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Apps for persistent pelvic pain

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Aim

- To improve self-management of persistent pain
- To improve communication between health professionals and patients

Outcomes

- Increase in patients becoming confident in managing their pain
- Improved communication between health professionals and patients
- Maximize use of limited resources and reduced waste

How?

- Building on existing apps for persistent pain
- <http://apps.nhs.uk/app/fibromapp/>
- Exploring patient views on the use of apps for persistent pelvic pain



FibroMapp
Your Pain Management App

Obstacles

- Limited to those who have a smart phone and/or computer and who are familiar with using apps
- This tends to be younger users but use is growing rapidly amongst all age groups
- The issue of patient privacy is extremely important
- Need to be available in the native language of the patient

Pros

- Greater willingness amongst patients to take responsibility for their health working with health professionals
- Willingness to use technology to help manage their conditions
- Patients having control over the use of data and who they share it with

- Used sensibly, appropriate apps could help to cut down on time taken up in follow up appointments/monitoring
- It can assist with identifying problems with medicines adherence, timing of/medication dose/side effects

- Intended to add value to face-to-face consultations and to maximize effectiveness.
- Not intended to replace face-to-face consultations..

Next steps

- Conducting a survey to find out patient views on what they would want in an app for persistent pelvic pain
- Develop an app specifically for this purpose based on patient needs

Key messages

- Ensure that patients are involved at the outset
- Used sensibly, this approach can benefit patients and health professionals, identifying problems and gaps quicker, reducing time off work for appointments/consultations
- Maximizing consultation time for health professionals

Thank you

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