

## Clinical Outcomes Summary: Northern California Functional Restoration Program

**SUMMARY:** Patients completing the Northern California Functional Restoration Program (NCFRP) evidence clinically-significant improvement across multiple dimensions of functionality, reduction of pain opioid use, and psychosocial/psychological functioning. For NCFRP participants that sought employment post-program, a significantly high percentage of them were successful.

### Introduction:

The MTUS/Chronic Pain Medical Treatment Guidelines, page 30, recommends a Chronic Pain Program (FRP) where there is access to programs with proven successful outcomes, for patients with conditions that put them at risk for delayed recovery.

This report will provide summaries of the treatment outcomes collected at both pre-program and post-program for individuals that completed the Northern California Functional Restoration Program. Up to 37 data points were collected for the study. Data were collected by program staff at the NCFRP clinic. Performance-based or paper-based versions of the measures described below were administered to all NCFRP participants at pre- and post-program.

### Data Points Overview:

- NCFRP outcomes include multiple functional measures (performance-based, self-report), medication usage, pre/post-employment status, and multiple measures of pain-related psychological functioning
  - Performance-based physical functioning: Objective functional assessments
  - Medication Usage
  - Employment status
  - Pain-related psychological/psychosocial functioning

### Psychological and Psychosocial Outcomes:

*Summary Highlights for Emotional Well-Being and Pain Severity pre/post NCFRP:*

#### ***Affective Distress:***

- *22% decrease in reported pain-related affective distress*

#### ***Pain Rating:***

- *~ 20% decrease in reported average pain level*

#### ***Pain-related Life Interference:***

- *Average of 18% reduction post-NCFRP*

### Performance-Based Outcomes:

*Summary Highlights for Performance-Based Strength, Range-of-Motion and Functional Lifting/Movement:*

#### ***Functional Lifting (lbs):***

- *40.8% increase in lbs lifted from pre to post NCFRP*

### Permanent & Stationary Status: Post-Program

- *96% of patients are Permanent and Stationary post-program*

### Reduction of Opioid Dosage and Return-to-work Rate:

*Summary Highlights for Reduction of Opioid Dosage and Return-to-work Rate:*

#### ***Reduction of Prescribed Opioid Dosage:***

- *24% average reduction in opioid medication dosage post-NCFRP*

#### ***Return-to-work Rate:***

- *71% of those completing NCFRP return to some type of work*