icare™
Insurance and Care NSW

Information Sheet SP33

Information for Service Providers working with Lifetime Care or the Workers Care Program

Guidelines for Prescribers – Exercise and Fitness Equipment

icare requires that prescribers of exercise and fitness equipment, otherwise known as Assistive Technology (AT), meet the necessary qualifications and levels of experience as detailed below.

1. Principles of Exercise and Fitness Equipment Prescription

1.1. icare endorses using a person-centred approach to all assessments and assistive technology (AT) prescriptions. It is assumed that prior to approaching icare, the prescribing clinician has undertaken a person-centred assessment where the outcome recommends the AT is likely to assist with optimising the person's outcomes and builds the person's capacity.

2. Professional Criteria for Prescribers

2.1. Clinicians must have the stipulated professional qualification to prescribe different types of assistive technology as detailed in Table 2.

2.2. Prescription of Group 1 assistive technology only requires that the prescriber has the stipulated qualification. Prescription of Group 2 and Group 3 assistive technology also requires the clinician to have relevant experience (see Table 1). This is defined as:

- the amount of experience (in years) a clinician has in the prescription of the specified exercise and fitness equipment
- the number of prescriptions previously completed in that AT group and category for exercise and fitness equipment.

Table 1: Assistive Technology Groups

Group	Equipment Complexity and Usage Frequency	Prescriber Requirements
1	• simple to set-up and use • not custom-made • frequently prescribed; and • stands alone and is not integrated with other equipment.	• stipulated qualification only
2	• complex to set-up and requires training to use safely; or • potential adverse outcome for a client / carer / attendant care worker if not prescribed or used appropriately; or • custom-made; or • infrequently prescribed; or • integrated or interfaces with other equipment.	• stipulated qualification **AND** • >1 year of experience **AND** • 3 previous prescriptions under supervision for group 2 equipment in that category

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Group	Equipment Complexity and Usage Frequency	Prescriber Requirements
3	• consists of several component pieces of equipment that must integrate to achieve the goal for the client: or • Due to the risk to the client the skills of a multidisciplinary team are required to prescribe accurately.	• stipulated qualification **AND** • >3 years of experience **AND** • 5 previous prescriptions under supervision for group 3 equipment in that category **AND** • prescriber plus endorsement by one or more members of the specialist multi-disciplinary team

2.3. Prescribers are asked to complete a declaration on the *FSP007 Equipment Request Form (ERF)* to confirm that they meet the required qualification and experience.

2.4. The guidelines for prescribers of exercise and fitness equipment do not replace:

- the need to document the clinical assessment and clinical reasoning underlying the exercise and fitness equipment prescription
- the need for clinical supervision in the workplace, particularly where the clinician is a new graduate or new to the field of practice.

3. Easy Order

3.1. Items ordered under Easy Order must be prescribed by the stipulated prescriber under the relevant sections of this document. For more information, please refer to Easy Order information on the website: go to www.icare.nsw.gov.au > practitioners and providers > healthcare and service providers > equipment and maintenance.

4. Group 1 Equipment and Complex Clients

4.1. At times, Group 1 equipment may be prescribed for a client with a complex condition, such as significant neurological impairment or spinal cord injury. Although qualification alone is required in this instance, inexperienced clinicians should still seek or use additional clinical supervision to ensure the prescription is correct.

5. Inexperienced Prescribers Prescribing under Supervision

Prescribers who do not meet the professional criteria may prescribe under the supervision of a clinician who is an eligible prescriber for that equipment. The prescriber will remain the point of contact if any additional information is required.

The format and level of supervision provided by the supervisor remains the responsibility of the clinical service to determine. It is recommended that the supervisor sights and co-signs the *FSP007 Equipment Request Form (ERF)* before it is submitted.

6. Approved Prescribers

6.1. Services that operate under a transdisciplinary model or do not have access to health professionals representing several disciplines in a single location may undertake education programs to train health professionals to prescribe group 1 equipment for non-complex clients. In these circumstances, the trained clinicians can also become Approved Prescribers.

