A PILOT STUDY OF CLINICAL FEASIBILITY: MULTIPLE ADMINISTRATIONS OF PAINQUILT™ IN AN ADULT CHRONIC PAIN INTERDISCIPLINARY SELF-MANAGEMENT PROGRAM

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INTRODUCTION / AIM

PainQuILT™ (PQ) is a digital tool for the visual self-report and tracking of pain. It has been iteratively developed and evaluated in adolescents and adults with chronic pain. All studies to date have administered the PQ at a single time-point.

This study aimed to evaluate the PQ’s clinical feasibility at two time-points among adults attending a chronic pain self-management program. PQ was compared with the McGill Pain Questionnaire (MPQ) and the Brief Pain Inventory (BPI). Our primary objectives were to assess the PQ for: (1) ease of use, (2) time for completion, and (3) patient preferences.

METHODS

Following consent, participants self-reported their current pain using the PQ, MPQ, and BPI (T1; randomized order). A semi-structured interview assessed preferences. A 0-10 NRS ranging from “not easy at all” to “very easy” was used to appraise each tool. One week later (T2), participants completed all measures for the second time.

RESULTS

The sample included N=13 adults (62% female) with a mean (SD) age of 46+8.9 years. Self-reported computer comfort level was ‘not at all’ (15%), ‘a little’ (8%), ‘comfortable’ (15%), and ‘very’ (62%). Mean (SD) scores for ease of use were: 6.1+2.2 for the MPQ, 7.3+1.9 for the BPI, and 8.7+1.5 for the PQ. Mean time to complete was: 4.1+1.6 min for the MPQ, 4.1+1.7 min for the BPI, and 5.8+2.6 min for the PQ. Overall, 100% of participants preferred PQ.

DISCUSSION / CONCLUSIONS

Data indicate that the PQ is easy to use and preferred by a majority of adults with chronic pain for communicating their pain.

OTHER AUTHORS

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