

# ICP Complexity Tool v1

Question	Low Need	Medium Need	High Need
<b>Comorbidities category:</b>			
<p><u>Co-morbidity factors:</u></p> <p>1. How many of the below factors does the kiritaki currently have?</p> <ul style="list-style-type: none"> <li>• Age – Over 65,</li> <li>• Smoker,</li> <li>• Pre-existing chronic health condition, (e.g. arthritis, diabetes or heart*),</li> <li>• Co-existing head injury resulting in moderate concussion symptoms,</li> <li>• Obesity (BMI above 30).</li> </ul> <p>*where each health condition would counts for 1 additional factor, i.e. arthritis and diabetes = 2 factors</p>	One or nil factors	Two or three factors	Four or more factors
<b>Psychosocial category:</b>			
<p><u>Social support network</u></p> <p>2. How would you describe family and social support networks for the kiritaki?</p>	Supportive family and/ or social network that are able to provide support at the frequency required to achieve the expected outcome for the kiritaki.	The kiritaki has some family and/ or social network in the region but they are not able to provide support at the frequency required to achieve the expected outcome for the kiritaki.	The kiritaki is managing their injury on their own  Or there is the presence of dysfunctional family dynamic, e.g. spouse or parent influence.



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<p><u>Active participation</u></p> <p>3. How would you describe approach and attitude by the kiritaki to their recovery from what you know to date?</p>	<p>The kiritaki appears able and actively engaged in their recovery, and their willingness to do so is demonstrated by engagement in their attitudes and behaviours (active approach). e.g. responds to phone calls and emails, performs home exercises or homework evidence (such as activity diary).</p>	<p>The kiritaki appears able to engage but does not consistently demonstrate this willingness through their attitudes and behaviours. e.g. does not perform home exercises or homework, participates to the minimum requirement when not supervised in clinic</p> <p>Or, recovery for the kiritaki will depend on the quality of medication or treatment or surgery delivered to them (passive approach).</p>	<p>The kiritaki appears able to engage, but engages minimally or not at all, with their management plan and treatment. e.g. frequently misses scheduled appointments, does not respond to emails or phone calls to reschedule appointments.</p>
<p><u>Patient resilience</u></p> <p>4. How would you describe the effectiveness of current coping strategies of the kiritaki to deal with their injury situation?</p>	<p>The kiritaki is coping well. No emotional distress regarding their injury situation.  Confident of dealing with problems.</p>	<p>The kiritaki reports low levels of emotional stress regarding their injury situation*, and they have a few effective strategies that help a little.  *e.g. stress, anxiety, worry, concern.</p>	<p>The kiritaki reports high levels of emotional stress regarding their injury situation, and they are not coping* well using their normal strategies.  *e.g. resulting in lack of sleep, overuse of medication, outbursts at friends and family.</p>
<p><u>Medication use</u></p> <p>5. How well is pain for the kiritaki controlled using the medication prescribed by their medical professional?</p>	<p>The kiritaki reports their pain is well controlled with the pain medication prescribed by their medical professional.  e.g. Numerical Pain Rating Scale 0 – 3/ 10.</p>	<p>The kiritaki reports that their pain is mostly well managed using the pain medication prescribed by their medical professional, and some other options for pain controlled would help.  e.g. 4 – 6/ 10</p>	<p>The kiritaki reports that their pain is not well controlled despite the pain medication prescribed by their medical professional, and further support is needed, e.g. medication review.  e.g. 7 – 10/ 10</p>



