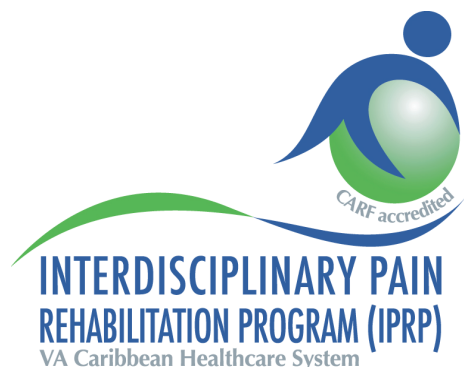




Interdisciplinary Pain Rehabilitation Program (IPRP)



Physical Medicine and Rehabilitation
Department (PM&R)

Outcomes and Patient Satisfaction Information*

The IPRP is accredited by the Joint Commission (TJC) and the Commission on Accreditation of Rehabilitation Facilities (CARF).

- In 2014, IPRP evaluated 270 patients
- 76 participants completed the interdisciplinary program
- 74% of participants improved the walking agility
- 87% of participants reported having met their personal goals
- 63% of participants improved their level of participation in daily activities
- 58% of participants increased their perception of control of their lives
- 99% of participants recommend the Program

*Source: Local Outcomes Database



Interdisciplinary Pain Rehabilitation Program (IPRP)

IPRP is a group of healthcare professionals of diverse disciplines that merge their knowledge and expertise to offer alternatives for chronic non-malignant pain control.

The Program is located at the C-125 area of the Physical Medicine and Rehabilitation Service (PM&R), at the first floor of VA Caribbean Healthcare System. It offers ambulatory services to eligible veterans from PR and US Virgin Islands. Service hours are from 7:00 am to 4:30 pm, Monday to Friday, except federal holidays.

The most common condition treated is chronic low back pain. Other conditions include cervical pain, peripheral neuropathy, fibromyalgia, and migraine. Referral sources are mostly from Primary Care and PM&R services.

Team Members

The interdisciplinary team is integrated by the following health professionals:

- Case Manager
- Psychiatrists
- Clinical Pharmacist
- Clinical Psychologist
- Psychiatrist
- Physical Therapist
- Occupational Therapist
- Recreational Therapist



Services Offered

The following services are offered based on the needs and preferences of participants:

- Psychiatry medical evaluations
- Interventional pain procedures
- Clinical pharmacist interventions
- Psychology and psychiatry interventions
- Physical therapy interventions, with individualized exercise program
- Occupational therapy interventions and assistive devices
- Recreational therapy/activities
- Patient and family education
- Referrals to sub-specialties and vocational rehabilitation programs
- Education and training to students and health care professionals, and place for research
- Care management

Length of Treatment and Frequency of Services

- On average, selected disciplines provide four to six individual/group sessions during a four (4) to six (6) month treatment period.
- Patients attend an average of 17 visits during their participation in the Program.



Admission Criteria

Patients who present at least one of the following will be admitted to the Program:

- Nociceptive or neuropathic pain that persists for more than six (6) months.
- Unsuccessful management of chronic pain after consults to any the following services: PM&R, Neurology, Rheumatology, Psychology/Psychiatry, Neurosurgery.
- Unsuccessful management of chronic pain after treatment with any of the following: pharmacologic therapy, physical therapy, occupational therapy, interventional pain procedures, or surgery.

In addition to the above, patients should:

- Be medically and psychiatrically stable.
- Not actively abusing alcohol and/or using illicit drugs.

Discharge Criteria

Patients who present at least one of the following will be discharged from the Program:

- Have achieved goals of the care plan
- Have achieved maximum benefits of the rehabilitation treatment
- Fail to comply with program agreement or treatment recommendations
- Refuse further treatment
- Become medically and/or psychiatrically unstable
- Unable to attend scheduled appointments

To our Stakeholders:

For complete information regarding our Scope of Services, request a copy of our *IPRP Operations and Planning Service Memorandum* or access our Sharepoint site in the VA Intranet.

<http://www.caribbean.va.gov>



10 Casia Street
San Juan, PR 00921-3201

For additional information please contact:

IPRP Case Manager

Phone: (787) 641-7582
Extensions: 11343/11334

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