



# Outcomes of the Pain Management Program

## *Persons Served*

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RIW has served over 2700 people averaging 150 persons served per year in the pain management program. We treat a diverse group of men and women with a wide range of musculoskeletal pain.

Primary pain location	%
Low Back	48.9
Upper Back	2.8
Neck	10.9
Shoulder/Arm	21.5
Leg	11.9
Head/Face	2.4
Other	1.6

Patient Demographics		
Age (years)	Range of 19-71	Mean is 46.2
Gender	62% Male	38% Female
Length of disability	Mean is 29.8 months	

Ethnicity	%
White	58.8
Hispanic	19.9
Black	7.6
Asian/Pacific Islander	5.2
Native American	2.8
Other	1.7
Preferred not to answer	4.0

## *Satisfaction of Persons Served*

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People participating in the pain management program report high rates of satisfaction with the treatment they receive and with the accuracy of information provided to them about the program. They also report high rates of helpfulness from each discipline they work with during their treatment in the program.

Patient Satisfaction	Rating
Satisfaction with program	8.1/10
Accuracy of information received	8.1/10
% Recommending the program	99.8%
Helpfulness of PT	3.5/5
Helpfulness of OT	3.4/5
Helpfulness of physician visits	3.4/5
Helpfulness of psychology visits	3.4/5
Helpfulness of vocational visits	3.1/5

## Physical Outcomes

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On average, persons served report significant improvements in physical functioning on measures of cardiovascular fitness, mobility, strength, and endurance. Nearly 70% of people improve their physical capacity level by at least two levels and over 20% improve their physical capacity by three levels (e.g. sedentary to light-medium)

Change in physical capacity	Cumulative %
3-level improvement	20.6%
2-level improvement	69.4%
1-level improvement	87.2%

Physical Outcomes	Average % improvement
Body Mechanics	165%
Carrying Capacity	371%
Cardiovascular fitness	135%
Walking speed	22%
Kneeling	61%
Sit-ups	605%
Flexibility	846%

## Psychosocial Outcomes

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A large percentage of persons served report a reduction in psychological symptoms. Over 40% of persons served report clinically meaningful reductions in pain worry, pain interference, disability, depression, and anxiety. Over 65% report clinically meaningful reductions in pain fear/avoidance.

At least 1 out of 4 people drop below clinical criteria for disability, pain fear/avoidance, depression, and anxiety after 4 weeks in the program.

Pain, Mood, & Behavioral Outcomes	% of patients reporting a decrease in symptoms
Pain	54.7%
Pain Worry	73.5%
Pain Interference	71.8%
Disability	66.0%
Pain fear/avoidance	80.1%
Depression	67.8%
Anxiety	59.9%

## Medication Outcomes

Persons served demonstrate a significant reduction in opioid use as a result of participating in the pain management program.

- Of those who start the program on opioids, only 12.8% are still on opioids upon completing the program.
- Of those 12.8% still on opioids, their opioid dose has decreased significantly

This table represents only the persons served who were on opioids at the time of initial evaluation:

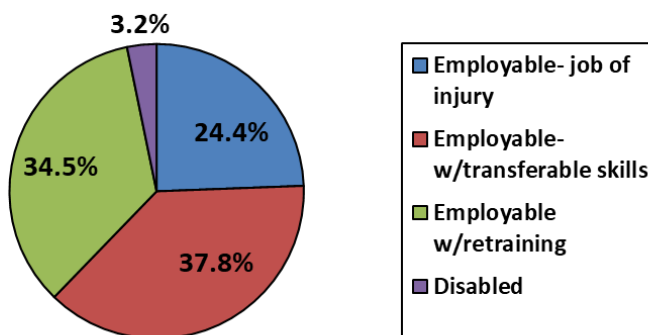
	Initial evaluation	Completion of program
% of patients on opioids	100%	12.8%
Mean opioid dose (MME)*	79.60	17.68

\*MME = morphine milligram equivalents

## Vocational Outcomes

At the completion of the program, almost all persons served are found physically able to work. At one year after completion of the program, nearly 72% of persons served have either returned to work or are in retraining.

**Employability at Discharge**



**Vocational Outcomes at 12-Months**

