

“For people like me who have been suffering with pain for years, you sometimes feel like there’s no-one to turn to. This app shows you that you’re not on your own. It gives you strategies that you’re able to follow so you’re able to cope better.”

PainSense workshop participant



What is PainSense?

PainSense is the umbrella term for the applications provided by ADI. This currently includes:

- The Pain Toolkit app
- The Pain Management Plan app

The Pain Management Plan is another mobile tool to assist you to help manage your chronic pain condition.

It is based on the widely used and researched Pain Management Plan which is paper based cognitive behavioral therapy book developed to provide the next step to manage your long term pain problem. This will be available for you to download shortly.

The Pain Toolkit and Pain Management Plans have been developed by Advanced Digital Institute (ADI) with funding from by the SBRI Healthcare programme.

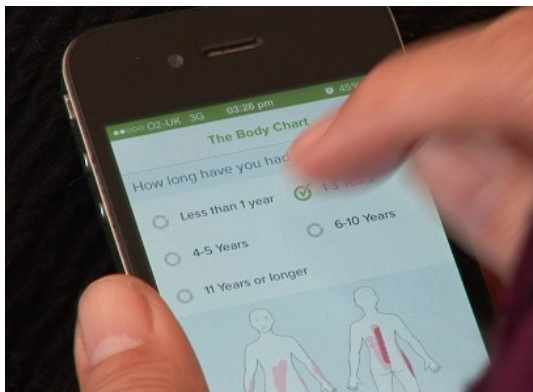
SBRI Healthcare is an NHS England initiative, championed by the Academic Health Science Networks (AHSNs). The views expressed in the publication are those of the author(s) and not necessarily those of the SBRI Healthcare programme or its stakeholders.



Mobile App



painsense
makes sense



Why have I been asked to download the Pain Toolkit app?

Living with living with persistent or chronic pain can be difficult and a struggle . It can help to knowing more ways on how to self-manage your pain better.

Often people living with persistent pain are unaware they may do things that makes their pain worse. For example, over doing activities and pushing themselves too hard, so increasing their pain, taking medication at irregular times or doing things that leads to poor sleep.

Simple changes to your lifestyle and habits can help you manage your pain so live better day to day life. The assessments in the app can guide you in identifying these areas. The tools and information can help you to be able to make positive changes and better manage the pain.

How do I get the app?

It is available for download from the app stores for apple and android smartphones and tablets. It will be available for windows smartphones, laptops and computers from April 2016.

How much does it cost?

You can access the information and 12 Tools for free however for full access it costs £3.99. This is

How do I use the app?

You can use it on your own or with support from your GP or specialist clinician or self care support worker. The assessments can help you understand your pain and how it affects you. They can help you identify goals to set, the impact of your pain on your health using the Dolo Test and its effect on your confidence levels. You can email a report containing your assessment results to a specific clinician.

You can use the diary to track your activity levels, what medication you take and when as well as thoughts and feelings. These can help you identify patterns from week to week, monitor your progress and achievements and grow your confidence.

Is there an support?

There are more detailed user guides available on www.pain-sense.co.uk. Pete's website www.paintoolkit.org has a community which can help support you and you can also ask Pete questions.

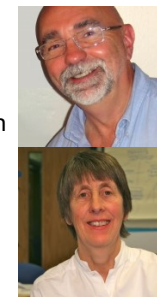
Pain Concern are a national charity for pain and they have magazines, podcasts and a dedicated help line to support you if you have any questions about your pain.



What is the Pain Toolkit?

The Pain Toolkit app has information, tools and assessments which can help you to live a better life despite your painful condition.

It was developed by Pete Moore, Expert Patient Trainer, UK Pain Champion 2013-14 and person with long term pain and Dr Frances Cole, GP, Pain Rehabilitation Specialist and Cognitive Behavioural Therapist.



What does the Pain Toolkit app do?

The Pain Toolkit app gives you practical tools and information that when implements will allow you to better manage your pain.

You can use the assessments to help you understand aspects of your life which might be making your pain experience worse. Repeating the assessments allows you track your progress.

Contact Us

Advanced Digital Institute (ADI)

Salts Mill, Saltaire, BD18 3LA



Google Play store
QR code



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