



inDemand: Demand driven co-creation for public entities

CHALLENGE 3: Smart Pain Manager

Pitch

A Finnish language mobile application for self-assessment and treatment of pain.

Motivation and description

The development of recording methods and the recording of pain data is a current topic. According to the quality standards currently being compiled, every healthcare professional doing clinical patient work also has to assess patients' pain and treat the pain according to a minimum standard. Additionally, the goal is to increase the understanding of pain among healthcare professionals and patients.

Currently existing applications in the market either a) enable the assessment of pain through individual measures or b) are psychoeducation devices. There is no Finnish language application in the market, that combines both functions.

Main objective

There is a need to develop a Finnish language mobile application, which would enable the following actions: self-assessment of pain through different measures, a toolkit of drug-free pain treatment methods, psychoeducation (explaining the causes of pain alleviates the experience of pain), a trigger function for the timing of medicine consumption, etc. There is also a need for enabling communication between the professional and the patient. A desired function for the application is strong electronic identification. (Optionally, the application could interact with the patient record system.)

The application is a modern part of the healthcare service system and does not replace relationships between healthcare professionals and patients. Using the application is not an obligation for patients, for example in cases where the patient lacks resources for self-assessment.

Requirements for the proposals

The solution must enable the self-assessment of pain with validated measures and have a toolkit for drug-free treatment methods, psycho education features, a trigger function for timing of medication consumption and strong electronic identification. (The possible integration to patient record systems will be defined during the co-creation project.)

The application could also function as a part of the workplace training of staff responsible for pain assessment and treatment.

Business opportunity

The development need concerns a wide range of hospital functions. In the first stage, the application would provide service for Finnish-speaking customers, and in the future it can be localised to other languages. Thus, the solution would have scaling potential.

Possible integration to patient record systems would enable use of the application in primary and specialty care. Pain is a common reason for seeking treatment. It is the cause of 40 percent of appointments to health centres and 60 percent of patients coming to specialty care emergency clinics. Over a million Finns suffer chronic pain daily and most patients suffer acute pain at some stage of hospital care.