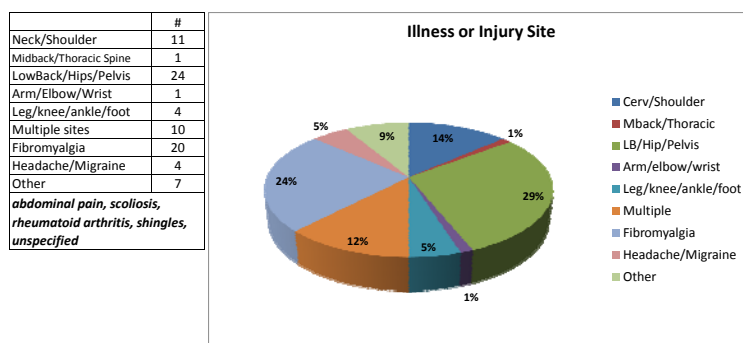
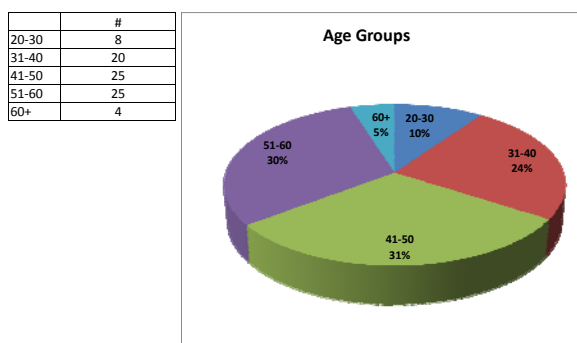
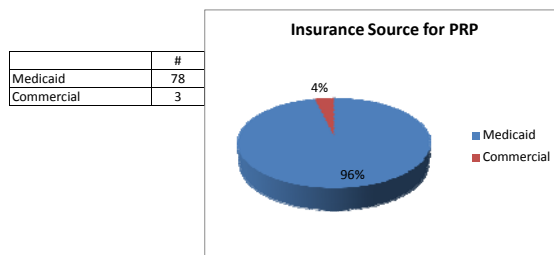
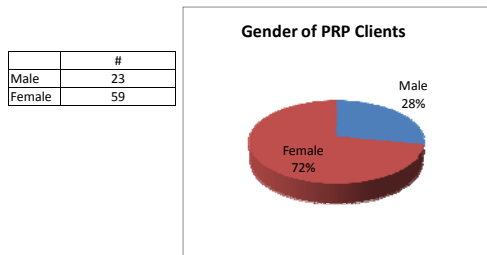


Pain Rehabilitation Program - Vancouver Outcomes Summary 2015



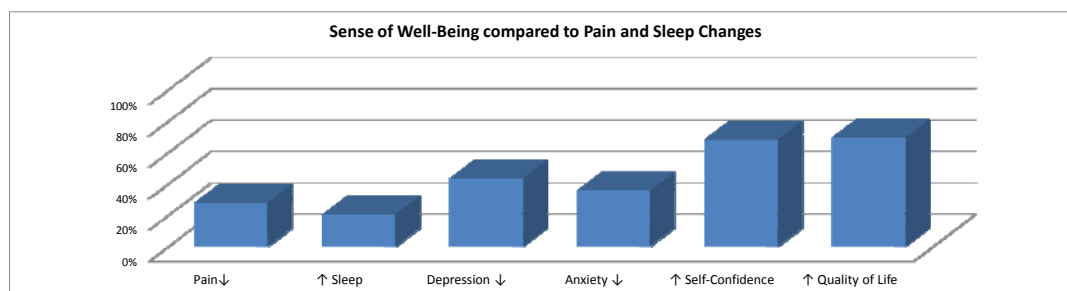
In 2015, 82 clients enrolled in the Pain Rehabilitation Program. 56 completed all or most of the scheduled days of service, attending an average of 5 days with multiple services offered. Most clients enrolled were female, between the ages of 30 to 60, complaining of a chronic pain condition resulting from a low back injury, multiple sites of injury, or diagnosed with Fibromyalgia. A majority of the clients participating in the Pain Rehabilitation Program were funded by a Medicaid Managed Care Organization, particularly Columbia United Providers, which was taken over by Molina Health at the end of 2015. Clients in the PRP participated in a primarily group oriented program, with sessions led by Behavioral Health Counselors, Occupational Therapy and Nursing, focusing on coping strategies and reducing reliance on medication and the medical system for management of their chronic pain condition.

Treatment Outcomes

Sense of Well-Being Compared to Pain and Sleep changes

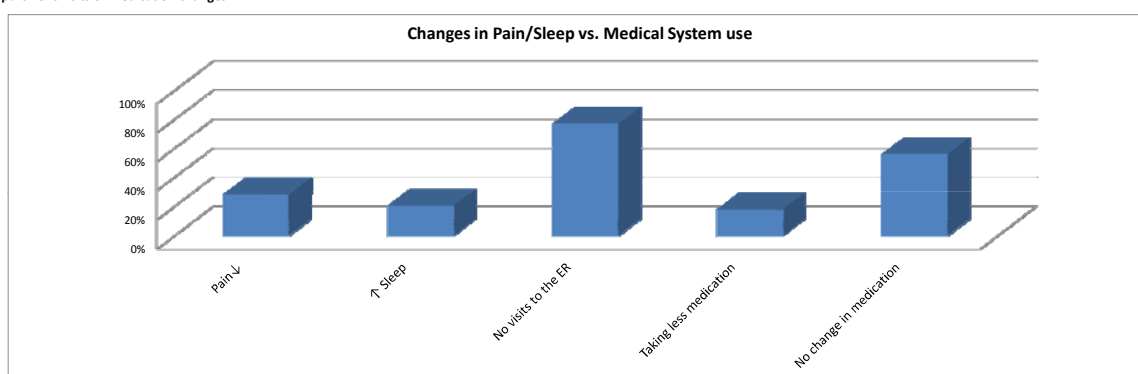
Self Rating of change at discharge:

Pain ↓	28%
↑ Sleep	21%
Depression ↓	44%
Anxiety ↓	36%
↑ Self-Confidence	68%
↑ Quality of Life	70%



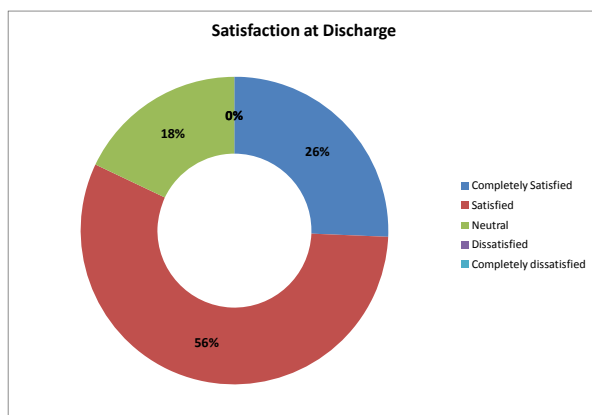
Pain and Sleep Change vs. Emergency Department visits or medication changes

Pain ↓	28%
↑ Sleep	21%
No visits to the ER	77%
Taking less medication	18%
No change in medication	56%



Satisfaction

	#
Completely Satisfied	10
Satisfied	22
Neutral	7
Dissatisfied	0
Completely dissatisfied	0



At discharge, I felt:

Better able to manage my pain	48%
Less depression about my life or my circumstances	66%
Better understanding of my pain	60%
Less worried about the future	27%
Understood by my providers	37%
Less worried about how my pain affected my family	38%

