



Management of post-operative pain (POPS): understanding your patients' pain better with mHealth technology

The "Management of Post-Operative Pain (POPS)" study seeks to utilize FollowApp.Care, an innovative mHealth platform, to gain a deeper understanding of patients' pain following dental procedures.

Study details:

- **Observational design:** Tracking patients' pain experiences and pain management strategies for 21 days after their procedures.
- **Data collection:** Patients reported pain levels, other symptoms, and satisfaction with pain management through FollowApp.Care via secure text messages.
- **Sample size:** 3,147 patients from 150 practices nationwide (up to 30 patients/practice)
- **Outcomes:**
 - Identifying procedure-specific pain patterns.
 - Evaluating and refining pain management strategies based on real-time data.
 - Assessing the usability and feasibility of FollowApp.Care in a dental setting.

Potential benefits for practitioners and their patients:

- **Improved communication:** Track patients' pain levels and other symptoms remotely via secure text messages.
- **Personalized pain management:** Tailor medication regimes and interventions based on real-time feedback.
- **Reduced opioid use:** Contribute to opioid-sparing pain management with precise data on pain severity.
- **Enhanced patient satisfaction:** Give patients a voice and demonstrate your commitment to their well-being.
- **Minimal effort:** Simple integration with your existing workflow.

Current study status:

1. 2,998 participants are enrolled from 158 practices
2. 88% participants answered the baseline questionnaire
3. 67% participants answered the follow-up questionnaires at days 1, 3, 7 and 21.
4. Expected end of enrollment is March, 2024.



Group Participant: Your role is to actively engage in the discussion, share your insights, and respect others' perspectives. Your active participation and constructive feedback are important.

Group facilitator: Introduce yourself and facilitate a discussion of the study and implications to practice. Promote a space where all practitioners voice their opinion. Call on people directly, particularly if one person is dominating the conversation.

Group recorder: Please record a summary of the group's discussion on the form provided and, in conjunction with the practitioner group leader, be prepared to summarize your group's findings.

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1. How does the example report of post-operative pain from one practice compare to that in your practice?
2. Do you currently utilize any mHealth solutions to track patients' post-operative pain? If so, what are your experiences with them?
3. Based on the preliminary data from the POPS study, what insights do you find most surprising or informative?
4. How do you think utilizing a platform like FollowApp.Care could inform your approach to prescribing pain medication after dental procedures?
5. What potential challenges do you foresee in implementing this technology in your clinic?

For digital resources and references, visit www.nationaldentalpbrn.org/meetingresources2024/ by scanning the QR code below.

