

PAIN ALLIANCE EUROPE ANNUAL SURVEY 2020: Patients' knowledge and use of eHealth and mHealth

Background and Aims

Healthcare continues to face lack of funding/ staff to provide care. One option to help solve this is the use of Electronic-Health (eHealth) and Mobile-Health (mHealth). The survey asks what chronic pain patients think of eHealth and mHealth apps and how these might benefit them and their relations with their healthcare providers.

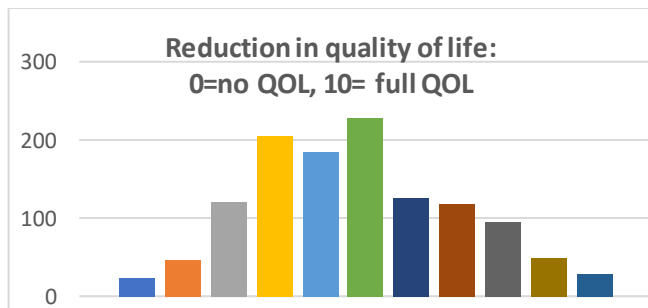
Participants

1789 respondents - 28 countries - 15 languages

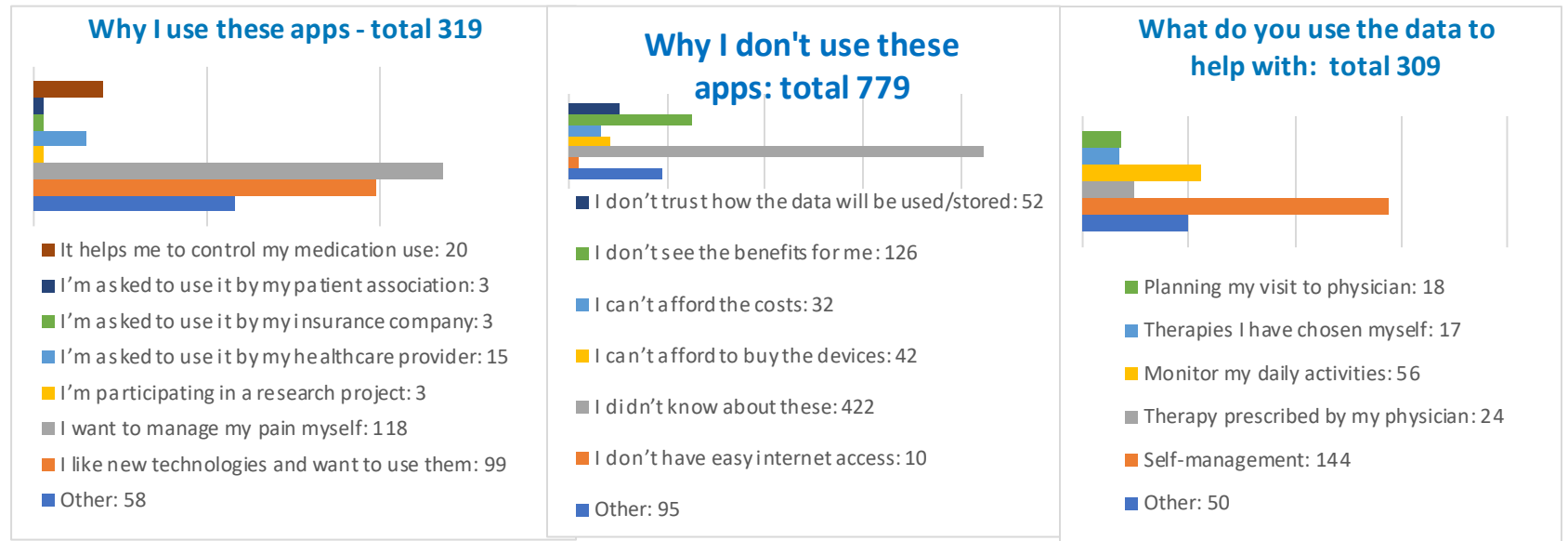
Methods

A European-wide online survey was distributed by PAE's member organisations and other interested groups, assisted by experts in this field and analysed by academics at UBB Cluj Napoca. The complete analysis report is published on the PAE website: PAE-eu.eu

QOL since onset of chronic pain



50% report that the level of the quality of life is now between 3 and 6 (where 10 is what it was before the pain began).



Results

Do you use eHealth or mHealth apps?

575 are using both forms; 247 are using eHealth
827 are not using either; 138 are using mHealth

If you don't use the apps, why not? (see above)

422 say that they don't know about these (54%)
126 don't see the benefit for themselves (16%)
231 have other reasons (30%)

Would/Do these apps benefit your health?

Yes: 687 (52%); No: 97 (8%); Don't know 531 (40%)

Will/Would using apps improve your relationship with your physician?

Yes: 508 (39%); No: 276 (21%); Don't know 530 (40%)

Do you think the data from the app you share with your physician will improve your health outcomes?

Yes: 446 (34%); No: 256 (20%); Don't know 610 (46%)

Will using app data reduce your visits to doctors?

Yes: 407 (31%); No: 420 (32%); Don't know 483 (37%)

If you share data from the apps?

163 know what data is used for (49%); 84 do not (24%)

Will/Would your physician encourage use of apps?

Yes: 329 (25%); No: 269 (21%); Don't know 713 (54%)

Conclusion

Using electronic methods of supporting their health is not well known amongst people living with chronic pain. PAE will encourage awareness and education on these opportunities, including the safety issues. Those who are using apps think that they improve their health outcomes and relationship with their doctors.

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