

## Background

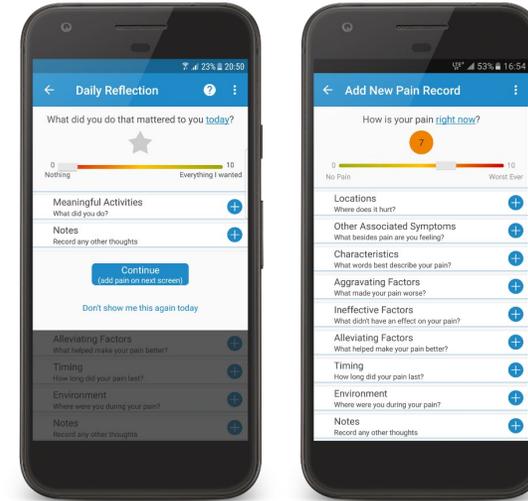
- Moderate to severe chronic post-surgical pain develops in between 5-10% of patients one year after major surgeries
- Following hospital discharge, patients are commonly prescribed opioids for post-surgical pain relief
- Long term opioid use can lead to opioid induced hyperalgesia and opioid dependency;
- Negative sequelae of post-surgical pain can be prevented through regular communication and intervention by pain specialists in the critical 3-month period after surgery
- Conventional paper-based questionnaires tend to have limited capability in the communication of relevant clinical data between clinic visits
- *Manage My Pain* has more than 30,000 users and was introduced in our Transitional Pain Clinic, an out patient interprofessional pain program

## Advantages of Manage My Pain

- **Empowerment:** Patients better understand their pain and clinical progress through graphs and charts
- **Self-Awareness:** Reflecting on accomplishments and tracking pain improves outcomes
- **Validation:** Enables objective communication with care-teams

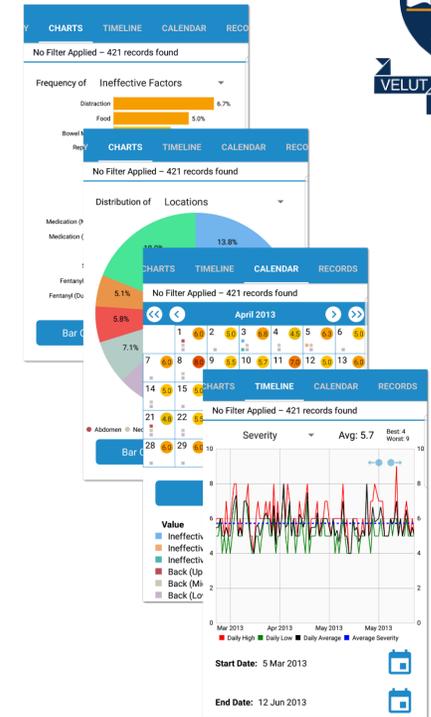
## Outcome Tracking

- Pain and related symptoms
- Daily reflections incl. meaningful activities that people engage in during their journey of recovering from, and coping with, pain



## Patient Monitoring

- Multi-disciplinary pain management team can print reports or remotely monitor patients outside of hospital



## Daily Reflections Results

- Since launch, 70% of users have endorsed “spending time with family & friends” and 30% have endorsed “connecting with supportive others online or thought text”

## References

Katz, J. & Seltzer, Z. (2009), *Expert review of neurotherapeutics*,9(5), 723-744.

Katz, J. et al (2015), *Journal of pain research*, 8, 695-702.

Weinrib, A., et al (2017) Manage My Pain: A patient-driven mobile platform to prevent and manage chronic post-surgical pain. In C. El Morr (Ed.) Novel applications of virtual communities in healthcare, Hershey, PA: IGI Global