



# In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

## Featured article:

Toupin-April, K., Huber, A.M., Duffy, C.M. et al. **Development and Acceptability of a Patient Decision Aid for Pain Management in Juvenile Idiopathic Arthritis: The JIA Option Map.** *Patient* 13, 719–728 (2020). and L. Proulx, et al. **Chapter 11: Engaging young people with juvenile idiopathic arthritis in shared decision making research. How we work together: The Integrated Knowledge Translation Research Network Casebook. Vol. 6.** Ottawa: Integrated Knowledge Translation Research network, 2022.

## Key insights from the study:

- **Interactive Decision-Making Tool:** The JIA Option Map is an interactive web application designed to support young patients and their families in making informed decisions about pain management strategies. Its development involved rigorous user feedback to ensure the tool was responsive and personalized.
- **Rigorous Development Process:** Adhering to the International Patient Decision Aids Standards, the tool was developed through an iterative process that included structured interviews, consensus meetings, and usability surveys, emphasizing its scientific accuracy and user-friendliness.
- **Educational and Supportive:** Feedback indicated that the tool effectively helps users understand their treatment options, facilitates meaningful discussions with healthcare providers, and promotes active participation in decision-making, enhancing overall treatment engagement.

## What happened?

The JIA Option Map was created through a careful and inclusive process. The research team conducted structured interviews with young patients with JIA and their parents to understand what issues they faced in managing pain and making decisions about their treatment. Surveys and consensus meetings with healthcare providers integrated clinical expertise for medical accuracy. Feedback from these groups was collected regularly and helped ensure the tool was user-friendly and effective. Virtual interviews assessed the usability and acceptability of the prototype, resulting in further adjustments to enhance user engagement and satisfaction. This comprehensive approach ensured the final product was scientifically sound and user-centric.

## Why is it important?

The JIA Option Map contributes to personalized patient care by facilitating informed, shared decision-making. Its development is a step forward in integrating patient-centered technology in healthcare, particularly benefiting those dealing with chronic conditions like JIA.

## What now?

The JIA Option Map is being fully tested among teenagers, young adults, and parents and will be accessible online in the near future. Information on how to manage other symptoms that are important to young people with arthritis, such as fatigue and stress and anxiety is being added in. To learn more about the next steps of this project, visit <https://choiceresearchlab.ca>.

