Digital Pain Management in Palliative Care

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Summary

- Introduction
- Digital Health in Palliative Care
- MSK and Palliative care using digital pain self management
- The proposed tool

Key Messages

Accessible care

Continuous Support

Adaptable rehab

Patient & Family Empowerment

Non-Hospitalised rehab

Free HCP Time

My BackGround

MSK Physiotherapy

First Contact Physiotherapist

Physiotherapy Telehealth

Digital Health

Inspiration / Trigger

- COVID – 19 boosted remote physiotherapy services
- First Contact Physiotherapist assessing 23 patients per day (20 min each) – HYBRID
- Long waiting times
- 85% of patients directed to self-management route

Self management options

- Prescribe Home Exercise Program
- Targeted patient education
- Goal setting rehab plan
- Refer to psychosocial services

From Inspiration to Idea

Empowerment of

Patient **Self management**

using **digital health** Platforms

Digital Health in Palliative Care

Digital Health Interventions were found

- Mostly **positive** for

Education / Information Sharing / Decision making Communication & Costs

- **Inconclusive** for

Quality of life / Physical & Psychological Symptoms

Finucane et al. (2021) Systematic meta-review

Therapist – Palliative Patient relationship on the digital health landscape

- Benefits

- Improves communication between patients and professionals

- Direct access to specialist palliative care for patients that live in underserved areas

- Empowerment of patient and family caregivers to navigate health systems

Payne, Tanner & Hughes, (2020) Editorial

Considerations

- Privacy and confidentiality of data
- Possibility of missing holistic patient management
- Low levels of digital health literacy especially in older population
- Focus on “easy to see” physical aspect and miss psychosocial spiritual aspects

Payne, Tanner & Hughes, (2020) Editorial

Patient perspective on Palliative digital health

- **75,9 %** of patients have a **positive attitude** toward digital health technologies
- According to patients the most feasible technologies were **Smartphones**, **Wearables** and **VR**

Wicki et al. (2024) Questionnaire based study

- Digital Palliative care **design and implementation** should consider the **characteristics** and **diversity** of patient and family member

Choi & Chia-Chin (2023) Guest Editorial

Digital MSK Pain self-management and palliative care

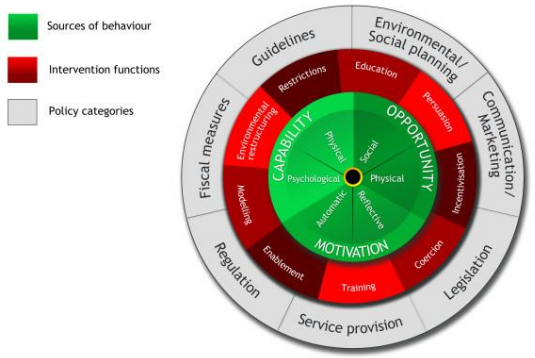
Introduction to digital MSK pain management

- Patient education and information dissemination
- Remote monitoring with feedback (exercise plans & ADLs)
- Adherence support
- Psychological support
- Lifestyle interventions

Kelly et al. (2021) Systematic Review Protocol

Digital Pain Management in MSK & Oncology

- **Targeted** education
- Contemporary **pain science** education
- **CBT** aiming on behaviour change
- Poor **social support** led to higher levels of pain
- **HCP**-supported eHealth Intervention



