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GOOD PRACTICE NUMBER 13
05/2015 - 02/2016

Category:
**Empowerment,
Innovation**

**Tele-medical support
for patients with
chronic pain**

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Objectives

Aim of this study was to assess acceptance and feasibility of a telemedicine support after chronic pain patients have passed a comprehensive multimodal pain management programme. In addition, effects on pain intensity, perception of impairments and well-being were analysed as secondary outcome parameters. After the end of their standard therapy, the intervention group (n=23, from 05/2015 to 02/2016) of patients from the interdisciplinary outpatient pain clinic received text messages (SMS) over a 4-week period. There were 2 SMS categories: Treatment SMS (based on standard therapy topics) and Feedback SMS (questions about impairments in daily life, well-being, dealing with pain, average pain intensity). Secondary outcome parameters were compared to the historical patient group.

Outcome

93.5 % of all Feedback SMS were answered. 76 % of respondents assessed getting the text messages as (very) helpful, no one as bothering. Almost 74 % were willing to get further Feedback SMS, 90 % would appreciate further Treatment SMS. Regarding secondary outcome parameters, no statistically significant differences could be observed.

Information about Good Practice Applicant

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