



# In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

## Featured article:

Zahid, M., Gallant, N.L., Hadjistavropoulos, T., Stroulia, E. **Behavioral Pain Assessment Implementation in Long-Term Care Using a Tablet App: Case Series and Quasi-Experimental Design.** JMIR mHealth and uHealth, 2020. DOI: 10.2196/17108

This study looks at how using a tablet application for pain assessments in long-term care homes compares to the traditional paper method. It finds that the app not only helps manage pain better but also helps staff feel less stressed.

## Key insights from the study:

- **Tablets Improve Pain Checks:** Introducing a tablet app for checking pain in long-term care homes made these checks more regular and thorough, showing that tech can really boost the quality of care.
- **Less Stress for Staff:** Using the app took some pressure off the staff compared to when they used paper forms, which could make their jobs easier and improve how they care for residents.
- **Staff Prefer the App:** People working in the homes liked the tablet app better than the paper method because it was easier to use, quicker, and kept track of information better.



Quick Article Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7203621/>

## What happened?

The research involved using a new tablet app for pain assessment at seven long-term care homes. The team looked at how often pain was checked, how this affected staff stress and burnout, and gathered feedback from the staff through interviews. The findings showed more frequent pain assessments (for both the paper and the app version of the assessment tool) and a strong preference for the tablet app.

## Why is it important?

Managing pain well is crucial in long-term care homes, especially for residents who have trouble communicating because of conditions like dementia. This study shows that using technology like tablet apps can make it easier to assess and manage pain accurately, which is good for both the residents and the staff.

## What now?

Given the positive outcomes with the tablet app, future efforts could look at using it more widely in long-term care settings to better manage pain. Further studies into how these tools affect care over the long term could help underline the benefits found in this study.



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