

**Dr Rowena Field**  
Physiotherapist & Nutritionist /Director  
PhD, M.Phty B.App.Sc (phty) APAM. A.Nutr

**Felicity Slevin**  
Psychologist/Director  
B.Psych



**STEPP**  
solutions, tools & education  
for persistent pain

## STEPP SERVICES FOR PRIVATE PATIENTS:

### 1. Individual appointments

Dr Rowena Field	Physiotherapy / Nutrition for chronic pain	1-hour individual session – contact <a href="mailto:rowena@stepp.com.au">rowena@stepp.com.au</a> 0437575407	\$185
Ms Felicity Slevin	Psychology	1-hour individual session – contact <a href="mailto:felicity@stepp.com.au">felicity@stepp.com.au</a> 0478045617	\$185

### 2. Preventing Persistent Pain Program

**Preventing Persisting Pain** - a proactive program designed to help those who are experiencing recurrent pain and are **at risk** of the pain becoming chronic. It is an interactive *education* program tailored to the patient's specific needs, not a 'hands-on' clinical therapy to replace any other treatments you may be currently having. It includes 3 x one hour education sessions **with physiotherapist Dr Rowena Field** that focus on explaining the neuroscience behind how chronic pain develops and what continues to drive it. Research shows that if people understand 'why' they hurt and how their danger warning system is becoming more sensitive, they are empowered to make the necessary changes to turn the volume knob down. It allows them to re-engage in physical strategies to improve function and mobility. This program is available as an in-person consult in Nowra, or via telehealth anywhere in Australia. More detailed information can be downloaded from [www.stepp.com.au](http://www.stepp.com.au)

#### PREVENTING PERSISTENT PAIN PROGRAM PRIVATE PATIENT FEES

Assessment and introduction	1-hour individual session	\$185
Pain neuroscience education	1-hour individual session with downloadable resources	\$185
Practical applications	1-hour individual session	\$185

If you are a Workcover, Defence, DVA or referred through your employer, you can access the program with appropriate referrals at the gazetted fee rates. If approval is required, we can assist in following this up.

### 3. STEPP (solutions, tools, and education for persisting pain)

**STEPP (solutions, tools, and education for persisting pain)** – this is a service for patients that currently **have chronic pain**. The practice is based on the latest research (Explain Pain) which shows that educating patients on why they have developed a hypersensitive pain response and assisting them to desensitize this is more effective than comparative physical or passive treatments alone. STEPP is not a technique, but a range of educational, lifestyle and psychological interventions. It aims to change understanding of the biological processes that underpin pain and emphasizes the

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distinction between nociception and pain. It teaches clients that pain is a protective mechanism, not an indicator of tissue damage and this helps to decrease catastrophizing. It is underpinned by a biopsychosocial approach that assists clients into a psychological position where they are ready to engage in functional upgrading in an informed manner, and not in a way that feeds into the hypersensitive nervous system.

The STEPP program includes both Physiotherapy and Psychology sessions. These sessions are paid to the individual practitioner at the time of the service. The program is likely to have some sessions close together initially, and then spread out over the subsequent 3-4 months; however, the number and spacing of sessions varies for everyone. STEPP recognises that some clients are unable to attend locally, and the program can potentially be offered via our telehealth platform, however limited Medicare rebates are available on eHealth consultations.

If you are a Workcover, Defence or DVA client, you can access the program through your funding body with appropriate referrals to both Physiotherapy and Psychology services. If approval is required, we can assist in following this up.

If you are a private paying client, some of your sessions may be partially funded through Medicare. If your GP agrees that the program is an appropriate part of Chronic Disease Management (item 10960) then they can refer for physiotherapy. This will partially fund 5 physiotherapy sessions (per calendar year) as part of the GP Management plan. If you have already used these sessions for a different allied health practitioner (eg Exercise physiology or dietician) then you are not eligible for further Medicare sessions. Your GP will need to do a specific referral form (CDAH-I 0510) and specify 5 sessions for the physiotherapist Rowena Field. This form is attached at the end of this document. (Indigenous clients can access a further 5 partially funded sessions but need a second referral for 5 follow-up allied health services for item 81335). You can access 10 partially funded psychology sessions (per calendar year) under the Mental Health Care Plan – you will need your GP to fill out the appropriate MHCP referral.

## STEPP PROGRAM PRIVATE PATIENT FEES

Initial Assessment	<b>Initial combined assessment with physio and psychologist</b>		<b>Total \$370</b>	
Education & Implementation Program including comprehensive printed manual	<b>Physiotherapy Costs (Dr Field)</b>		<b>Psychology Costs (Ms Slevin)</b>	
	Tailored individual 1 hour education sessions (5 recommended)	\$185 each session to be paid at the time	Tailored individual 1 hour education sessions (5 recommended)	\$185 each session to be paid at the time
	<i>Medicare rebate may be available for these sessions under Chronic Disease Management. Full payment is required at the time of the session with \$58.30 Medicare rebate returned to nominated bank account if paying by card. The rebate on a further 5 sessions is available to indigenous clients and can be used over the treatment sessions.</i>		<i>Medicare rebate may be available for these sessions under the Mental Health Care Plan. Full payment is required at the time of the session with \$93.35 Medicare rebate returned to nominated account if paying by card. This rebate is also available for 5 subsequent treatment consults also, if required.</i>	
Treatment / Monitoring Consults (As Required on An Individual Basis)	1 hour follow up consults	\$185	1 hour psych consult	\$185 (Medicare rebate available up to annual limit of 10 sessions)
	Short review/ treatment consults (30 mins)	\$100		
	<i>Some of this fee may be claimable through your private health fund.</i>		<i>Some of this fee may be claimable through your private health fund.</i>	

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