



## Background

In the outpatient setting, pain management is often inadequate in patients with cancer-related pain, because of patient- and professional-related barriers in communication and infrequent contacts at the outpatient department. The internet provides new opportunities for monitoring these patients.

## Aim

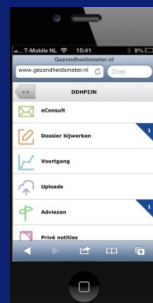
To investigate whether internet monitoring is feasible in patients treated for cancer-related pain.

## Method

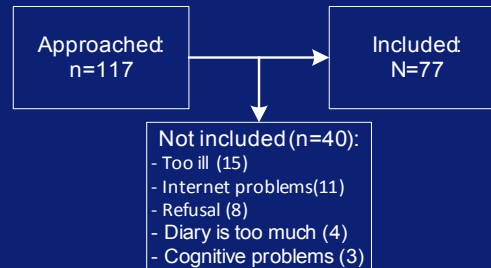
We developed an internet application (& app) with:

- eConsult
- Pain diary
- Patient pain education

In the diary, patients scored their pain intensity, side effects and analgesic use, daily. These data were monitored by a nurse specialist. Outpatients with a difficult pain problem were eligible.



## Results



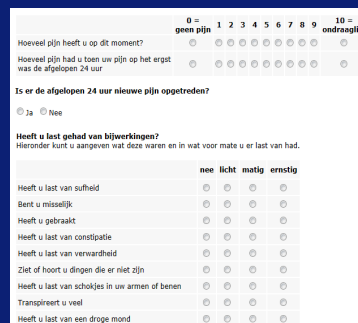
These 77 patients were 59 years (sd=11), 44% was male and 83% had metastatic cancer. At start, 81% used strong opioids around-the-clock, 83% used opioids as needed, 82% used paracetamol, 36% NSAID's and 10% used opioids subcutaneously.

They filled in a median of 29 diaries (range: 1-393). Their analgesics were changed three times (range: 1-11).

They asked for a median of 7 eConsults (range: 0-58).

Most frequent topics for eConsult:

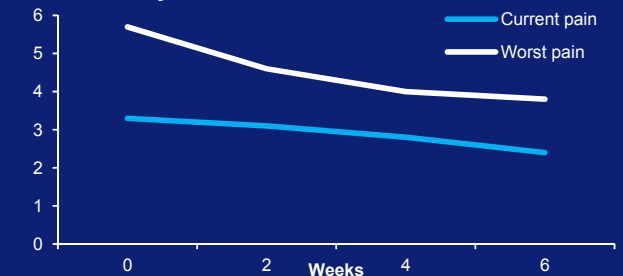
1. Pain
2. How to use their analgesics
3. Side-effects
4. To improve patients' self-management



Patients filled in their diary for 63% (sd=23) of the days the participated in this project.

During the first 6 weeks, current pain intensity decreased from 3.3 (sd=2) to 2.4 (sd=1.6, P=0.02), and worst pain intensity decreased from 5.7 (sd=2) to 3.8 (sd=2.1, P<0.001).

## Pain intensity over time



## Conclusions

Internet monitoring of pain is feasible in patients with cancer-related pain. The frequent use of the pain diary in the majority of patients indicates that those patients do not perceive barriers for the frequent assessment of pain and side effects. Especially eConsults were frequently asked, probably enhancing patients' self-management.