

EMPOWERING PATIENTS AND THEIR CLINICIANS TO MANAGE PERSISTANT PAIN EFFECTIVLY VIA MOBILE / TABLET APP



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transforming the way you live your life with persistent pain

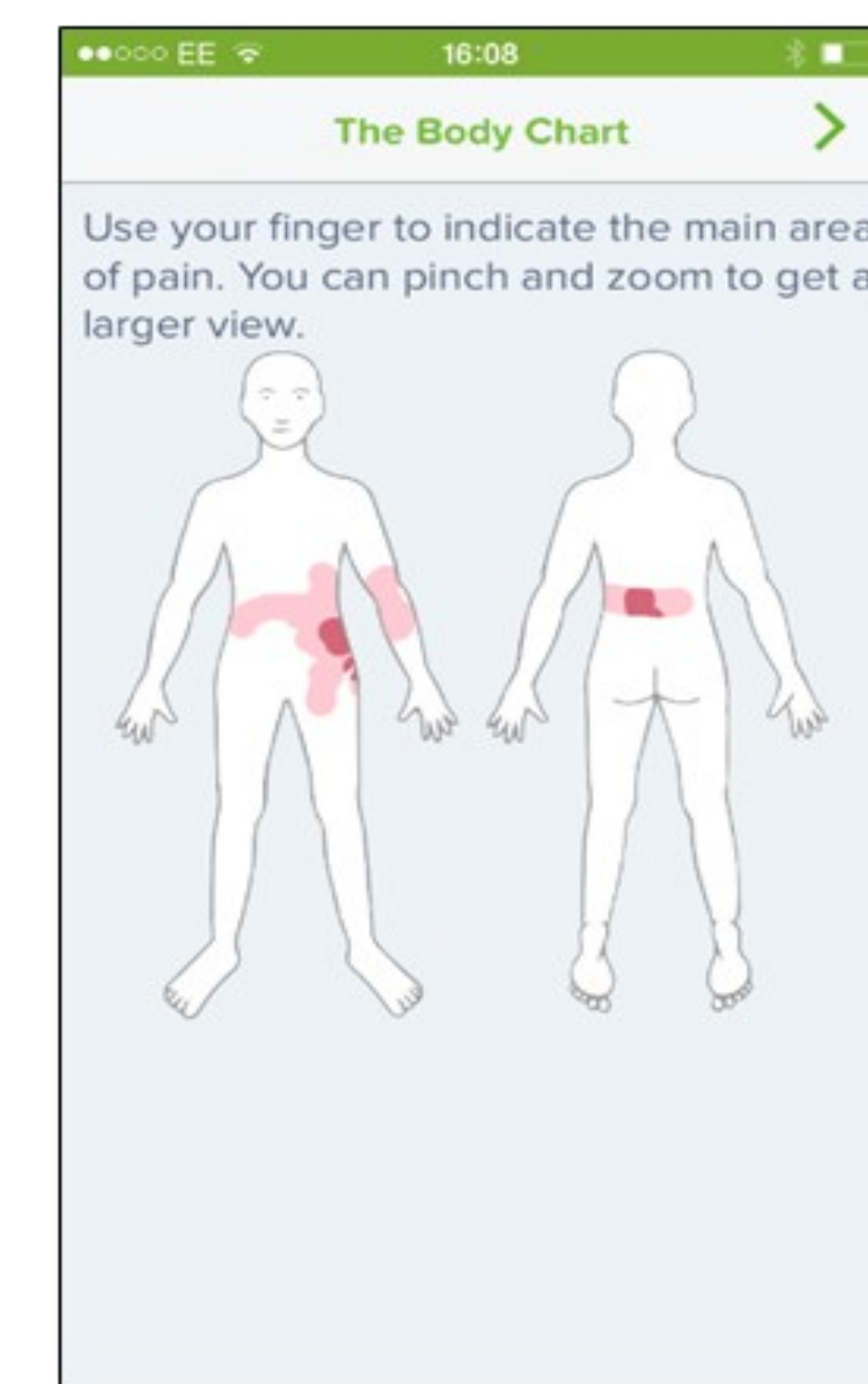
AIM

Enable patients and clinicians to manage persistent pain confidently whilst reducing the impact on health function and use of clinical services.

OBJECTIVES

To enable patients to control and management persistent pain through use of the Pain Toolkit App, sharing their own pain health related needs, priorities and health outcomes progress with their clinical team across the local health economy.

- To up skill primary care and specialist clinicians through e-Learning programme in multidimensional management of persistent pain.
- Support confidently patient's self-management skills.
- To test the delivery of digitally secure integrated Pain Toolkit programme within clinical settings. *to reducing GP activity by patient; reducing cost by reduction in medication use, primary care consultations and specialist services referral.*
- Explore digital resources role in effective management of chronic illness and care pathway change.



BACKGROUND:

Persistent Pain is managed by patients passively relying on consultations, dominated by prescribing rather than any psychology, often becoming “revolving door” patients. This arises from lack of relevant clinical skills and resources to manage pain and support self-management well. Prescribing costs are high, often ineffective with increasing prescribing of strong opioids despite evidence of long term harm and emerging opioid addictive disorder. Clinical data systems do not enable the patient to provide their own health needs assessment, personal priorities or health outcome reports to their clinical team.



