

REHAB AT WORK Partnership with FOTO

REHAB AT WORK has partnered with FOTO (Focus On Therapeutic Outcomes) in order to track the outcomes of our Work Hardening patients. FOTO is a national benchmark database and outcomes data collection service for outpatient rehabilitation providers that began collecting data in 1992. FOTO's functional health status measure is included in the US Department of Health and Human Services list of approved quality measures in the National Quality Measures Clearinghouse.

Our Work Hardening patients take user-friendly computer assessment questionnaires that measure their perception of their functional capabilities, their fears about their ability to return to work, their ability to manage their pain symptoms by themselves and their level of satisfaction/dissatisfaction with their treatment in our clinic. Since they take these questionnaires on a weekly basis during the course of their four to six weeks in our Work Hardening program, we are able to analyze the changes in their perceptions of their abilities and their satisfaction with their program and use that information to focus on their areas of concern.

In looking at our data up to the present, we have discovered some surprising information. In spite of the fact that most of our Work Hardening patients initially resist their referral to Work Hardening and do not want to come to the program, over 80 percent of our Work Hardening patients are satisfied with our program in a variety of categories including the information given to them about their condition and the results of their treatment. We can only be effective in assisting injured workers to improve their functional capabilities if they are willing to fully participate in the program. If they are satisfied with the program, they are evidently more likely to give a full physical effort.

To better quantify our success rate with our patients, we keep track of how many patients accomplish the functional goals set for their Work Hardening program. In our data from 2010 and 2011, 79% of our Work Hardening patients achieved their goals. For example, if an injured worker is able to perform LIGHT Work prior to the program, his goal could be to advance to MEDIUM Work with the program.