BCW: Michie, Stralen & West, 2011

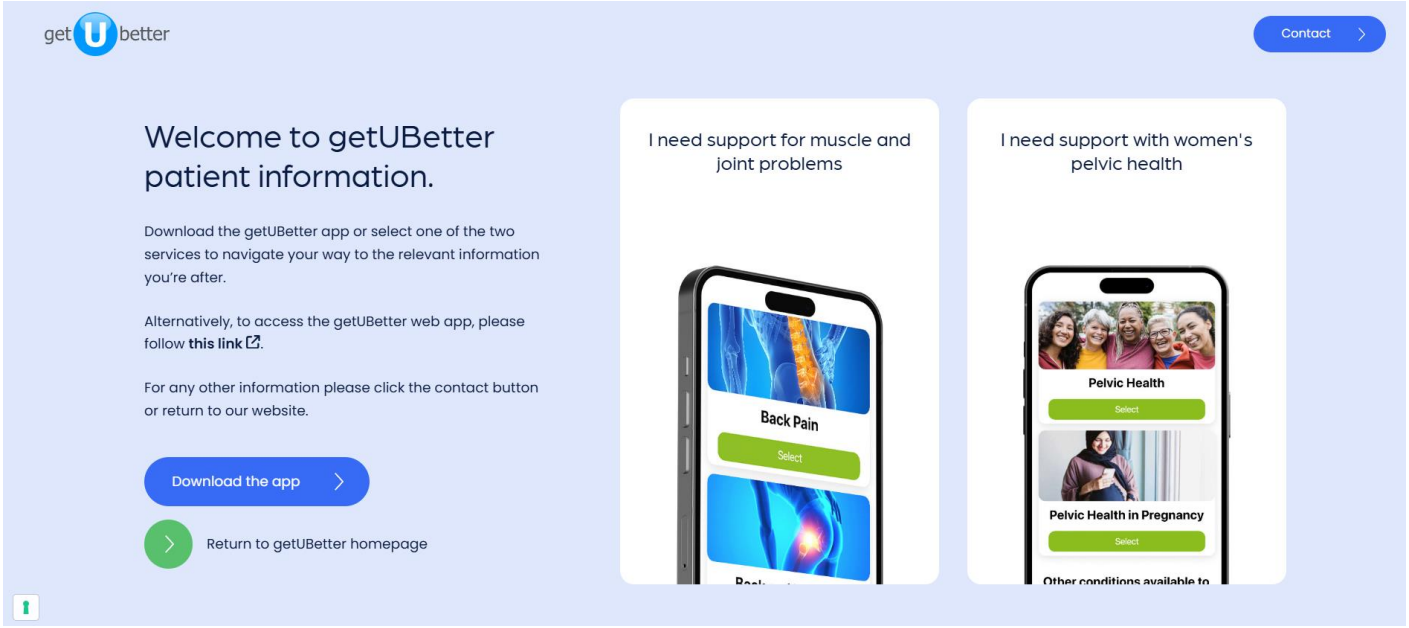
Evenepoel et al., (2022) Systematic Review

- L High Heterogeneity & High risk of bias

- S Examined sole effect of digital health without HCP presence

Case Study of Digital MSK Tool - GetUBetter (UK)

- Patient-Centred Design
- Education and Empowerment
- Pathway Integration
- Focus on Self-Management
- Data driven adaption



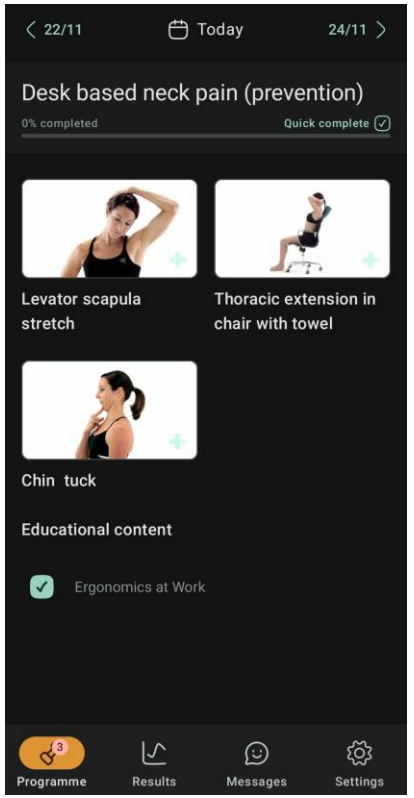
getubetter.com

What can we learn from it?

The Proposed Tool

Web & Mobile App

- Personalised rehabilitation with self-management strategies
- Patient pain neuroscience education
- Remote monitoring with patient and/or caregiver feedback
- ADL / Psychological / Social / Family / Work Support



Source: PhysiApp

Who will this benefit?

- Patients in palliative care who experience chronic pain
- Family members of palliative patients
- Healthcare practitioners time
- E.Σ.Y. – less appointments needed / less costs / less resources

Improve healthcare accessibility

Decrease need for analgesics

Telehealth option for house-bounded patients

Reducing waiting times to access palliative care program

Key Messages

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Continuous Support

Adaptable rehab

Patient & Family Empowerment

Non-Hospitalised rehab

Free HCP Time

Thank you for your attention!

I am available for questions

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