Paper based resources of Pain Toolkit, CBT resources and self assessment is evaluated within community pain service.

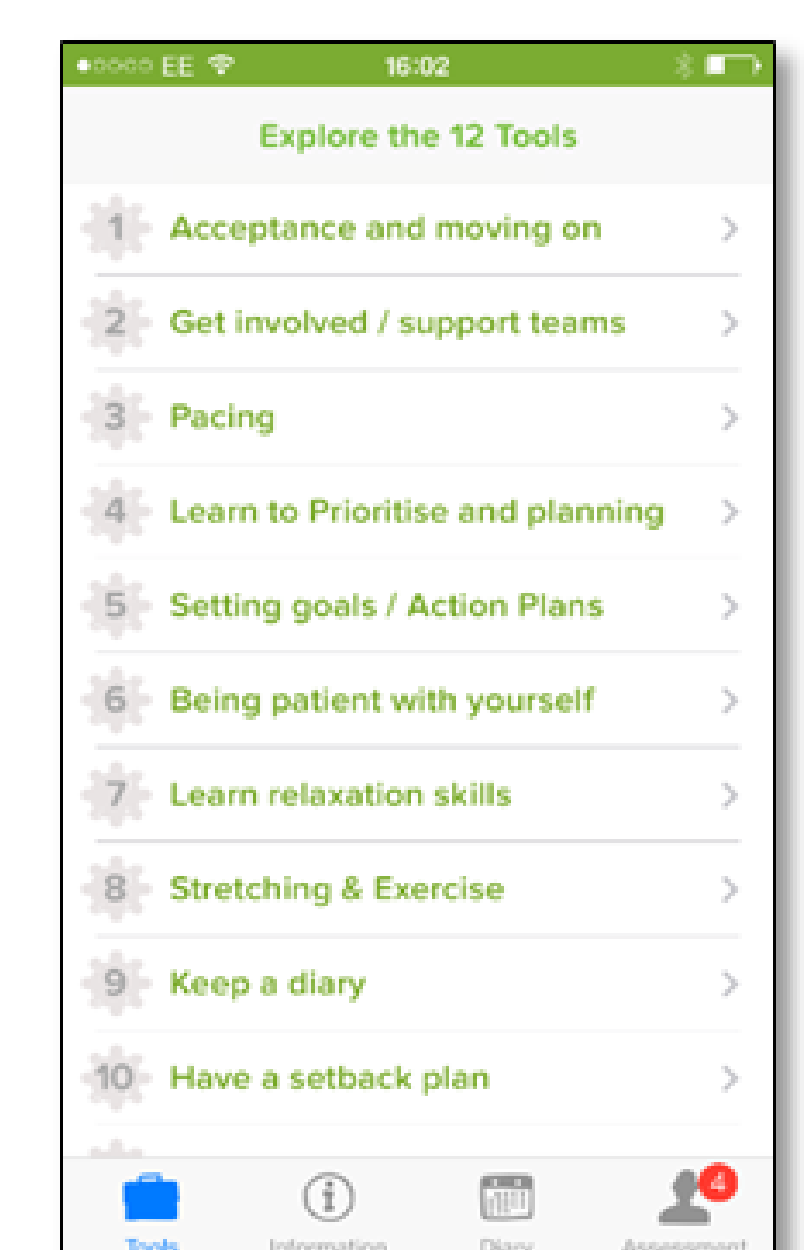
Results indicate 50% gain in self efficacy and 40% improved in health function, 20% at discharge stopped all pain medications.

WHAT ARE WE DOING?

ADI developed a suite of PainSense Digital Resources; including the Pain Toolkit and e-Learning programme for clinicians and patients.

Pain Toolkit App:

- 12 self care tools to improve health outcomes.
- Self complete assessment of pain areas, related health needs, self-confidence, health function submitted to clinicians securely via N3 link for SystmOne and EMIS through an InHealthCare connection.



EXPERIENCE SO FAR: Pain Toolkit Patient experience

12 Tools section

Patients found life scribe animation sound and visual easy to understand and use, clear, concise, relaxing and for some inspiring. Diary function understandable, liked, easy to use. Small text size on small screen and minimal information of exercises were main issues.

Self assessment tool section

100% easy and simple to complete, valued communicating this way with their clinical team / GPs. Some difficulties highlighted on use of scale lines to score confidence / health function. All users would recommend the app to family or friend.

GP/Clinician e-Learning programme

Developed with GPs, pending RCGP accreditation. Aim to improve recognition, shift management from search and fix with drugs to patient understanding, coping and controlling.

System Transformation / Pathway Service Redesign

Both these contribute to Leeds CCGs new care pathway with aim of increased patient self-efficacy and clinicians effective in supporting self-care.

This includes the app prescribing and additional commissioned self-care support services. Dataset gathers impact on service use and health costs.

Local pain specialist teams are active in pathway change, enthused by access to these digital resources to enable tracking of health outcomes.

