

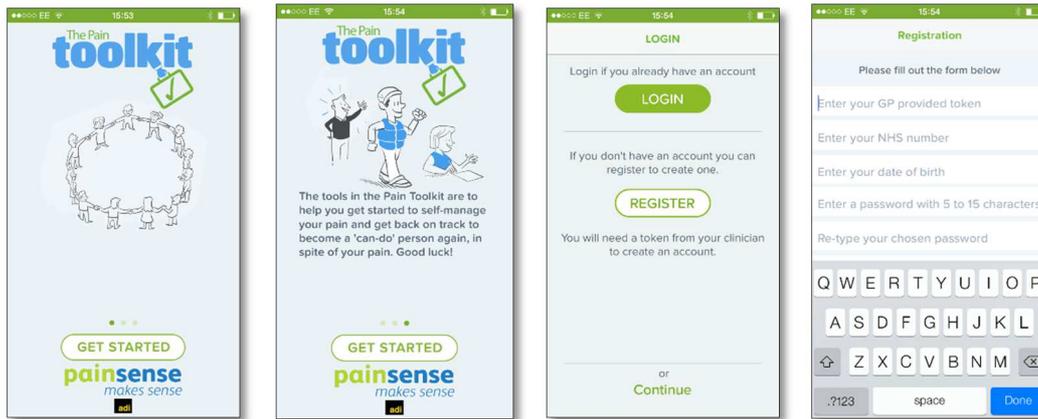
**Pain Toolkit - Patient information guide**

**1. How to Download the Pain Toolkit App**

Using your mobile device's application store (Apple or Android) search for 'Pain Toolkit' and you will see the application to download, which looks like this.



**2. Registration** – Once the Pain Toolkit App has been downloaded to access the full app you must enter your token obtained from your GP or Health Professional and enter your details in the relevant boxes

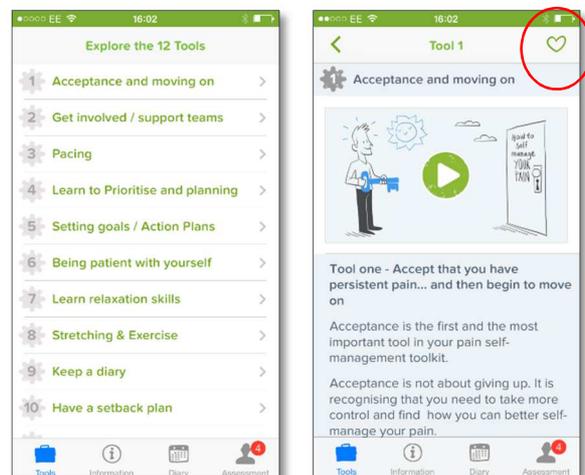


**3. Self Management Tools** – Once in the app, the first screen shows you a list of 12 tools. These tools have been shown to help people who live with persistent (or chronic) pain. The information in each tool explains why it is important and gives you information that can help you manage your pain. Take your time to read, understand and work through each tool. It might be that you only choose a few important ones at a time.

If you are using the app under the guidance of a health professional then they can direct you on the tools to focus on initially.

If you are using the app on your own then the Health Needs Assessment (see point 6) can help identify the areas for you to concentrate on.

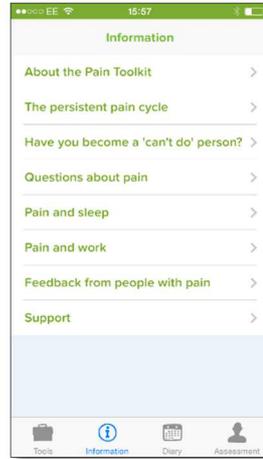
Mark the tools that you are focusing on, you can touch the heart symbol in the top right of the screen which will save the tool as a favourite and make it easier for you to locate when you are next in the app.



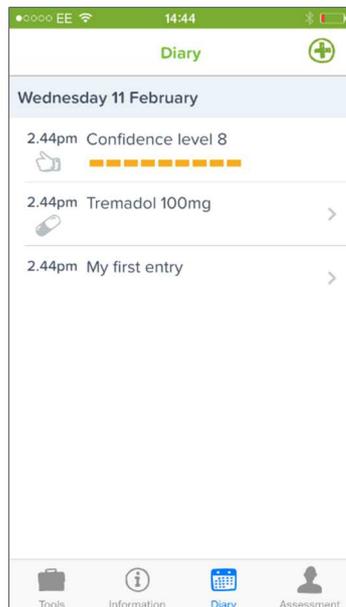
4.

**Extra Information** – This section gives you more information about persistent pain, common questions and issues that are raised by people living with persistent pain.

Each section gives you more in depth information to help understand persistent pain and its management.



5. **How to track your progress** – The Diary section is an important section. Aim to fill this in regularly with notes that could include your amount of activity on the day, how you are feeling, pain score 0-10, how well you slept, issues that you are finding frustrating etc. By entering this information it will help you and any healthcare professional working with you to build up a picture of your pain, how it affects you and any positive or negative patterns that might be forming.



Recording your medication usage will help you and your GP or pharmacist monitor the effectiveness of your current medication and make adjustments as required. A lot of people fail to take their medication at the correct times or dosage and therefore the medication is less effective.

Recording your confidence will allow you and your healthcare professional to see how your confidence levels affect your activities of daily living.

