

7th Global Patients Congress

9-11 April 2016



International Alliance of
Patients' Organizations

A global voice for patients

Selsdon Park Hotel, South London, UK • www.globalpatientscongress.org #GPC2016

Innovation in Communication Becoming Part of Your Health Care Team

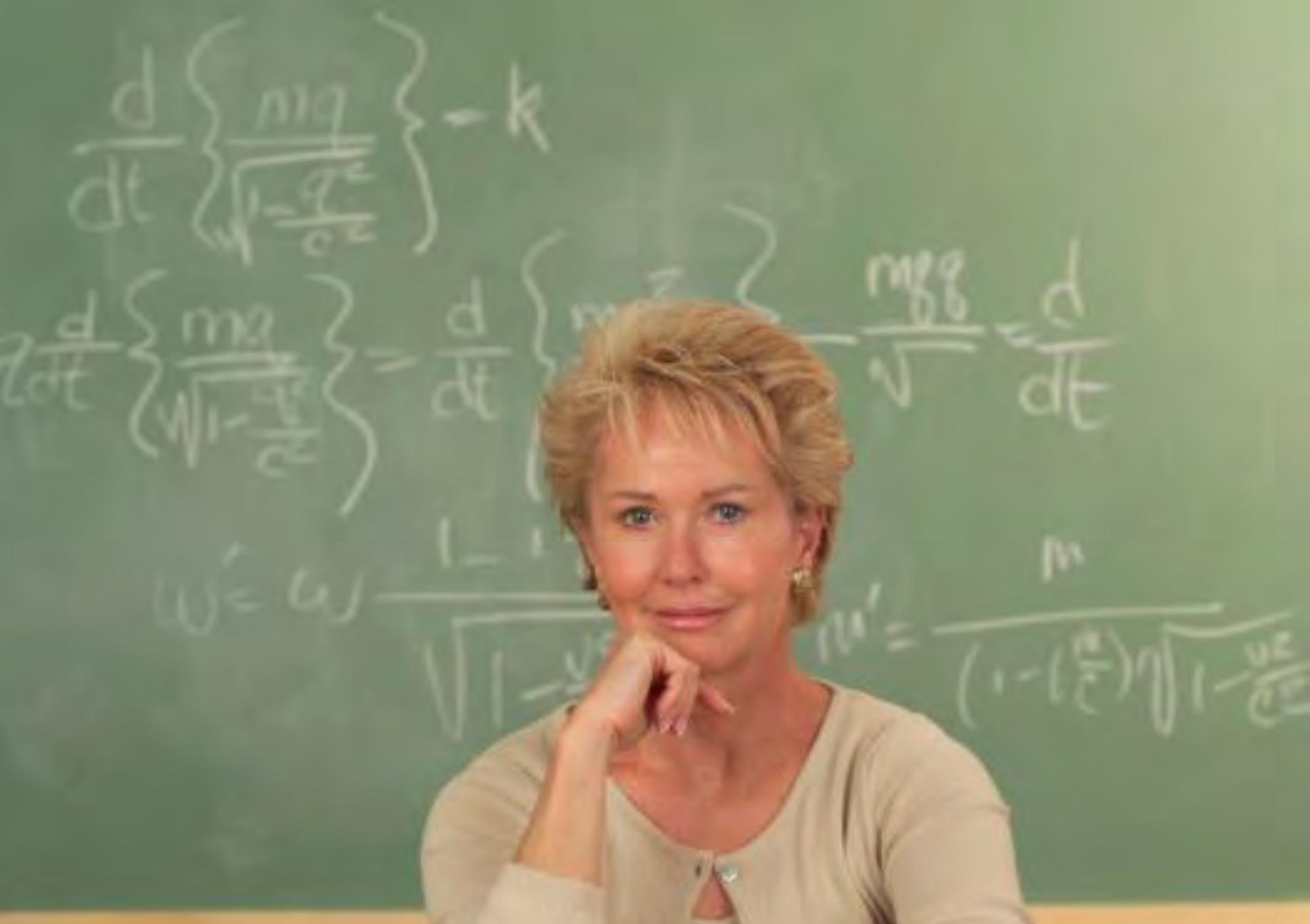
Penney Cowan

Founder, CEO: American Chronic Pain Association

Moving from passive patient. . .



to an active participant in their health care.

