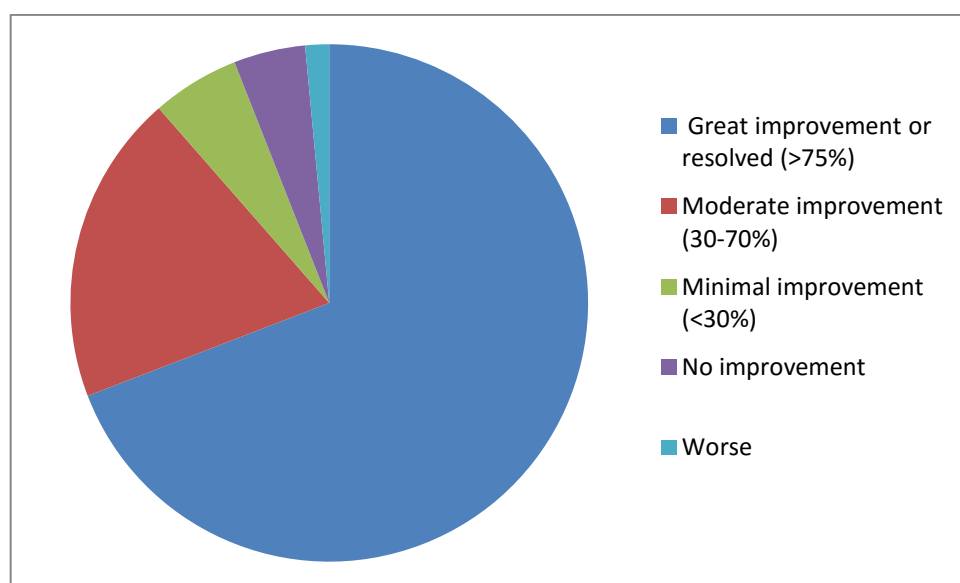


## OUTCOMES REPORT – 2015

Sample: All adult patients who were discharged from 01 January 2015 – 31 December 2015.

This includes patients who completed their course of treatment, those who improved to the point where they completed their initial treatment programme and chose to come for maintenance care (approx 25%), those who ceased treatment (e.g. due to inadequate response, lack of finance, etc), and those who were referred back to their GP/other specialist (4.5%).

Outcome measure: Patient Global Impression of Change (PGIC)



Average number of treatments per case before discharge/conversion to maintenance = 3.38

| <u>PATIENT OUTCOMES</u>         | %    | <u>ANALYSIS OF PATIENTS NOT IMPROVED/WORSE</u>   | %  |
|---------------------------------|------|--|----|
| Resolved (100%)                 | 26.4 |  |    |
| Great improvement (>75%)*       | 42.8 |  |    |
| Moderate improvement (30-70%)** | 19.4 | Disc/nerve pain - referred to GP or specialist   | 42 |
| Minimal improvement (<30%)      | 5.5  | Lumbar joint pain - referred to GP or specialist | 25 |
| No improvement                  | 4.5  | Shoulder pain - referred to specialist           | 8  |
| Worse                           | 1.5  | No improvement with no referral                  | 25 |

\* Many patients are discharged when they have made >75% improvement, with the instruction to consult us again if their condition doesn't fully resolve. In most cases we anticipate that a full recovery will be made, but the outcome is recorded as that at the patient's last visit.

\*\* Although in some cases 30-70% improvement might reflect a slightly disappointing outcome, very often it reflects our greatest success. Management of long term pain and disability is a very rewarding aspect of our work, often enabling patients to become more active, to enhance self management of their condition, and to reduce dependence on medication. For this category of patient, a moderate improvement can make significant difference to their quality of life.