

EXPLORING MOBILE HEALTH SOLUTIONS FOR PAIN MANAGEMENT AND ASSESSMENT OF SPINAL JOINT INJECTION EFFICACY

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BACKGROUND

- Tracking outcomes in spine interventions is costly and time-consuming
- Large portions of research budgets allocated for research personnel to recruit patients and contact them for follow-up outcomes
- Mobile health (mHealth) applications can streamline the research process, reducing need for research personnel

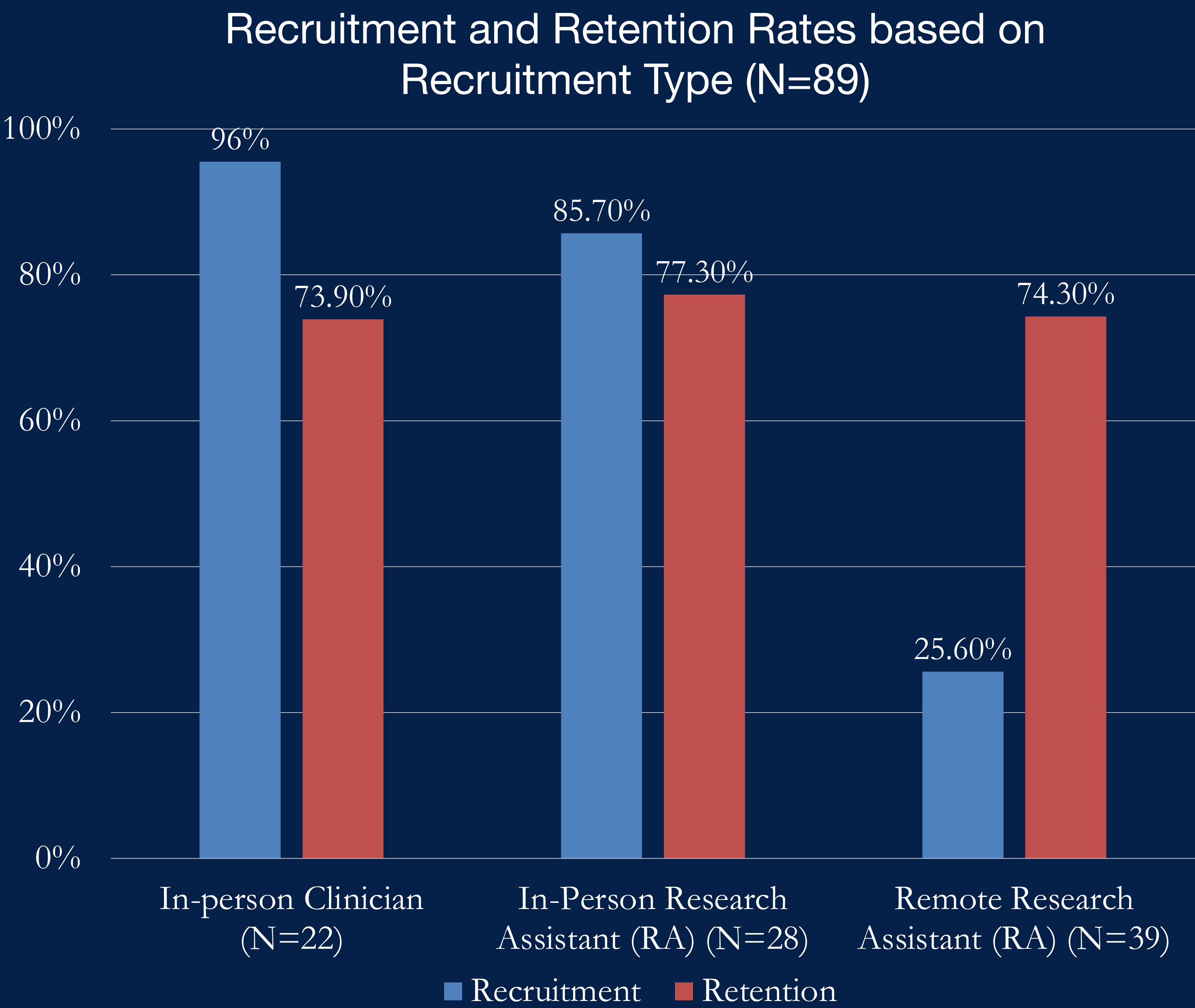
AIM

- Test the “recruitment” and “retention” capabilities of a custom mobile application designed to track longitudinal pain outcomes after spinal injections
- Recruitment: Percentage of patients enrolled from total number approached
 - Retention: Percentage of requested pain surveys that were completed by enrolled patients
 - Stratified by recruitment strategy (i.e., clinician vs. research assistant (RA), remote vs. in-person)

METHODS

- Prospective, observational study
- Convenience sample of eligible patients scheduled for spine injections at UCSF Mission Bay

Mobile health (mHealth) application to track post-spine injection pain outcomes appears feasible



Recruitment: Significant difference (Fisher’s exact test, p<.001)
Retention: No significant difference (One-way ANOVA, p=.757)



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METHODS CONTINUED

- Participants recruited in pre-injection environment through one of three modalities:
 - In-person clinician recruitment
 - In-person research assistant (RA)
 - Remote RA
- Informational handout with study details distributed and discussed with patients
 - How to access and use custom, web-based mobile application
 - Interested patients verbally consenting and signing HIPAA authorization forms officially enrolled

DISCUSSION

- Varied recruitment methods paired with the use of a mobile application to track post-spine injection pain outcomes yielded high enrollment and retention rates
- We continue to evaluate how different recruitment strategies can pair with a mobile application to optimize patient enrollment and retention in the study of spine injection outcomes.

NEXT STEPS

- Increase sample size
- Understand reasons for lack of enrollment or retention
- Translate survey

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