



The Complexities of Pain Management and Treatment: An Interdisciplinary Solution

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Introduction

The complexities of pain require interdisciplinary treatment and management strategies. While opioids are often used to treat pain, the extensive and improper use of these substances can lead to pain, addiction and death. In response to this public health emergency, a variety of e-health tools have been created on a platform known as the Risk Assessment and Management Platform (RAMP). RAMP is equipped with diverse self-directed assessment and screening tools, namely the Pain Management Module, Symptom Diary, Life Chart and Pain Reflection Journal. These tools were designed to address each user's unique experiences with pain, substance use and mental health and empower them to become directly involved with their health.

Objective

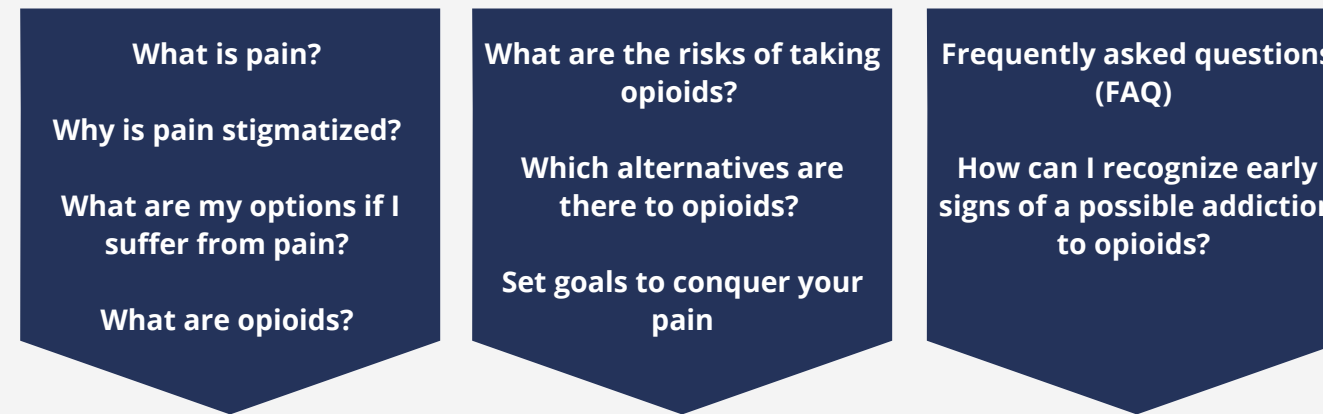
Within RAMP, users are provided with diverse pain management tools that can guide and support them through their pain journey.

Methods

- Integration of feedback from physicians, primary care providers and pain specialists
- Utilization of user input for personalized healthcare delivery
- Implementation of self-directed tools to empower users to take initiative of their health
- Integration of questions and corresponding charts to empower users to manage their symptoms
- Interlinking with lesson-based modules and e-health tools within RAMP
- Incorporating information backed by evidence-based research

Pain Management Module

The Pain Management Module is designed to provide users with an introduction to pain and opioids, tools for monitoring pain and setting goals, and an overview of treatment options.

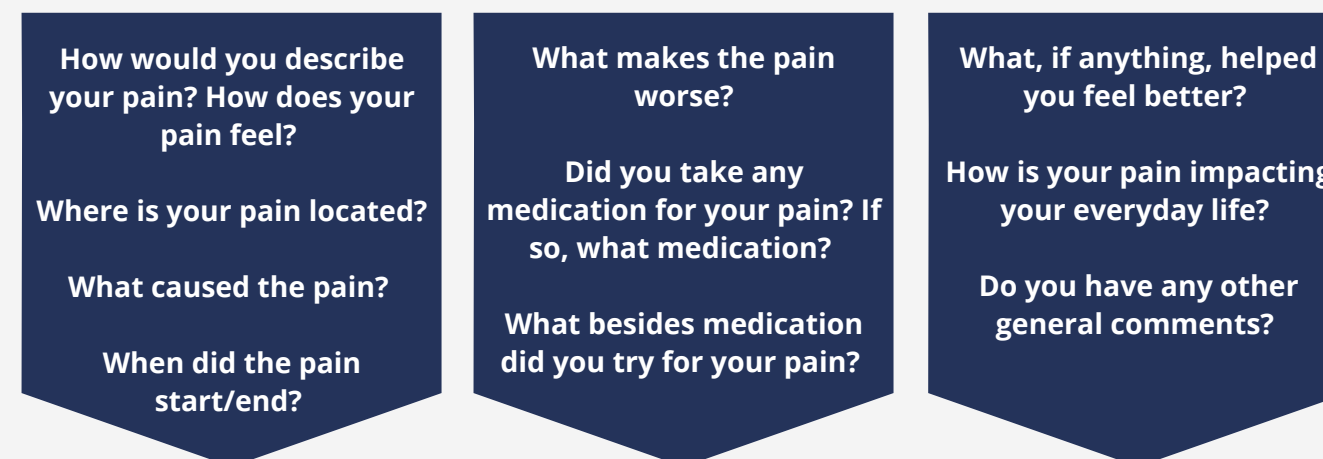


Lifechart

With Lifechart, users can see the different factors that may be affecting their health. Specifically, for the pain section, they can keep track of which days they experienced pain.

