AIMS OF THE TOOLKIT

- To develop a range of evidence-informed, engaging & accessible consumer resources to assist self-management of chronic SCI-pain
- To develop an online clinician resource to aid clinical decision-making, assessment and treatment planning
- To provide a tool to assist clinicians to screen for SCI pain red and yellow flags
- To facilitate access to high quality information with links to evidence-based resources and clinical practice guidelines
- To provide a resource for consumers and clinicians compatible with best clinical practice.

RESULTS

- Online SCI Pain Toolkit launched Oct 2014
- 17 000 hits Oct 2014 – March 2015
- State-wide education strategy with further educational initiatives planned, > 100 education session participants in over 15 sites
- 84% agree or strongly agree that resources are easy to find and access online
- 82% say there is a good range of resources
- 90% will use the resources again in future
- Future active implementation efforts will focus on primary care & ongoing user acceptability testing of the SCI Pain Navigator in collaboration with the University of Sydney.

CONSUMER RESOURCES

- 8 webpages with 5 new SCI educational films
  - Introduction to Chronic Pain After SCI
  - Understanding Pain after SCI
  - SCI Pain, Physical Activity and Exercise
  - SCI Pain and Medications
  - SCI Pain, Thoughts and Feelings
- Films, graphics, text & animation to illustrate key concepts and reinforce learning
- Examples of pain management strategies
- 15 informational flyers and worksheets to download & 60+ links to other online resources
- SCI pain questionnaire & pain management plan template to encourage active learning
- Films featuring 3 consumer stories and 3 specialist clinicians, with many more consumer stories featured in additional written resources.

CLINICIAN RESOURCES

- 83% of clinicians report being under-resourced and requested the following resources:
  - SCI specific assessment tools
  - Evidence based pain management strategies
  - Educational material for patients & clinicians

The SCI Pain Navigator was developed based on a previously published SCI Pain Management algorithm [4] and is an online interactive tool.

The Navigator guides the clinician through stages of screening for pain; red & yellow flags; SCI pain assessment; SCI pain classification [5]; multidisciplinary treatment and referral options.

Information is saved to a pain management plan.

CONCLUSION

The online SCI Pain Toolkit has been developed following extensive consumer and clinician consultation. This online resource promotes active self-management for chronic SCI-related pain with educational materials for a multi-disciplinary audience.

References