



**Australian Government**  
**Department of Veterans' Affairs**

**Compensation & Income Support Policy Branch**

# SOP Bulletin No. 203

9 July 2018

**THE FOLLOWING RMA SOPS TAKE EFFECT ON 23 JULY, 2018**

<b>New SOPs</b>	<b>Olecranon bursitis Knee bursitis</b>
<b>Revocations &amp; Replacements</b>	<b>Bipolar disorder Panic disorder Cluster headache Macular degeneration Localised sclerosis</b>
<b>Amendment</b>	<b>Lumbar spondylosis Thoracic spondylosis</b>

### NOTEWORTHY FEATURES

<b>Olecranon bursitis</b>	<b>New – 63 &amp; 64 of 2018</b>
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- This new SOP covers inflammation / infection of the olecranon bursa at the tip of the elbow. The olecranon bursa is a thin sac of fluid that helps the skin slide over the bone at that site.

**Knee bursitis****New – 65 & 66 of 2018**

- This new SOP covers inflammation / infection of any of the multiple bursae around the knee, except for bursitis of the gastrocnemius-semimembranosus bursa, which is covered by the SOP for popliteal cyst (AKA Baker's cyst). Bursae around the knee are thin sacs of fluid that generally sit between muscle/tendon and bone and help to reduce friction.
- Many of the factors in the SOP are restricted to particular sites/types of bursitis.

**Bipolar disorder****Revocation – 53 & 54 of 2018**

Replaces 27 &amp; 28 of 2009

- The definition has been updated, with DSM-5 based criteria. This is the last of the SOPs to be updated, with all psychiatric SOPs now having definitions based on DSM-5 criteria.
- The category 1B stressor definition has been changed, with a reorganisation/reorder of the listed traumatic events and a change from plural to singular for 'corpse' and 'critically injured casualty'. There is also a new and limiting definition of 'corpse', which is restricted to cases involving 'violent or horrific death'.
- A number of existing factors have updated wording, to now be consistent with other more recently issued psychiatric SOPs.
- There are changes to the drug factors due to the DSM-5 classification. Some new drugs have been added in the specified list of drugs factor/definition (this applies to 'substance/medication-induced bipolar and related disorder' only).
- There are new RH only factors for insomnia (as specified), and concussion or moderate to severe traumatic brain injury.
- There are new RH only factors, for 'substance/medication-induced bipolar and related disorder' only, for organic solvent exposure and increased caffeine intake (as specified).
- There are new RH and BOP factors, for worsening only, for deep brain stimulation for Parkinson's disease and for vagus nerve stimulation.

<b>Panic disorder</b>	<b>Revocation – 55 &amp; 56 of 2018</b> Replaces 68 & 69 of 2009
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- The same changes as for bipolar disorder have been made to the category 1B stressor definition (see above).
- The childhood abuse factor has been amended, with the removal of the ‘within 20 years’ requirement in RH and the ‘within 15 years’ requirement in BOP. A worsening factor for childhood abuse has also been added.
- The ‘death of a significant other’ factor has been amended, with extension of the temporal period from ‘within 2 years’ (RH) or 1 yr (BOP), to 10 yrs and 5 yrs.
- There are new factors (RH and BOP) for a severe chronic medical condition, sleep apnoea, concussion and a category 2 stressor.
- There is a new RH only factor for migraine.

<b>Cluster headache</b>	<b>Revocation – 57 &amp; 58 of 2018</b> Replaces 20 & 21 of 2010
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- The definition has been changed, to exclude some short lasting headache types that are now classified as being separate from cluster headache.
- The head trauma factor (RH and onset only) has been updated to now require onset within 7 days (previously 14) and to now propagate to the concussion and moderate to severe traumatic brain injury SOPs.
- One new drug has been added to the worsening factor for taking nitrates.
- There are new RH only factors for eye extenteration (removal), sleep apnoea, smoking, cocaine use, alcohol consumption and taking sildenafil (the last two for worsening only).

<b>Macular degeneration</b>	<b>Revocation – 59 &amp; 60 of 2018</b> Replaces 13 & 14 of 2009
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- The definition has been updated, but SOP coverage remains the same.

- The RH passive smoking factor has been updated to the “exposed to second hand smoke” format.
- There has been a significant reduction in the required dose in the alcohol factors.
- There are new RH only factors (onset and worsening) for an abnormal lipid profile (high HDL), diabetes mellitus and hypertension.
- The previous cataract surgery factor has been removed from the BOP SOP and confined to apply to wet macular degeneration only in the RH SOP.
- The previous anticoagulant therapy or thrombolytic therapy factor has been restricted to worsening only in both RH and BOP (previously a factor for onset and worsening).

### **Localised sclerosis**

**Revocation – 61 & 62 of 2018**

Replaces 66 & 67 of 2019

- The definition has been updated, with the addition of further exclusions and notes on clinical manifestations.
- Factors for graft vs host disease, trichloroethylene and vinyl chloride have been removed from both RH and BOP SOPs.
- The silica dust factor has been removed from the BOP SOP.
- A new RH only onset factor has been added for skin injury at the affected site.

### **Lumbar spondylosis**

**Amendment – 67 & 68 of 2018**

Amends 62 & 63 of 2014

### **Thoracic spondylosis**

**Amendment – 69 & 70 of 2018**

Amends 64 & 65 of 2014

- The same changes have been made for both conditions.
  - The changes are to the minimum weight requirements in the lifting loads and carrying loads factors.
  - The changes apply to both onset and worsening factors.
  - All loads (for lifting and for carrying) are now “at least 20” kg (down from 25 kg in RH and from 35 kg in BOP).
  - For the lifting loads factors the cumulative total requirement is now:
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- “at least 100 000” kg for RH (down from 120 000 kg); and
- “at least 150 000” kg for BOP (down from 168 000 kg).
- The carrying loads factors for RH and BOP retain the requirement for a cumulative total time of 3 800 hours (unchanged).
- The “within the 25 years” stipulations in the BOP factors have also been retained.

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