



# Outcomes of the Pain Management Program

## *Persons Served*

RIW has served over 2400 people averaging 160 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	49.7
Upper Back	2.8
Neck	11.2
Shoulder/Arm	21.5
Leg	10.8
Head/Face	2.3
Other	1.7

Patient Demographics		
Age (years)	Range of 19-71	Mean is 46
Gender	61% Male	39% Female
Length of disability	Mean is 27.5 months	

Ethnicity	%
White	58.6
Hispanic	19.6
Black	7.9
Asian/Pacific Islander	5.4
Native American	2.8
Other	1.6
Preferred not to answer	4.1

## *Satisfaction of Persons Served*

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.

Patient Satisfaction	Rating
Satisfaction with program	8.1/10
Accuracy of information received	7.8/10
% Recommending the program	99.8%
Helpfulness of PT	3.5/5
Helpfulness of OT	3.3/5
Helpfulness of physician visits	3.3/5
Helpfulness of psychology visits	3.3/5
Helpfulness of vocational visits	2.9/5

## 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. More than 50% of people improve their physical capacity level by at least two levels and over 17% improve their physical capacity by three levels (e.g. sedentary to light-medium)

Change in Physical Capacity	Cumulative %
3-level improvement	17.24
2-level improvement	51.72
1-level improvement	79.31

Physical Outcomes	Average % improvement
Body Mechanics	167%
Carrying Capacity	230%
Cardiovascular fitness	141%
Walking speed	21%
Kneeling	84%
Sit-ups	310%
Flexibility	32%

## Psychosocial Outcomes

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A large percentage of persons served report a reduction in psychological symptoms. On many of our measures, over 40% of persons served report clinically meaningful reductions in psychological symptoms.

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	53.8%
Pain Worry	73.3%
Pain Interference	68.5%
Disability	79.2%
Pain fear/avoidance	81.0%
Depression	70.0%
Anxiety	54.3%

## Medication Outcomes

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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 9% are still on opioids upon completing the program.
- Of those 9% 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%	9%
Mean Opioid Dose (MME)*	74.44	26.31

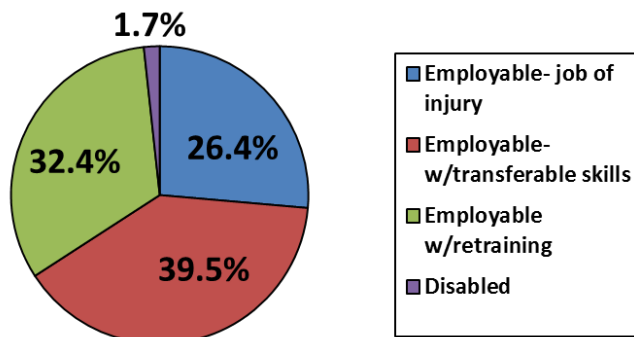
\*MME = morphine milligram equivalents

## Vocational Outcomes

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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 Determination at Discharge**



**Vocational Outcomes at 12-Months**

