



Health
Recovery
Clinic

Programs accredited by CARF

Treatment Outcomes (2007)

Number of Patients Finishing Program	N=135
Patient Satisfaction (good- excellent)	90.0%
Pain Level	17% reduction
Pain Medications	66% reduction/elimination
Depression	10.3% improvement
Anxiety	20.4% improvement
Work Status	<p>64% In Total Made Occupational Gains</p> <ul style="list-style-type: none"> • 51% entered retraining • 4% returned to modified work • 9% returned to previous/regular work

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Mississauga Clinic

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Demographic Data (2007)

	Totals
Patients Entering Program	184
Gender	Male: 53% Female: 47%
Age (18-40)	32%
Age (40-65)	68%
Age (65+)	0%
Age: Average	45 years
Translator Required	20%
Duration of Disability (at time of referral)	Mean = 828 days (2 years 3 mths) Min\Max = 53 days to 6,581 days
Patients Completing Program	73%

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The attached tables present HRG's outcome data for the year 2007.

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.

Pain Level

Pain level is determined on both intake and discharge, using a "0 – 10" numeric pain rating scale where "0" is "no pain" and "10" is "worst pain ever experienced".

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, 66% were able to either reduce or eliminate their pain medication. We increased pain medication for a small number (4%).

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 and was normed on a hospital population, so it is a more relevant measure of emotional state in the chronic pain population than other measures.

Functional Status

Our program has a strong return to work focus and most patients who come to the program feel that they would like to rejoin the workforce if work were available and they were able to do it. Unfortunately, more than two years after the onset of their disability, most of our patients are not job attached and, therefore, the majority are discharged back to retraining. In total, 64% were able to pursue their vocational goals, which is a high rate of success for this population.

¹ Larsen, D., Atkinson, 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.

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