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<p><u>Equitable access</u></p> <p>6. How would you describe the apparent ability and attitude of the kiritaki to access care to rehabilitate from their injury?</p>	<p>The kiritaki appears easily able and willing to access care for their injury.</p>	<p>The kiritaki appears willing to engage but would benefit from low levels of support and/ or navigation in order to obtain access to care for their injury*. *e.g. due to social circumstances such as education, housing, finances, transport, employment, mood disorder (affecting aspects of depression, acute anxiety episodes etc)</p>	<p>The kiritaki appears willing to engage but would benefit from high levels of support and/ or navigation in order to obtain to access, and continue to engage with, care for their injury*. *e.g. due to social circumstances such as education, housing, finances, transport, employment, mood disorder (affecting aspects of depression, acute anxiety episodes etc)</p>
<p><u>Health literacy</u></p> <p>7. How would you describe ability of the kiritaki to read and understand health information, and their ability to learn about their injury?</p>	<p>The kiritaki can easily read, understand and complete medical forms.</p> <p>The kiritaki can easily use information to learn about their injury/ medical conditions.</p> <p>The kiritaki can easily process that information to make decisions about their care pathway.</p>	<p>The kiritaki needs minimal help* to read, understand, and complete medical forms.</p> <p>And/ or the kiritaki needs minimal help* to learn about their injury/ medical conditions because of a difficulty understanding information.</p> <p>*e.g. admin/ reception staff or treatment provider explanation</p> <p>And/ or the kiritaki needs minimal help to make decisions about their care pathway.</p>	<p>The kiritaki needs significant help* to read, understand, and complete medical forms.</p> <p>And/ or the kiritaki needs significant help* to learn about their injury/ medical conditions because of a difficulty understanding information.</p> <p>*e.g. formal translator or family member translating</p> <p>And/ or the kiritaki needs significant help to make decisions about their care pathway.</p>
<p><u>Cultural support</u></p> <p>8. Would the kiritaki benefit from support* in addition to mainstream health services? *e.g. culture, language, religion, community</p>	<p>The kiritaki indicates that the type and frequency of supports typically provided in a mainstream service is sufficient to help the kiritaki achieve their expected outcome.</p>	<p>In addition to physical health needs, the kiritaki indicates that a low level of specific support and/ or navigation needs in the areas of mental health, spiritual health, and/ or family health* is required in order to achieve expected outcome for the kiritaki.</p> <p>e.g. Whare Tapa Wha model of healthcare</p>	<p>In addition to physical health needs, the kiritaki indicates a high level of specific support and/ or navigation needs in the areas of mental health, spiritual health, and/ or family health* is required in order to achieve expected outcome for the kiritaki.</p> <p>e.g. Whare Tapa Wha model of healthcare</p>



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<b>Contextual category:</b>			
<u>Housing/ accommodation</u> 9. Has the kiritaki indicated that they are living in a difficult or unsafe housing/ accommodation situation, or that their situation may evolve to such a situation over the duration of their recovery?	The kiritaki lives in a stable and safe housing/ accommodation and does not expect that to change over the duration of their recovery.	The kiritaki reports that there is a low possibility that their existing housing/ accommodation situation may become difficult or unsafe.	The kiritaki reports that they are currently living in a difficult or unsafe housing/ accommodation situation,  Or the kiritaki reports that it is highly likely that their existing housing/ accommodation situation may become difficult or unsafe.
<u>Finances</u> 10. Does financial stress currently impact the kiritaki thoughts, feelings, and/ or behaviour?	The kiritaki reports that their financial situation will most likely allow them to attend the intended care pathway working towards achieving their expected outcome.	The kiritaki reports that changes their financial situation may result in low to moderate challenges that could affect their participation and/ or present a financial barrier to rehabilitation towards achievement of their expected outcome.	The kiritaki reports that changes their financial situation may result in high level challenges that could affect their participation and/ or present a financial barrier to rehabilitation towards achievement of their expected outcome.
<u>Travel</u> 11. How confident is the kiritaki that they will be able to attend ICPMSK appointments with respect to transport?	The kiritaki is confident that they will be able to attend all ICPMSK appointments with respect to transport, e.g. vehicle access, driver's license or support person, distance is close, cost is reasonable	The kiritaki thinks that attending all ICPMSK appointments with respect to transport will be a little challenging, but they are confident of overcoming that challenge with help	The kiritaki thinks that attending all ICPMSK appointments with respect to transport is going to be really challenging, and they are not confident of being able to achieve this outcome.
<u>Return to Activities of Daily Life (ADL's)</u> 12. When considering the degree of challenge in expected pathway for the kiritaki, how confident are they that they make a full return to independence in all of their Activities of Daily Life (ADL's)?  e.g. domestic activities, hygiene care, mobility, transport	The kiritaki is appropriately confident that they will be able to return to independence in all of their ADL's, given the degree of challenge in expected pathway for the kiritaki.	There is a low to moderate level mismatch between the confidence of the kiritaki in returning to independence in all of their ADL's, and the degree of challenge in the expected pathway for the kiritaki.  e.g. the pathway for the kiritaki presents a low to moderate level of challenge, but they perceive that it will be much more difficult.	There is a high-level mismatch between the kiritaki confidence of returning to independence in all of their ADL's, and the degree of challenge in the in expected pathway for the kiritaki.  e.g. the pathway for the kiritaki presents a low level of challenge, but they perceive it will be very difficult and they will not be swayed from this opinion.



