

“painApp” Mobile Pain Monitoring

For the Improvement of a Multi-Professional Pain Management

Project description

Pain can cause significant problems in maintaining function, independence and mobility and can thus lead to serious restrictions in the activities of daily life, especially in elder people. The loss of independence, increased care needs and a reduced quality of life are typical consequences of under- or incorrect treatment of pain. Research¹ has shown that regular communication between the different health professionals involved in the management of pain is a prerequisite for the implementation of an adequate and comprehensive pain management and thus of great importance for the improvement of a patient's pain situation. Yet even today, interprofessional collaboration as a basis for the implementation for adequate pain management still remains a challenge.

The purpose of the project is to develop a software solution that supports the management of pain in the elderly in an ambulatory care setting by developing an application “painApp”, which can help ease and foster the necessary professional exchange. By connecting various health care professionals as well as the patient him-/herself via a shared virtual platform, essential information pertaining to a patient's specific pain situation can be easily accessed, provided and exchanged. The app functions, among other things, as a pain diary, which allows elderly patients to provide real time information on their current pain situation, while at the same time enabling health professionals to track a patients treatment progression.

Taking into account the specific user needs of an elderly population, a standardized pain-questionnaire as well as a target-oriented user interfaces will be designed and tested. To achieve the project objective, a formative evaluation will be conducted to provide valuable information on the app's design as well as technical issues related to the handling and use of the painApp.

The project „painApp“ responded to a competitive state-wide project call and is funded by the Ministry of Health, Equalities, Care and Ageing (MGEPA) of North Rhine-Westphalia as well as of the European Union.

Further information under: www.painapp.de

¹, K., Meyer, N., Graf, B. M Fragemann. & Wiese, C. H. (2012). Interprofessional education in pain management: development strategies for an interprofessional core curriculum for health professionals in German-speaking countries. *Schmerz*, 26(4), 369-74, 376-82. DOI: 10.1007/s00482-012-1158-0.