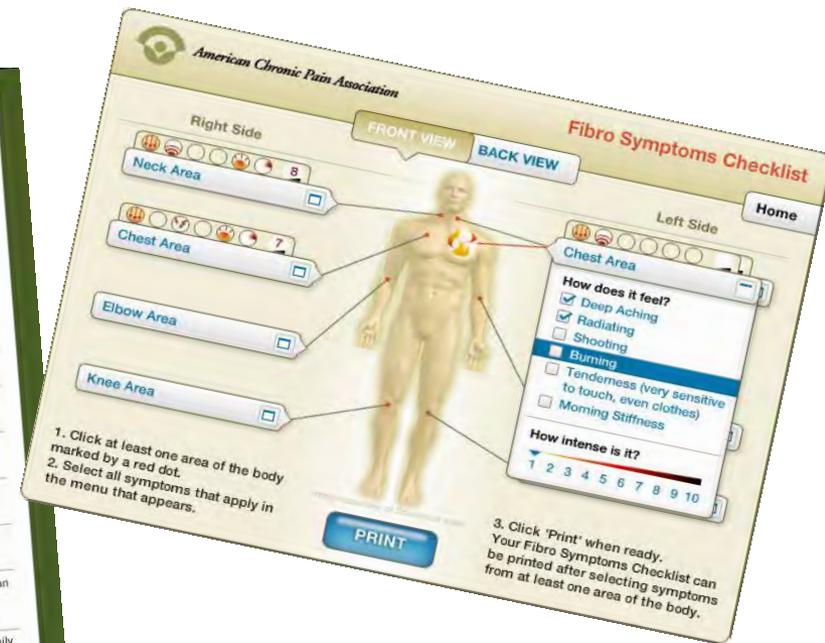
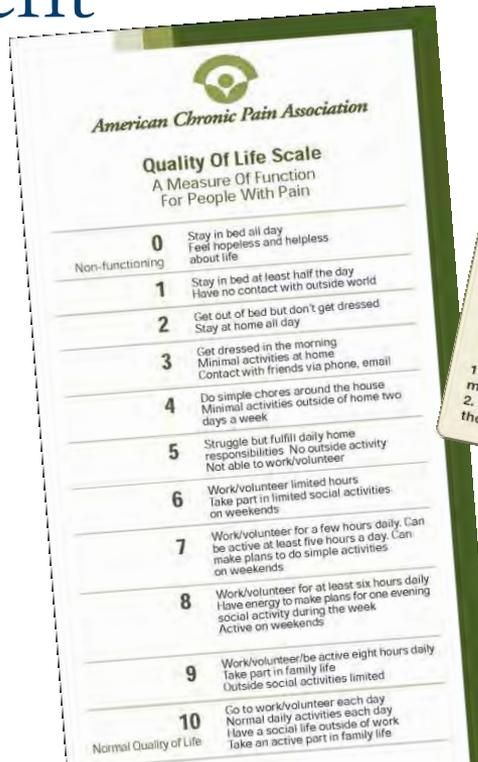
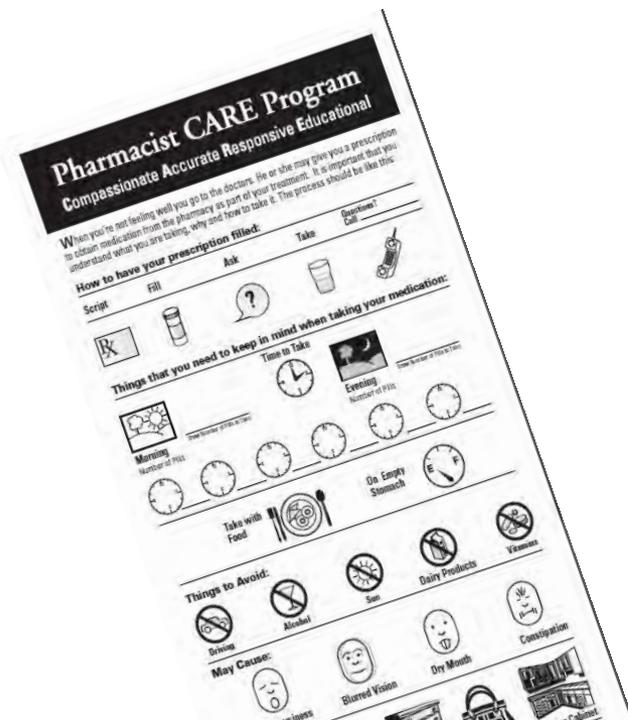


