



The attached tables present outcome data for the year 2005, for 209 patients who started the Interdisciplinary Pain Rehabilitation Program in both Health Recovery Clinics in Toronto and Mississauga. (169 [81%] of patients completed program) All patients suffered from chronic pain disorders and they were referred to the clinics on average 804 days (2.2 years) post injury (Range = 41 to 5,524 days).

Patient Satisfaction

HRC measures client satisfaction using the CSQ-8¹. The CSQ-8 consists of eight questions measuring the client's overall level of satisfaction with the services and treatment they received while in program.

¹Larsen, D., Atkisson, C.C. Hargreaves, W.A. & Nguyen, T.D. Assessment of client/patient satisfaction: development of a general scale. Eval Program Plann. 1979; 2(3):197-207.

Pain Level

Pain level is determined on both intake and discharge, using a "0 – 10" numeric pain rating scale.

Pain Medication

If patients are interested in reducing or eliminating pain medication due to side effects, we will assist them in this endeavour. At the end of treatment, 57 percent were able to either reduce or eliminate their pain medication while 9% chose to increase their pain medication.

Depression / Anxiety

Depression and anxiety are measured both at intake and discharge using the Hospital Anxiety and Depression Scale (HADS). This is a self-rating scale, free from the usual somatic indices of depression and anxiety, was normed on a hospital population, so it is a more relevant measure of emotional state in the chronic pain population than other measures. A 17% improvement in depression and a 13% improvement in anxiety over a period of 8 weeks indicate a clinically significant improvement in the emotional sequelae and suffering that accompany chronic pain disorder.

Functional Status

Our program has a strong return to work focus and most patients who come to the program voice the desire to rejoin the workforce if appropriate work were available. However, most of our patients were not job attached and more than two years after the onset of chronic pain disability, less than 5% of injured workers can be expected to spontaneously return to their previous job. Nevertheless, following program completion, 75% were able to pursue their vocational goals, which for the majority meant retraining. We believe this is a high rate of success considering the expected recovery rates with this population.

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Demographic Data (2005)

	Totals
Patients Entering Program	209
Gender	Male: 121/209 = 58% Female: 88/209 = 42%
Age (18-40)	77/209 = 37%
Age (40-65)	130/209 = 62%
Age (65+)	2/209 = 1%
Age: Average	44 years
Language Facility	English Speaking 170/209 = 81% Non-English Speaking 39/209 = 19%
Duration of Disability	Mean = 804 days Median = 550 days Min\Max = 41 days to 5,524 days
Patients Completing Program	169/209 = 81%

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Patient Outcomes
Interdisciplinary Pain Rehabilitation Program
2005

Number of Patients Finishing Program	N=169
Patient Satisfaction (good- excellent)	90.2%
Pain Level	14% reduction
Pain Medications	57% reduction/elimination
Depression	17% improvement
Anxiety	13% improvement
Work Status	75% In Total Made Occupational Gains <ul style="list-style-type: none">• 63% entered retraining program• 7% returned to modified work• 5% returned to previous/regular work

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