



The Complexities of Pain Management and Treatment: An Interdisciplinary Solution

Katsy Conception* and Samantha Nalliah*
UBC Faculty of Medicine, Department of Psychiatry

*All authors contributed equally

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.

What is pain?
Why is pain stigmatized?
What are my options if I suffer from pain?
What are opioids?

What are the risks of taking opioids?
Which alternatives are there to opioids?
Set goals to conquer your pain

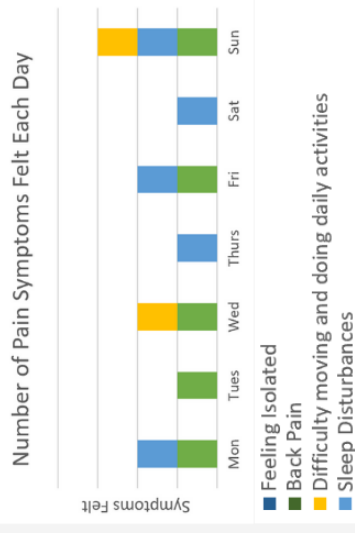
Frequently asked questions (FAQ)
How can I recognize early signs of a possible addiction to opioids?

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.

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.



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.

How would you describe your pain? How does your pain feel?
Where is your pain located?
What caused the pain?
When did the pain start/end?

What makes the pain worse?
Did you take any medication for your pain? If so, what medication?
What besides medication did you try for your pain?

What, if anything, helped you feel better?
How is your pain impacting your everyday life?
Do you have any other general comments?

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.