$$\frac{d}{dt} \left\{ \frac{mg}{\sqrt{1-\frac{v^2}{c^2}}} \right\} = k$$

$$\frac{d}{dt} \left\{ \frac{mg}{\sqrt{1-\frac{v^2}{c^2}}} \right\} = \frac{d}{dt} \left\{ m \gamma \right\} = \frac{mg}{\sqrt{1-\frac{v^2}{c^2}}} = \frac{d}{dt}$$

$$\omega' = \omega \frac{1-\beta}{\sqrt{1-\beta^2}} \quad m' = \frac{m}{(1-\beta^2)^{3/2}}$$

- 🕒 Easy to understand
- 🕒 Informative
- 🕒 Efficient



Quality of Life Function Scale

A supplement to
typical pain
scales



American Chronic Pain Association

Quality Of Life Scale
A Measure Of Function
For People With Pain

0 Non-functioning	Stay in bed all day Feel hopeless and helpless about life
1	Stay in bed at least half the day Have no contact with outside world
2	Get out of bed but don't get dressed Stay at home all day
3	Get dressed in the morning Minimal activities at home Contact with friends via phone, email
4	Do simple chores around the house Minimal activities outside of home two days a week
5	Struggle but fulfill daily home responsibilities No outside activity Not able to work/volunteer
6	Work/volunteer limited hours Take part in limited social activities on weekends
7	Work/volunteer for a few hours daily. Can be active at least five hours a day. Can make plans to do simple activities on weekends
8	Work/volunteer for at least six hours daily Have energy to make plans for one evening social activity during the week Active on weekends
9	Work/volunteer/be active eight hours daily Take part in family life Outside social activities limited
10 Normal Quality of Life	Go to work/volunteer each day Normal daily activities each day Have a social life outside of work Take an active part in family life



A Pain Management Tool for People With Fibromyalgia

This interactive tool can help you with your pain management goals in two ways.

First, it can help you create a picture of your pain---where it is, how it feels, and how much it hurts---that you can print out and share with your health care provider when you visit. Time is short during these visits. This graphic representation of your current symptoms provides a lot of important information fast, so you and your provider can move on to addressing your issues more quickly.

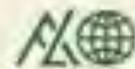
Second, this tool can help you track your progress over time. Use it and the [Fibro Log](#), also on the ACPA web site, periodically. Keep printouts of your results; they will help you see which treatments and activities help reduce your pain and which don't. That can be a big step in gaining better control over your pain and improving your quality of life.

Choose your sex at the right and click 'Start' to begin.

<http://www.theacpa.org/fibroApp/fibroApp.aspx>



Funded by:

 Forest Laboratories, Inc.

START

MALE FEMALE

Live Better with Pain Log Date _____
Name _____

Pain Level

No Pain 1 2 3 4 5 6 7 8 9 10 Worst Pain

Stress

No stress 1 2 3 4 5 6 7 8 9 10 Very Stressed

Exercise

Exercise daily 1 2 3 4 5 6 7 8 9 10 No exercise

Activity

Normally active 1 2 3 4 5 6 7 8 9 10 No activity

Sleep

Fully rested 1 2 3 4 5 6 7 8 9 10 Poor-quality sleep

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Fear of Pain

No Fear 1 2 3 4 5 6 7 8 9 10 Very Afraid

Using Medications as Prescribed

As Directed 1 2 3 4 5 6 7 8 9 10 Not As Directed

Side Effects

None 1 2 3 4 5 6 7 8 9 10 Strong Side Effects

Constipation

Normal 1 2 3 4 5 6 7 8 9 10 Irregular

Sexual Activity

Satisfied 1 2 3 4 5 6 7 8 9 10 Unsatisfied

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Appetite

Normal appetite 1 2 3 4 5 6 7 8 9 10 No appetite

Mood

Cheerful & calm 1 2 3 4 5 6 7 8 9 10 Depressed, anxious

Interaction/isolation

Lots of interaction with family & friends 1 2 3 4 5 6 7 8 9 10 Always alone

Alcohol Use (drinks each day)

