

# PAINCARER → Pain Manager for chronic pain patients

## The need

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. There is also a need for enabling communication between the professional and the patient.

## The solution

PainCARER is a mobile application for pain self-assessment. This application is a tool for patients suffering from pain to record and assess their pain events. Assessed pain records can be viewed from the application or composed to a report that can be shared with healthcare professionals. It also includes a library of drug-free pain treatment methods and local treatment providers. The application is designed to be user friendly for those interested in tracking and assessing their pain.

## Impact

- Better communication between pain patients and health care professionals
- Long term tracking of patient's pain events
- Self-assessing the pain can alleviate symptoms

\* These results come from regular end-user testing during the co-creation by healthcare professionals at the Oulu University Hospital Testbed.






#PainSelfAssessment

#ChronicPain

#PatientEmpowerment

## Co-creation and Business Support

Pilot region: Oulu (Finland) | April 2019- April 2020

 <b>Challenger</b>	 <b>Solver</b>	 <b>Users</b>	 <b>Supporter</b>	 <b>Funder</b>
Oulu University Hospital	Kipuwex	Oulu University Hospital professionals and Private Expert users	BusinessOulu	Oulu Region Council
4 Nurses 1 Psychologist 2 Innovation Experts	1 CEO 1 software engineer 1 Product manager 1 Graphic designer 1 Web designer	4 Nurses 2 Experts by experience	4 business development experts	2 experts

## Hear the stories!



***Once completed, the mobile solution will provide a novel method for pain self-assessment and interaction with healthcare professionals.***

**Anne Pietikäinen, Physiotherapist at Oulu University Hospital**



***Developing a solution for the need is the right way of creating HealthTech products to market. Co-operation with healthcare professionals and pain patients has been guiding our development from day one.***

**Aleksi Ronkainen, Product Manager at KIPUWEX**



***PainCAREER is a very important tool in pain event tracking. The body wants to forget the pain events – with a real-time recording of the event by targeting the pain area on a model and assessing the pain or using voice input, that pain can be recorded before forgetting it. Patients can deliver actual information about their pain to health care professionals. The app is easy to use and well instructed!***

**Pertti Latvala, Chronic pain patient, Expert by experience at Finnish pain association**



### About inDemand

**inDemand boosts digital health solutions proposed and co-created with healthcare professionals**

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