> *For example, a rural health team operating under a transdisciplinary model may provide education to occupational therapists and nurses so that they can prescribe Group 1 fitness equipment.*

7. Lack of Eligible Prescribers

7.1. In circumstances where a client's access to equipment may be compromised due to a lack of eligible prescribers (for example in rural or remote areas), icare may make exceptions for individuals without the stipulated qualifications, who have highly specialised skills in a particular clinical area depending on the participant circumstances. The treating health team should liaise with icare to discuss options to address this problem.

8. Eligible Prescribers Employed by Assistive Technology Suppliers

8.1. All prescribers must comply with the principle that the prescription of equipment must be removed from the supply or provision of the equipment, to eliminate and prevent any perceived or actual conflict of interest.

8.2. Equipment requests cannot be submitted by professionals working for suppliers, nor can they provide supervision for equipment prescription.

Glossary/Definitions

Role Abbreviation	Role Full Title
AT	Assistive Technology
EP	Exercise Physiologist
OT	Occupational Therapist
PT	Physiotherapist
SME	Subject Matter Expert

Table 2: Assistive Technology and Professional Criteria

Group	Exercise and Fitness Equipment	Qualifications
Standing equipment		
2	• paediatric standing frames • adult standing frames • tilt tables	PT with: • >1 year of experience in this diagnostic group **AND** • 3 previous prescriptions for Group 2 equipment in this category
Walking equipment		
2	• parallel bars • treadmills	PT with: • >1 year of experience in this category **AND** • 3 previous prescriptions for Group 2 equipment in this category
3	• body-weight support systems	PT or OT with a rehabilitation specialist: • PT or OT must have >3 years of experience in this category
Strengthening equipment		
1	• free weights • pulley systems • resistance bands • cable weights and weights machines • weight cuffs • swiss balls • wobble boards • hand therapy equipment	PT, EP, or OT for upper limb exercise equipment
2	• multi station gym For people with significant neurological deficit: • free weights • pulley systems and cable weights • weights machines • swiss balls • wobble boards • functional electrical stimulation	OT with: • >1 year of experience in this category **AND** • 3 previous prescriptions for Group 2 equipment in this category

Group	Exercise and Fitness Equipment	Qualifications
Cardiovascular equipment		
1	• exercise bikes • mini trampoline • physical activity monitor (eg. pedometer or heart rate monitor) • boxing equipment • arm/leg ergometer (passive / non-powered)	PT or EP
2	• treadmills • upper limb cross training • rowing machine • arm/leg ergometer (active or passive) for those with neurological or complex injuries • functional electrical stimulation for cardiovascular training • arm/leg ergometer (passive / non-powered)	PT with: • >1 year of experience in this category **AND** • 3 previous prescriptions for Group 2 equipment in this category
Pool equipment		
1	• flotation devices • resistance devices	PT or EP
2	• water wheelchair	PT or OT with: • >1 year of experience in this category **AND** • 3 previous prescriptions for Group 2 equipment in this category
Other general exercise and fitness equipment		
1	• mirrors • wedges • steps • rolls • exercise bench • biofeedback machine • items that fit Easyorder criteria	PT or EP
2	• plinth	PT with • >1 year of experience in this category **AND** • 3 previous prescriptions for Group 2 equipment in this category

Group	Exercise and Fitness Equipment	Qualifications
Sporting equipment		
2	• standard bicycles, tricycles • handcycles	PT or OT with: • >1 year of experience in this category **AND** • 3 previous prescriptions for Group 2 equipment in this category Or Recreation Therapist with: • >3 years of experience **AND** • 3 previous prescriptions for Group 2 equipment in this category
3	• modified or customised bicycles/tricycles • modified or customised sporting equipment • sports wheelchairs • any type of cycle for off-road use • any type of cycle with pedal assist or electronic bikes	PT with a rehabilitation specialist • PT must have >3 years of experience in this category
Advanced technology		
3	• virtual reality (VR) for exercise and fitness	PT or OT with treating specialist endorsement or medical clearance. PT or OT must have: • >3 years of experience in this category **OR** • 3 previous prescriptions in this category
3	• new or emerging technology for exercise and fitness	PT with treating specialist endorsement/ medical clearance. PT must have: • >3 years of experience in this category **OR** • 3 previous prescriptions in this category. Discuss with icare Empowered Living SME (Subject Matter Expert).

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