None 1 2 3 4 5 6 7 8 9 10 1 or 2 3 or 4 5 or 6 7 or more

Finances

No money worries 1 2 3 4 5 6 7 8 9 10 Serious money worries

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Review of Systems



TODAY'S LOG

PRINT REPORT

Home

Today's Date: **Fri, Jul. 29, 2011**

Last Completed: Fri, Apr. 29, 2011

Question 8 of 15

How severe are side effects from your medication(s)? (Select 0 if not taking any)

OK



0

1

2

3

4

5

6

7

8

9

10

None

Strong Side Effects

Show Help

- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 1
- 2
- 3
- 4
- 5
- 6
- 7

View report by the past:

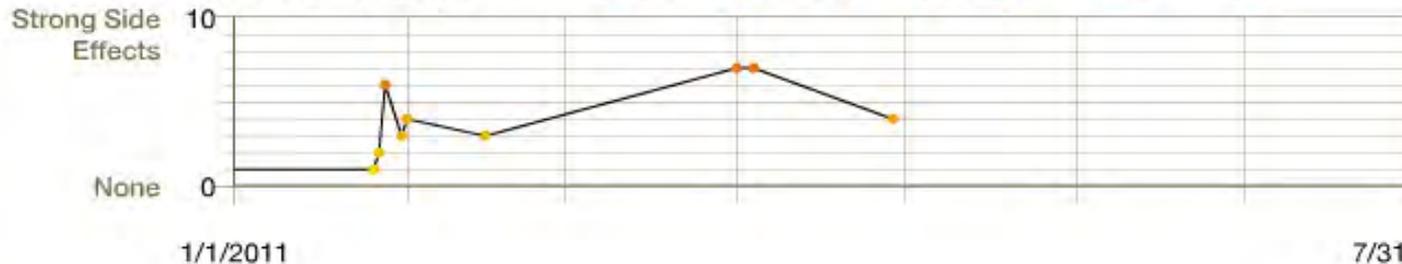
Month

3 Months

6 Months

Year

All



Select a response for each question, then click the OK button to advance to the next question. Click Save when done.

SAVE

TIP: Past responses will be marked already. Click the OK button for those responses that have not changed.

Communication Innovations

Download Our New App!

Track your symptoms with the new Pain Log and OIC Log.

Set Reminders
View Progress
Share with your Doctor



Download on the  App Store

GET IT ON  Google play

AT&T 10:58 73%

 American Chronic Pain Association

Share your log

Print, email, or show your entries and historical data to your primary care physician at your next visit.

Try it now

Login Register

AT&T 10:57 73%

 American Chronic Pain Association

How much exercise do you get?

Answer questions about your pain, general health, and daily habits. We recommend logging each week.

Next

Login Register

AT&T 12:36 67%

 ACPA Pain Log 

What is your overall level of pain?

0 1 2 3 4 5 6 7 8 9 10

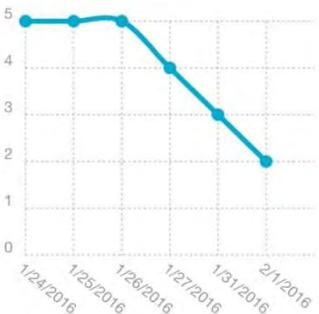
No Pain  Extreme Pain

1 of 16 

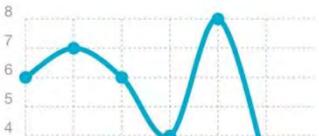
AT&T 12:38 66%

 OIC History 

Exercise



Appetite



Conclusion



Move from passive patient to active participant in your health care!

Contact us

Please visit our website to find out more:

www.theacpa.org



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Thank you