



In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

Featured article:

Stinson, J.N., Lalloo, C., Harris, L., Isaac, L., Campbell, F., Brown, S., Ruskin, D., Gordon, A., Galonski, M., Pink, L.R., Buckley, N., Henry, J.L., White, M., Karim, A. **iCanCope with Pain™: User-centred design of a web- and mobile-based self-management program for youth with chronic pain based on identified health care needs.** Pain Res Manag. 2014 Sep-Oct;19(5):257-65. doi: 10.1155/2014/935278.

Key insights from the study:

- **Comprehensive Self-Management:** iCanCope with Pain™ offers a multifaceted approach, incorporating symptom self-monitoring, goal setting, coping skills training, and peer support to empower youth in managing chronic pain.
- **User-Centered Design:** The design process included extensive input from adolescents through focus groups and interviews, ensuring the app meets their specific needs and preferences.
- **Addressing Accessibility:** By leveraging web and mobile platforms, the program aims to improve access to pain management resources, overcoming traditional barriers such as geographical limitations and high costs.



Quick Article Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4197753/>

What happened?

Researchers conducted focus groups and interviews with adolescents from pediatric chronic pain clinics and their health care providers to gather insights on their needs and experiences. This comprehensive engagement helped shape the iCanCope with Pain™ app, ensuring it was tailored to the specific challenges and requirements of young individuals managing chronic pain. The program's development focused on creating an engaging, theory-based platform that supports self-management through education, skill development, and peer interaction.

Why is it important?

Chronic pain significantly impacts adolescents' social, emotional, and physical functioning, often isolating them from their peers and hindering their development. Effective self-management through a tool like iCanCope with Pain™ can enhance their quality of life, equip them with coping strategies, and reduce the long-term consequences of chronic pain, such as pain-related disability.

What now?

Encouraged by the feedback from adolescents and the identified need for comprehensive self-management tools, further development and testing of iCanCope with Pain™ are underway. The next steps involve a randomized controlled trial to evaluate the app's effectiveness in improving health outcomes. Adolescents, caregivers, and health care providers are encouraged to explore and integrate iCanCope with Pain™ into their routine care, leveraging the available resources and support systems provided by the app.



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