

BAYLOR CENTER FOR PAIN MANAGEMENT

at North Dallas

COMPREHENSIVE OUTPATIENT PROGRAM

WHO IS BEING TREATED?

Average age:		48
Average duration of pain:		11 yrs
Percentage graduating that started the program:		68%
<i>Primary pain site:</i>	Lumbar and leg	29%
	Fibromyalgia	50%
	Headaches	12%

DOCUMENTED CHANGES AT GRADUATION:

REDUCED PAIN AND BETTER PAIN CONTROL:

Reduction in pain intensity:	17%
Improvement in effectiveness of pain control techniques:	115% Pre=3.2, Post=6.9 1-10 scale

INCREASED ACTIVITY AND ABILITY TO BE PRODUCTIVE:

Increase in the number of hours active daily:	64% Pre=5, Post=8.2
Ability to do daily life activities (COPM)	85% Pre= 3.4, Post= 6.3 1=Unable, 10=Very able

DECREASED STRESS AND IMPROVED COPING:

Decreased negative impact of pain (MPI)	56%
Decreased depression (BDI)	51% Pre=25 Moderate dep. Post=12.2 Mild Depression

IMPROVED PHYSICAL ABILITY:

Distance walked in 5 minutes	40%
Weight lifted and carried:	55%

GRADUATES RATING OF THEIR PROGRESS:

"Very much" or "much improved"	75%
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PATIENT SATISFACTION:

Satisfaction with the program and their progress	8.4 1=Very dissatisfied,
% of graduates who would recommend the program	95% 10=Very satisfied

BAYLOR CENTER FOR PAIN MANAGEMENT

2520 N. Central Expressway, Suite 400, Richardson, TX 75080

972.235.0712

Common Questions about the Comprehensive Outpatient Pain Management Program

What is it? Why was I referred?

We offer a 5 week program designed to help people who live with pain on a frequent or daily basis. People often become less active, are frustrated or depressed, have worries about work or other important life activities, and feel that they do not know what can be done to help manage pain. The goal of the program is to provide you with skills and support to cope, to reduce your suffering, and to resume important activities in your life.

What good will it do? Will it get rid of my pain?

Over the years we have asked people how the program has helped them. The program does not take away pain.

Graduates tell us that they:

- ❖ Are happier and less stressed.
- ❖ Have learned ways to do things more efficiently with less pain.
- ❖ Are more active and need to rest less.
- ❖ Feel more in control of their lives.
- ❖ Know what resources and options they have about returning to work.
- ❖ Have some reduction of pain and have a plan to deal with it.

How much time does it take?

The program is Mondays, Wednesdays & Fridays for 5 weeks.

Mondays are 8:00-3:15. Wednesdays are 8:00-2:30 and Fridays are 8:00-12:15.

What will I be doing?

Group members will participate in various activities throughout the day.

These activities include but are not limited to:

- ❖ Physical therapy to increase strength, stamina, balance, and flexibility.
- ❖ Occupational therapy to help with activities of daily living, energy conservation & body mechanics.
- ❖ Relaxation training to teach new ways to calm tense muscles, a busy mind, and unwanted emotions.
- ❖ Education groups to help you understand pain physiology as well as discussing family and other social relationships. We know that chronic pain can affect every aspect of your life.
- ❖ You will learn about the mechanisms of sleep and how to wake rested and refreshed.
- ❖ Aquatics classes in a warm, salt water indoor pool to increase flexibility, strength, and stamina with little or no strain on joints and muscles.

I've done physical therapy and it made me worse. I've done some relaxation training. Why will this help?

Many group members have had therapy of different kinds before. We find that they get more benefit when they do a variety of positive activities at the same time on a very regular basis. Members also tell us that they find it very helpful to be working with people who are living with chronic pain.

I haven't been active daily for a while and have real physical limitations. Will I be able to do this?

We have worked with hundreds of people over the years, some who were quite weak and had significant limitations. We have a variety of activities with a significant break at lunch and breaks in between sessions. During your breaks you may bring a walkman type CD player to listen to audio CDs we will provide you with. Most people can be successful.

Will my doctor be a part of this program? What about my medication?

Your Referring Doctor is very supportive of the Program. Each physician has an individual plan for his or her patients. Some meet with their patients during the program and some after the program.

You will be responsible to bring and take your medication as prescribed. The program is designed to help you learn additional skills to manage pain.

It is not a time for diagnostic testing, major medication changes or medical procedures.

What equipment will I need?

- ❖ You will need to wear comfortable clothing and soft-soled shoes that you could wear in a gymnasium. Skirts, tight pants, or dress clothes will limit you.
- ❖ You will also need to bring a towel and a swimsuit or shorts and shirt for Aquatics. Some patients like to bring a robe to wear at the pool as well.
- ❖ We will provide you with a locker. Please bring a small padlock with 2 keys while you are in the program.

What about meals?

You are given a lunch/snack break for each day you are here. You will need to bring your lunch/snack when you come to the clinic. We do not provide your lunch. We have a refrigerator, microwave oven and table where you can eat.

Where does it take place? Can I do it closer to home?

The program takes place at the Baylor Pain Management Center located at 2520 N. Central Expressway, Suite 400, Richardson, TX 75080. Unfortunately, we do not have any locations for this type of program elsewhere. There are very few integrated Interdisciplinary Pain Management Programs in Texas.

Where is the pool?

The warm, salt water pool is located near the clinic. You will need to have your own transportation to the pool. We will give you directions to the pool on your first day. This is usually the last activity each day of your program.

What happens after I have finished?**Does this mean my doctor won't work with me anymore?**

Our central goal in the program is to help you refine and practice a plan to improve your life and manage pain. As a result, you will leave with a plan to manage pain and increase activity. During the program we also develop a plan for follow-up visits with your therapist. Your doctor should continue to work with you.

Please call Chrissy Cortez-Mathis, Case Manager, at 972.235.0712 if you have any questions or need to reschedule.