



# In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

## Featured article:

Birnie, K. A., Pavlova, M., Neville, A., Noel, M., Jordan, I., et al. (2021). **Rapid Evidence and Gap Map of Virtual Care Solutions Across a Stepped Care Continuum for Youth with Chronic Pain and Their Families in Response to the COVID-19 Pandemic.** PAIN, 162(11), 2658–2668. <https://doi.org/10.1097/j.pain.0000000000002339>

## Key insights from the study:

- **Mapping Virtual Care:** This review maps out virtual care solutions available for youth with chronic pain, highlighting existing resources and identifying gaps in evidence across a stepped care continuum.
- **High-Quality Evidence:** The research emphasizes the importance of high-quality virtual care solutions that can be scaled and implemented immediately.
- **Identified Gaps:** Significant gaps were found in higher levels of stepped care, integration with health records, and areas such as medication management and family support.

## What happened?

Researchers conducted a scoping review to create an interactive Evidence and Gap Map (EGM) of virtual care solutions for youth with chronic pain and their families. The review included 185 records from scientific literature, mobile apps, websites, and innovative solutions. The records were assessed for quality and categorized based on the level of healthcare professional involvement and resource intensity required, ranging from self-directed to specialist care.

## Why is it important?

This review provides a comprehensive overview of available virtual care solutions and highlights areas needing further development and research. By identifying high-quality, scalable solutions and pinpointing gaps, the research supports informed decision-making for healthcare providers, policymakers, and families. Addressing these gaps is crucial for improving access to and the delivery of care for youth with chronic pain, especially during times of crisis like the COVID-19 pandemic.

## What now?

This research suggests that it is essential to implement and expand the use of identified high-quality virtual care solutions to improve care for youth with chronic pain. Additionally, there should be a focus on developing solutions for areas lacking evidence, such as higher levels of stepped care, integration with health records, and comprehensive family support. Engaging youth, families, healthcare providers, and policymakers in the development and implementation of these virtual care solutions is critical to ensuring they meet the needs of all stakeholders. By taking these steps, the quality and accessibility of care for youth with chronic pain can be significantly enhanced, particularly during times of crisis and beyond.

