Tip Sheet for Providers

Program Overview

• WebMAP Mobile is an interactive, self-guided pain self-management program available for free for iPhone and Android
• Developed for English-speaking youth age 10 years and older with any type of chronic pain condition
• App features: Audio files of relaxation exercises, Videos of peer models, Assignments to support skills practice, Daily symptom tracker, Skills Library, ‘Badges’ to reward progress, and Automated reminders to log in to the app and practice skills
• Module delivery is metered: Users receive assignments to practice skills over 5 days before the next module is released. Full treatment is delivered in 6-8 weeks.

Six Core Modules
These modules are delivered to all users

Module 1: Pain education and tutorial (Desert)
  Goal: Orientation to the app and education about chronic pain and self-management
  Skill: Set treatment goals

Module 2: Stress, emotions, and thoughts (Snowscape)
  Goal: Learn how thoughts and emotions can impact stress and pain
  Skills: Thought stopping, Replacing negative thoughts with positive thoughts

Module 3: Relaxation (Island Paradise)
  Goal: Learn how relaxation can help with pain management
  Skills: Abdominal breathing, Muscle relaxation, Imagery

Module 4: Lifestyle and School (Urban Escape)
  Goals: Learn how sleep, eating regular meals, and staying hydrated can impact pain. Learn about supports and strategies for reaching school goals.
  Skills: Sleep hygiene education, Healthy eating and hydration habits, Make a School Plan to reach school goals

Module 5: Staying active (Campsite)
  Goal: Learn how gently increasing participation in important activities can help pain
  Skills: Activity pacing, Graded exposure

Module 6: Maintenance and relapse prevention (Rainforest)
  Goals: Review skills learned in the program
  Skills: Identify skills successes and barriers, Make a plan for the future

Two Supplementary Modules
Released only to users who screen positive for depressed mood and/or insomnia symptoms at profile set-up

Module 2a: Negative emotions (Farm)
  Goal: Learn how negative emotions impact pain
  Skills: Identifying negative emotions, Pleasant activity scheduling, Hunting for positives

Module 4a: Insomnia (Northern Lights)
  Goal: Learn how insomnia and chronic pain are related
  Skills: Sleep restriction, Stimulus control
Tips for integrating WebMAP Mobile with telehealth visits

- Ask your patient about access to a smartphone (iPhone or Android) and make a technology “prescription” to WebMAP Mobile
- Facilitate engagement with the app by assigning the appropriate number of modules depending on time between telehealth visits (e.g., 1 module/week)
- Goals when WebMAP Mobile is used to supplement telehealth visits:
  - Reinforce key concepts about the various factors that can impact pain management
  - Provide training in pain self-management skills
  - Support daily skills practice
  - Track progress on treatment goals
- Strategies for using WebMAP Mobile in telehealth practice:
  - Create accountability for the patient by asking details about the use of self-management skills including which strategies were used, when they were used, and how well they worked.
  - Positively reinforce the patient for using the app and trying new skills; discuss barriers to skills use and problem solve solutions
  - Help patients adapt any of the strategies to meet their individual needs (such as creating a schedule during extended school closures) and use the telehealth session to extend learning (e.g., teach another relaxation strategy during the telehealth visit)

Involving Parents in WebMAP Mobile/Telehealth Visits

- Only youth receive intervention via WebMAP Mobile
- Goals for involving parents in telehealth visits:
  - Identify parent’s goals for their child’s treatment
  - Obtain parental observations on treatment progress
  - Provide parent interventions (e.g., operant training, communication skills training)
- Providers may also consider the following self-help books for parents which teach parent cognitive and behavioral strategies for pain management:
  - Coakley, R. (2016). *When your child hurts: effective strategies to increase comfort, reduce stress, and break the cycle of chronic pain*. Yale University Press. (available on Amazon)