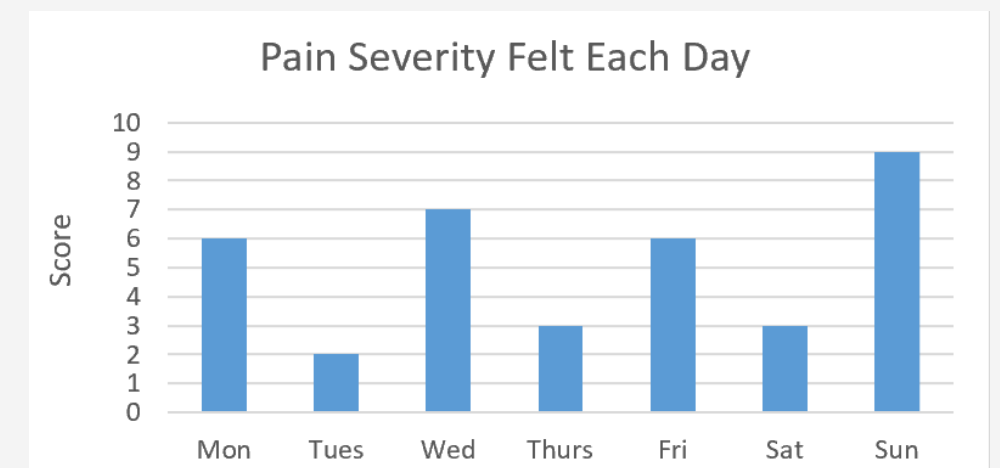
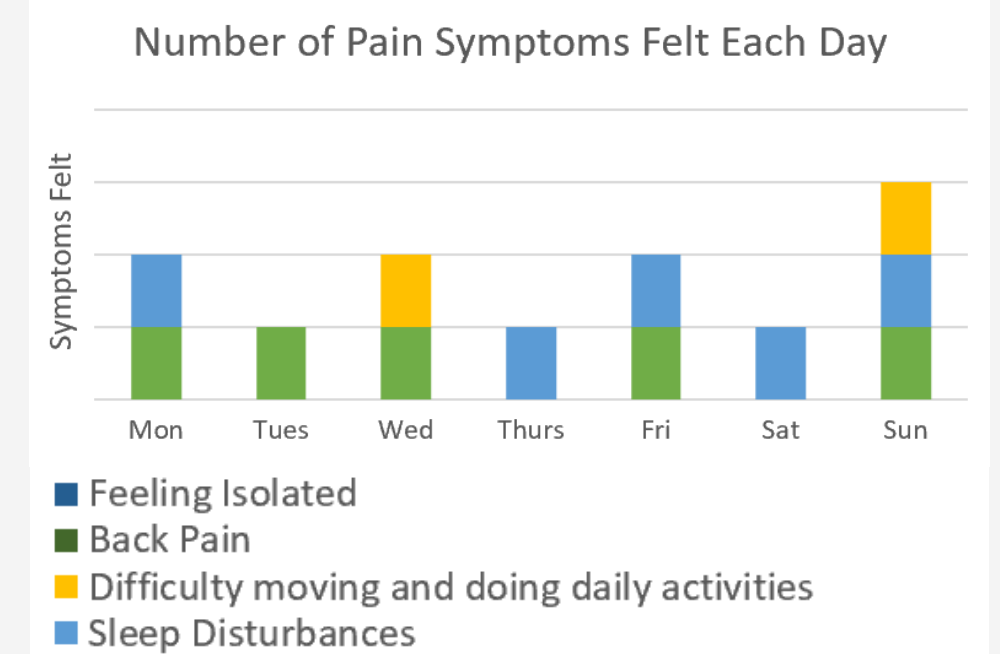
Pain Reflection Journal

The Pain Reflection Journal is a personal place for users to write down their thoughts, progress, and feelings related to the pain they are experiencing.



Symptom Diary

The Symptom Diary helps users better understand their symptoms and how they change over time. The pain subsection can be used to log pain severity and symptoms.



Conclusion

While treating and managing pain is complex, the evidence-based, personalized, and versatile design of RAMP can be used to address the growing public health emergency.