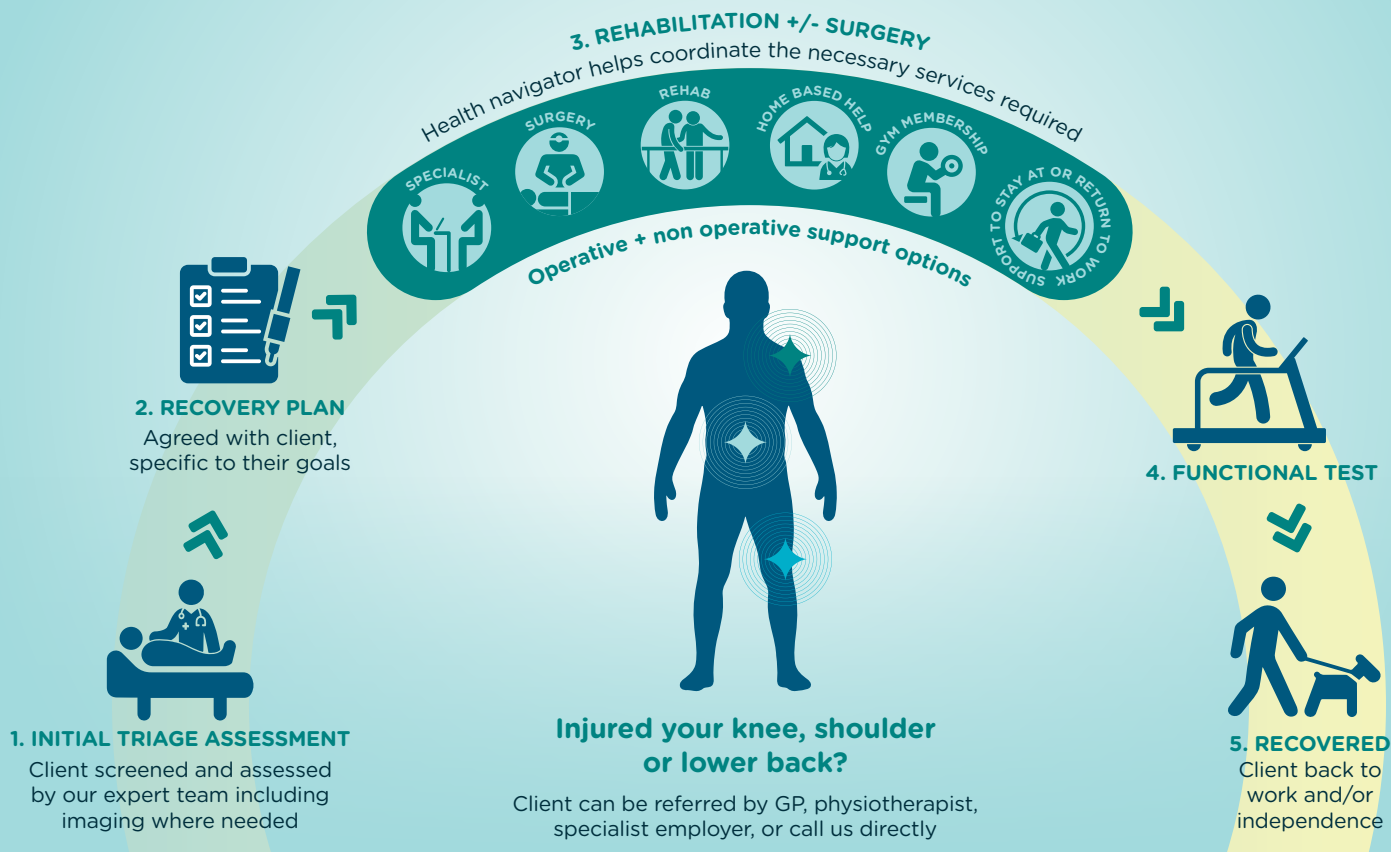
- › Knee, Shoulder or Lumbar Spine injury
- › Confirmed Cover (ACC45 or 100 number)
- › Injury within last 12 months
- › Confirmed or suspicious of an 'accepted diagnosis' - see list of diagnosis to the left

Benefits for patients

-  Fully funded rehabilitation
-  Timely access to specialists and diagnostics
-  Cultural support from our dedicated in-house team (Ngā Kaihapai)
-  Patient-centered goal setting
-  Access to wide range of coordinated services.

If you are unsure - you can refer them to one of our physiotherapy clinics and we will review the eligibility of their diagnosis.

The ICP Process



Patients can be referred using your PMS direct to Habit Health, via your current referral processes.

It works like this:

1. Initial Triage Assessment

Patients will be seen by one of our senior physiotherapists and undergo a comprehensive musculoskeletal assessment which is reviewed by our IDT (including a specialist if required) to confirm the diagnosis and that they meet the entry criteria.

2. Recovery Plan

The rehabilitation team develops a recovery plan alongside the patient, identifying their specific goals.

3. Rehabilitation and Specialist Oversight

A dedicated health navigator will coordinate with the client, specialists, return-to-work providers and other team members. Your patient will see a specialist for review and surgical intervention if indicated. We work with over 200 specialists, 600 physios and a wide range allied health professionals across the entire country.

4. Recovery and Testing

A comprehensive physical assessment is completed once a patient meets their rehabilitation goals. This includes return to play testing, collection of PREMs and PROMs and the completion of a discharge summary.

