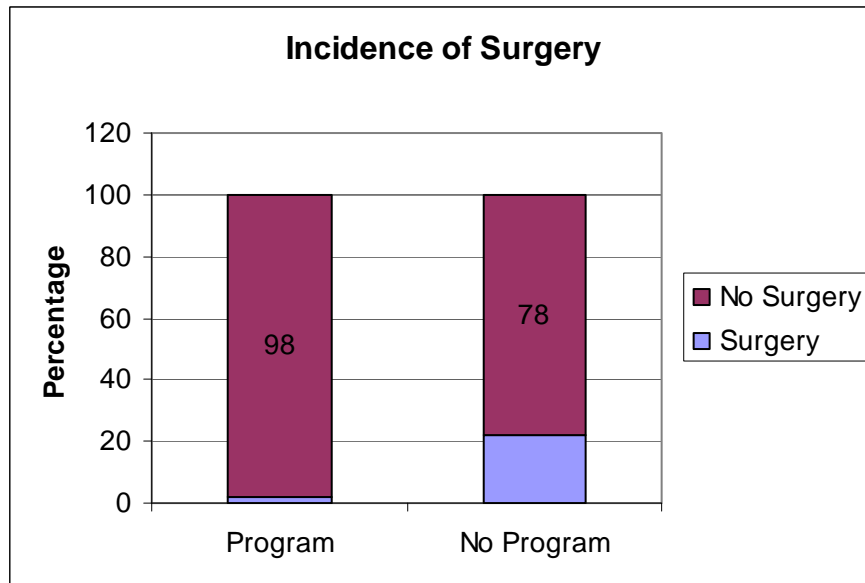




Chronic Pain Program 2008 Outcomes

Prevention of Surgery

At the completion of the aftercare program, four months after completing the residential program, 2% of the clients (1:57) had a surgery related to their pain condition. This is compared to a reference group of similar clients who did not participate in the program but received standard medical interventions over a period of four months. Of these clients, 22% (13:60) had a surgery related to their pain condition.



Functional Outcomes

- Using the Activity Rating Scale, clients had a significant increase in functional activity from the time of enrollment into the program and the completion of aftercare (n = 61, p = .000).
- In the Sit and Reach Test, clients made significant improvement in back flexion from admission to the program to the completion of aftercare (n = 53, p = .000).
- In the Back Extension Test, clients made significant improvements in extension measurements from admission to the program to the completion of aftercare (n = 52, p = .046).

- In the 6-Minute Walk Test, clients made significant improvements in endurance from admission to the program to the completion of aftercare (n = 51, p = .000).
- Using a 10 point visual analogue scale, as expected, clients had no change in pain ratings from admission to the program and completion of aftercare (n=60, p=.337.)
- At the end of aftercare, 84% of 61 clients reported an increase in home activities.

Work

At the completion of aftercare, 43% of the clients (21:49) who had not been employed prior to participating in the program had returned to work full-time, part-time, were in a structured work-hardening program, were involved in a structured job search under W/C, or were doing volunteer work.

Opioids

- At the end of the program, 76% of the 68 clients that came into the program on opioid medications decreased or eliminated these medications.
- At the end of follow-up 58% of the 43 clients that came into the program on opioid medications eliminated or discontinued these medications.

Depression

- At the end of the 3-week program, 93% of 93 clients reported improved mood on The Beck Depression Inventory-II.
- At the end of follow-up, 78% of 60 responding clients reported improved mood on The Beck Depression Inventory-II.

Satisfaction

- All (100%) of the 22 responding physicians agreed that the program was worthwhile.
- Of 81 clients who responded to the survey, 88% rated the program as excellent, 10% rated the program as good, 1.2% rated the program as fair, and 1.2% rated the program as poor.



Use of the Medical System

- Of the 9 responding physicians who saw the client in follow-up, 78% agree that their client has reduced use of the medical system.

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