iCANCOPE WITH PAIN: APPLYING A USER-CENTRED DESIGN APPROACH TO DEVELOP AND TEST A SMARTPHONE AND WEB-BASED PAIN SELF-MANAGEMENT PROGRAM FOR ADOLESCENTS AND YOUNG ADULTS WITH CHRONIC PAIN

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INTRODUCTION / AIM

Chronic pain in adolescents and young adults (AYA; aged 15-25 years) is a significant problem that can negatively impact quality of life. AYA are expected to assume increasing responsibility for managing their chronic pain. However, the vast majority never receives comprehensive education or coping skills training to promote disease self-management and improve symptoms. The aim of this project is to develop and evaluate iCanCope with Pain™, the first smartphone and web-based pain self-management program that is tailored for AYA with chronic pain.

METHODS

The iCanCope program is being developed using a phased approach. In Phase 1, we conducted a needs assessment study. Adolescents (n=23; aged 14-18), young adults (n=17; aged 19-29), and healthcare providers (n=17) were recruited from 3 adult and 2 pediatric tertiary care centres. Separate focus groups were conducted with adolescents and young adults as well as healthcare providers. Individual interviews were conducted with n=7 adolescents. In Phase 2, the iCanCope prototype was created by applying design principles of human factors. The prototype was then refined through iterative usability testing.

RESULTS

The iCanCope program includes the key functions of: (I) symptom self-monitoring; (II) personalized goal-setting to improve pain and function; (III) pain self-management skills training; (IV) peer-based social support; and (V) pain education.

DISCUSSION / CONCLUSIONS

The use of smartphone and web-based technologies to deliver tailored self-management pain therapy may help to optimize and solidify positive health behaviours and prevent pain-related disability in AYA with chronic pain. In Phase 3, program feasibility will be evaluated through a pilot randomized controlled trial.

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37th Annual Scientific Program • May 24 – 27, 2016 Vancouver, BC

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