



Outcomes of the Pain Management Program

Persons Served

RIW has served over 2900 people averaging 140 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.

Patient Demographics		
Age (years)	Range of 19-71	Mean is 47.4
Gender	62% Male	38% Female
Length of disability	Mean is 30.2 months	

Primary pain location	%
Low Back	48.4
Upper Back	2.7
Neck	10.9
Shoulder/Arm	21.4
Leg	12.5
Head/Face	2.6
Other	1.5

Ethnicity	%
White	56.9
Hispanic	21.7
Black	7.6
Asian/Pacific Islander	5.3
Native American	2.6
Other	1.9
Preferred not to answer	4.0

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 during their treatment in the program.

Patient Satisfaction	Rating
Satisfaction with program	8.3/10
Accuracy of information received	8.2/10
% 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	3.5/5
Helpfulness of vocational visits	3.2/5

Physical Outcomes

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 nearly 30% improve their physical capacity by three levels (e.g. sedentary to light-medium)

Change in physical capacity	Cumulative %
3-level improvement or >	27.9%
2-level improvement	67.9%
1-level improvement	87.9%

Physical Outcomes	Average % improvement
Body Mechanics	162%
Carrying Capacity	383%
Cardiovascular fitness	131%
Walking speed	22%
Kneeling	60%
Sit-ups	592%
Flexibility	826%

Psychosocial Outcomes

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 60% 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	54.3%
Pain Worry	69.8%
Pain Interference	72.9%
Disability	65.2%
Pain fear/avoidance	77.7%
Depression	64.0%
Anxiety	58.0%

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 14.37% are still on opioids upon completing the program.
- Of those 14.37% 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:

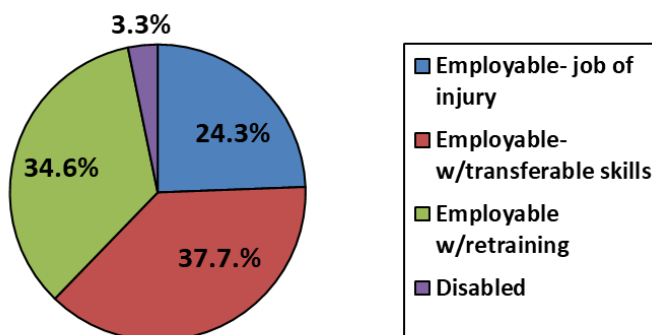
	Initial evaluation	Completion of program
% of patients on opioids	100%	14.37%
Mean opioid dose (MME)*	77.15	2.57

*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, 70% of persons served have either returned to work or are in retraining.

Employability at Discharge



Vocational Outcomes at 12-Months

