



Health  
Recovery  
Clinic

Programs accredited by CARF

## Treatment Outcomes (2009)

Number of Patients Finishing Program	N=103
Patient Satisfaction (good & excellent)	82.4%
Pain Levels (NPRS)	7.7 to 6.1 20.6% reduction
Pain Medications	63.5% reduction/elimination
Depression	25.8% improvement
Anxiety	18.8% improvement
Work Status Change	71.8% Made Occupational Gains <ul style="list-style-type: none"><li>• 55.3% entered retraining</li><li>• 12.6% returned to modified work</li><li>• 3.9% returned to previous/regular work</li></ul>

### Toronto Clinic

Tel: (416) 226-4722  
Fax: (416) 226-9611

### Mississauga Clinic

Tel: (905) 855-1807  
Fax: (905) 855-2825

1

[www.healthrecoverygroup.com](http://www.healthrecoverygroup.com)





Health  
Recovery  
Clinic

Programs accredited by CARF

## Demographic Data (2009)

	<b>Totals</b>
Patients Entering Program	150
Gender	Male: 51.3% Female: 48.7%
Age (18-40)	37.3%
Age (40-65)	62.0%
Age (65+)	0.7%
Age: Average	43.4 years
Translator Required	11.3%
Duration of Disability (at time of referral)	Mean = 893 days (2 years 5 months)
Patients Completing Program	68.7%

### Toronto Clinic

Tel: (416) 226-4722  
Fax: (416) 226-9611

### Mississauga Clinic

Tel: (905) 855-1807  
Fax: (905) 855-2825

2

[www.healthrecoverygroup.com](http://www.healthrecoverygroup.com)





Programs accredited by CARF

The attached tables present HRG's outcome data for the year 2009.

### **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, 63.5% were able to either reduce or eliminate their pain medication. We increased pain medication for a small number (2%).

### **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, most are discharged back to retraining. In total, 71% were able to pursue their vocational goals, which is a high rate of success for this population.

<sup>1</sup> Larsen, 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.

#### **Toronto Clinic**

Tel: (416) 226-4722  
Fax: (416) 226-9611

#### **Mississauga Clinic**

Tel: (905) 855-1807  
Fax: (905) 855-2825

