Harnessing Digital Health Technologies to Promote Pain Self-Management in Young People

SPPAC 2020 Plenary Session (1 CE)

The focus of Stinson’s talk will be promoting chronic pain self-management in children and adolescents with painful chronic and life-threatening health conditions. She will describe how her lab employs a user-centered design approach to co-create and evaluate digital health technologies to support pain self-management.

Based on the content of this talk, participants will be able to:

- Describe a user-centered design approach to develop and evaluate digital health applications for young people with acute and chronic pain
- Summarize evidence on digital health technologies for pain self-management in young people
- Discuss opportunities and challenges of using digital health technologies

Target Learner Level: Intermediate to Advanced

Plenary Speaker: Jennifer Stinson, RN-EC, PhD, FAAN

Jennifer Stinson, PhD, RN-EC, CPNP, FAAN, is the Mary Jo Haddad Nursing Chair in Child Health and a Senior Scientist in the Child Health Evaluative Services research program at the Hospital for Sick Children (SickKids) in Toronto. She is also an Advanced Practice Nurse in the Chronic Pain Program in the Department of Anesthesia and Pain Medicine at SickKids and a Professor in the Lawrence S. Bloomberg Faculty of Nursing, Institute of Health Policy, Management and Evaluation and Institute of Medical Sciences at the University of Toronto. Her major clinical research interests are in the area of pain and symptom management and the use of e-health (internet) and m-health (mobile phones) technologies to improve the assessment and management of pain and other symptoms in children with chronic illnesses. Her work has been funded by The Canadian Institute for Health Research, the National Institute of Health, and the Canadian Cancer Society. Her talk will focus on the use of information technologies to improve assessment and treatment outcomes for youth with painful chronic and life-threatening illnesses.

COI Statement: No conflicts

Session Date/Time: Saturday, March 21, 2020; 9:15 – 10:15 AM