



Interactive Guide to Managing Cancer Pain

Grant Number: R44CA88625-03

Abbreviated Abstract

HealthMark Multimedia will develop an interactive media education and self-management program on CD-ROM for persons experiencing cancer pain and their caregiving family members. This interactive support system will assist the patient and caregiver in participating with their health care team in the pain management process. The complete product will include an interactive pain diary and information and tools on how to use complementary/alternative methods of pain management and will generally build on the elements in Phase I that helped the users to overcome obstacles to pain relief. Product effectiveness in increasing cancer patients' self-efficacy, use of tools, increased knowledge base, decreased pain, and increased use of pain management techniques will be examined with patients experiencing pain as a result of cancer and with caregivers through a series of case studies.

Primary Investigator

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Research Team & Affiliations

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HealthMark Multimedia

Total Budget

\$803,351

Research Objectives

AIMS

- 1) To research and produce remaining informational content and graphic elements for the CD ROM.
- 2) To identify and develop additional interactive tools for the CD-ROM that support pain management decisions.
- 3) To produce *Cancer Pain: Your Guide to Relief*®, which will include information about cancer pain management and address patient and caregiver barriers through interactive tools and personal stories.
- 4) To test the effectiveness of the CD-ROM.
- 5) To implement *Cancer Pain: Your Guide to Relief*® commercialization plans.

Theory/Hypothesis

Compared with cancer patients who use the *Cancer Pain: Your Guide to Relief*® CD-ROM with information only, patients who use the CD-ROM with both information and interactive tools will:

- Report decreased pain.



- Report increased use of pain management techniques.
- Demonstrate increased knowledge about pain management, pain treatments, and side effect management of treatments.
- Report increased self-efficacy in communicating their treatment-related values and preferences to their physician(s) or members of the pain management team.
- Report increased self-efficacy in integrating personal needs and goals with pain treatment needs.

Report improved communication among patients, caregivers, and physicians on pain and pain management.

Experimental Design

After an initial screening of cancer history and computer access, all participants were mailed the CD-ROM with a data-tracking program embedded. After a 6-week use period, the participants were interviewed in person.

Final Sample Size & Study Demographics

The final sample included four cancer patients (an African American female, age 56; a Caucasian male, age 57; a Caucasian female, age 49; and an African American male, age 55), as well as one caregiver of someone with cancer (a Caucasian female, age 55).

Data Collection Methods

Observation and open-ended interviews, computer use tracking.

Outcome Measures

Quality of use, knowledge, use of product

Evaluation Methods

Interview feedback was compiled and CD-ROM use was characterized.

Research Results

- Every tester viewed at least the opening overview for each section, thereby getting a brief sense of what might be useful in that area, even if the tester didn't return to that area during the 6-week test period. The sections that appeared most useful based on usage data were Describing Pain, About Pain, About Addiction, and Taking Medication.
- All testers liked the look of the art and the colors on the CD-ROM and reported that the CD-ROM was easy to use. Every tester appreciated the personal stories of patients and caregivers who are dealing with pain management.

Barriers & Solutions

Product(s) Developed from This Research

Cancer Pain: Your Guide to Relief®: CD-ROM, web-enabled content, xml articles, audio files, interactive tools available for license