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<p><u>Return to sport</u></p> <p>13. When considering the degree of challenge in expected pathway for the kiritaki, how confident are they that they will make a full return to their typical sport or recreational activities.</p>	<p>The kiritaki is appropriately confident that they will be able to return to their typical sport or recreational activities given the degree of challenge in expected pathway for the kiritaki</p>	<p>There is a low to moderate level mismatch between the confidence of the kiritaki in returning to their typical sport or recreational activities, and the degree of challenge in expected pathway for the kiritaki.</p> <p>e.g., the pathway for the kiritaki presents a low to moderate level of challenge, but they perceive that it will be much more difficult.</p>	<p>There is a high-level mismatch between the confidence of the kiritaki in returning to their typical sport or recreational activities, and the degree of challenge in the expected pathway for the kiritaki.</p> <p>e.g. the pathway for the kiritaki presents a low level of challenge, but they perceive it will be very difficult and they will not be swayed from this opinion.</p>
<b>Disciplines category:</b>			
<p><u>Number of disciplines</u></p> <p>14. What is the expected mix of health professionals needed in caring for the kiritaki?</p>	<p>Largely Rehabilitation and RTW (Allied health team).</p>	<p>Allied health, and Specialist opinion on surgery/ non-surgical pathway</p>	<p>Allied health, Specialist, Pain management type inputs and/ or Counselling/ Psychology and/ or high levels of navigation.</p>
<b>Vocational category:</b>			
<p><u>Employment</u></p> <p>15. What is the current job/ employment status for the kiritaki?</p>	<p>The kiritaki is still at work full-time and full duties.</p> <p>Or the pre-injury job of the kiritaki is still available, and they are confident that they will be able to return to that</p> <p>e.g. Same job, same employer</p>	<p>The pre-injury job of the kiritaki is no longer available, or the kiritaki perceives a significant risk of losing their job.</p> <p>The kiritaki will, or may have to, find a new job in the same line/ type of work.</p> <p>e.g. Similar job, new employer</p>	<p>The pre-injury job of the kiritaki is no longer available, or the kiritaki perceives a significant risk of losing their job.</p> <p>The kiritaki is not confident that they will be able go back to the same type of work (e.g. electrician) they were doing before their injury.</p> <p>e.g. New job, with same employer or new employer</p>



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<p><u>Workplace support</u></p> <p>16. What level of support does the kiritaki receive or expect to receive from their workplace (including employer, HR, work colleagues)?</p>	<p>The kiritaki has or expects good support from their boss, and/ or their work colleagues.</p> <p>e.g. employer provides time to attend appointments, flexible work hours, support for changes needed in work duties or schedule, willing to talk about concerns.</p> <p>Colleagues ask how the kiritaki is doing, offer to help in some way.</p>	<p>The kiritaki does not have or does not expect support from their boss and/ or their work colleagues.</p> <p>e.g. employer provides mostly negative feedback on RTW progress, recommendations for changes in hours/ duties are not followed consistently,</p> <p>Colleagues are distant or hostile when the kiritaki functions below capacity.</p>	<p>The workplace (employer, HR, and/ or work colleagues) are being unhelpful in the process of Return to work.</p> <p>e.g. employer is resistant to the return to work process and has become a significant challenge to the kiritaki being able to achieve this outcome.</p>
<p><u>Return to work</u></p> <p>17. When considering the degree of challenge in expected pathway of the kiritaki, how confident are they that they will make a full return to their normal working hours and duties.</p>	<p>The kiritaki is appropriately confident that they will be able to return to their normal working hours and duties given the degree of challenge in the expected pathway for the kiritaki.</p>	<p>There is a low to moderate level mismatch between the confidence of the kiritaki in returning to their normal working hours and duties, and the degree of challenge in the expected pathway for the kiritaki.</p> <p>e.g. the pathway for the kiritaki presents a low to moderate level of challenge, but they perceive that it will be much more difficult.</p>	<p>There is a high-level mismatch between the confidence of the kiritaki in returning to their normal working hours and duties, and the degree of challenge in the expected pathway for the kiritaki.</p> <p>e.g. the pathway for the kiritaki presents a low level of challenge, but they perceive it will be very difficult and they will not be swayed from this opinion.</p>