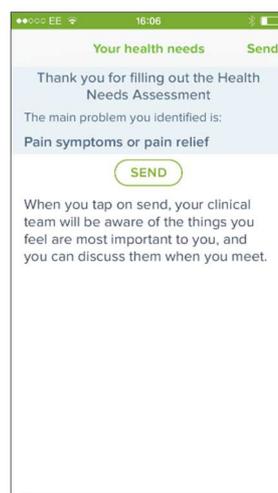
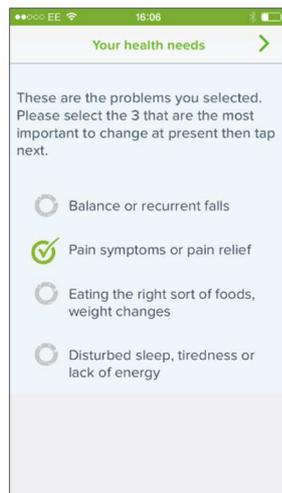
6. **Assessments** – There are 4 assessments in the Pain Toolkit which will help you and any healthcare professional you are working with to monitor your progress.



You should complete all 4 assessments when you log in for the first time.

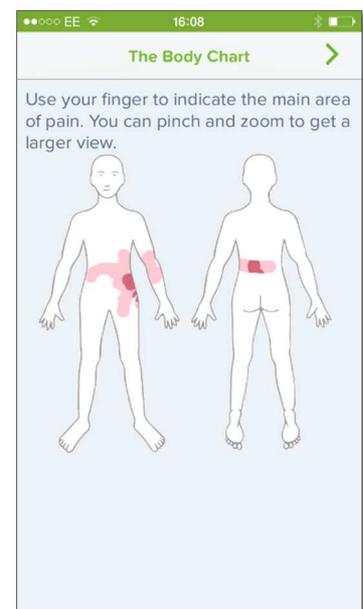
Health needs assessment	Complete when you first register
Body chart	
DoloTest®	Complete every 4 weeks
Managing your pain	Complete every 2 weeks

**Health Needs** – This questionnaire will help you identify how your pain affects you, the main problems that it causes and its impact on your life. By completing the assessment at the end you will have identified the key issues you want to address. This will then help you choose the tools on which to concentrate on in the first instance.

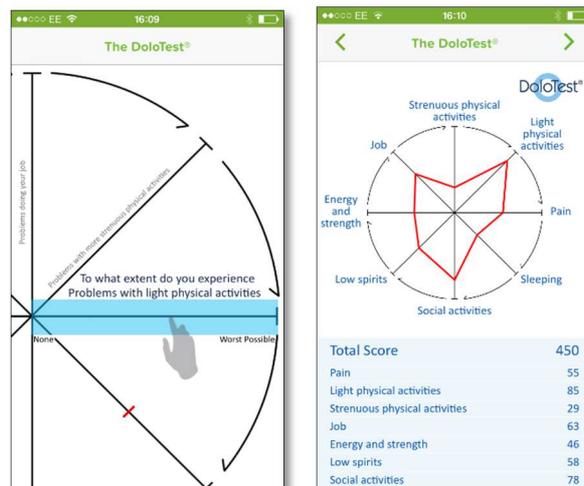


As you progress you can re-do the health needs assessment to identify different areas to work on. You can then send this to your healthcare professional once completed.

**Body Chart** – Mark on the body chart where you feel your pain and discomfort and describe how the pain feels to you, this enables you and the healthcare professional to understand the areas and pattern of pain you are living with. You can fill this in once or repeat it over time to see if there are any changes occurring. You can then send this to your healthcare professional once completed.



**DoloTest®** – This test is particularly useful giving you and the health professionals you are working with a picture of how your pain affects you and its impact on your life. Mark on the line the extent that each question affects you. The closer to the centre means less of a problem/impact and the further out indicates a greater problem. There are 8 questions (Pain, problems with light physical activity, problems with more strenuous physical activity, problems doing your job, reduced energy and strength, low spirit, reduced social life and problems sleeping).



Once complete a red outline will join the marks that you have made and also a score out of 800 will be shown. You can then send this to your healthcare professional once completed. Repeat this every 4weeks.

**Managing your Pain** – This questionnaire is to monitor your confidence to cope with aspects of daily living and how your pain affects your ability to cope.

There are 10 questions marked on a 0-6 scale (0 = no confidence and 6 = completely confident). At the end you will have a score out of 60 which will be recorded on your app and sent to your clinical team. It will allow your clinical team to build a good picture of how you are coping. Complete every 2 weeks.

Managing your pain

Answer these 10 questions rating your confidence that you CAN do these things, NOT as if you were actually doing them now. 0 = no confidence 6 = completely confident

I can enjoy things, despite the pain  
0 1 2 3 4 5 6

I can do most of the household chores (eg. tidying-up, washing dishes, etc.) despite the pain  
0 1 2 3 4 5 6

I can socialise with my friends or family members as often as I used to do, despite the pain  
0 1 2 3 4 5 6

Thank you for filling out the managing your pain assessment

**You Scored 34**  
out of a possible 60

SEND

When you tap on send, your clinical team will be aware of the things you feel are most important to you, and you can discuss them when you meet

By using the pain toolkit in conjunction with your clinical team you will develop skills and have a plan to assist you in managing your persistent pain leading to a better life.



Find us on YouTube. Search: PainSense



Twitter: @ADI\_Health Hashtag: #PainSense



Website: [www.pain-sense.co.uk](http://www.pain-sense.co.uk)

