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Casie Snyder
University of Vermont

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Web-based Wellness Strategies for Socially Isolated Individuals Experiencing Pain

Casie Snyder, BA, RN, DNPc

Project Advisor: Jason Garbarino, DNP, RN-BC, CNL
Site Advisor: Cara Feldman-Hunt, M.A.



Background

- Use of integrative health services has been shown to decrease level of chronic pain experience_{3,4}
- COVID-19 pandemic lessened access to services and brought concerns of social isolation to light, but many individuals had sacrificed social relationships long before₆
- Social isolation has many negative implications on physical and mental health_{1,2}
- Access to therapies at home from trusted practitioners might help alleviate pain and stressors commonly associated with social isolation.

Purpose

Create an online platform that offering integrative health resources to individuals experiencing pain and/or those in social isolation and determine efficacy of content in reducing pain experience.

Methods

- Development of an online platform in the form of a blog was made in collaboration with a University Integrative Health Department
- The blog held engaging resources for users geared towards pain management and overall wellness.
- Topics included nutrition, acupuncture, guided imagery, self-massage, yoga and more.
- To determine effectiveness of therapies on blog, a pre and post survey was developed and placed on the blog for voluntary participant completion.
- Users described perception and character of pain, therapies used before blog resources and rated their pain on scale 0-10 before and after using therapies.
- General feedback was provided from users in survey format. All responses were anonymous.

Results

- Seven users responded to the pain experience survey
 - Average level of pain on scale from 0-10 before utilizing resources was 6/10.
 - (Describe your word cloud here (Figure 1))
 - Average level of pain after utilizing resources was 3/10. (See Figure 2)

Figure 1: Types of pain experienced prior to use of platform therapies

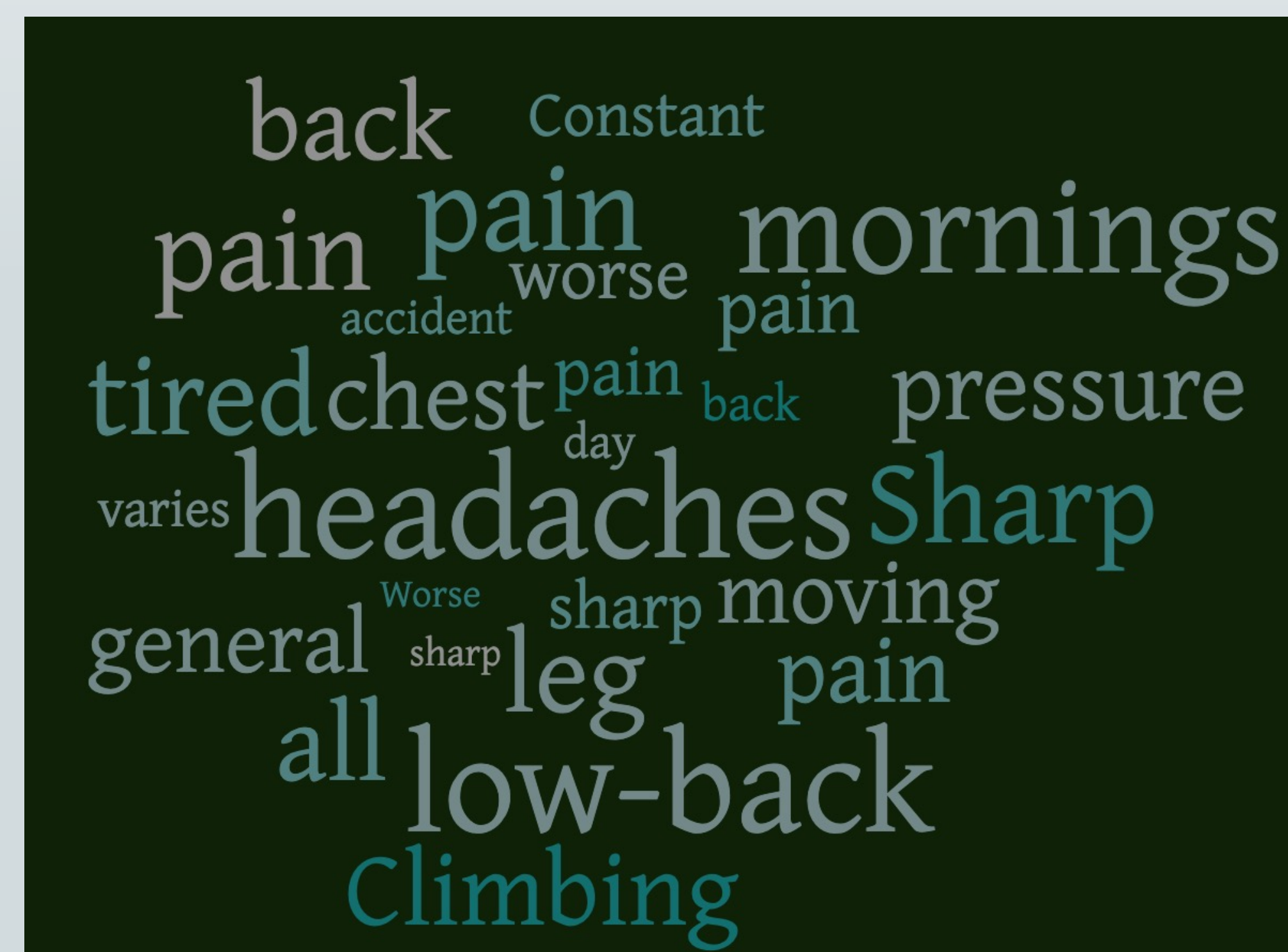
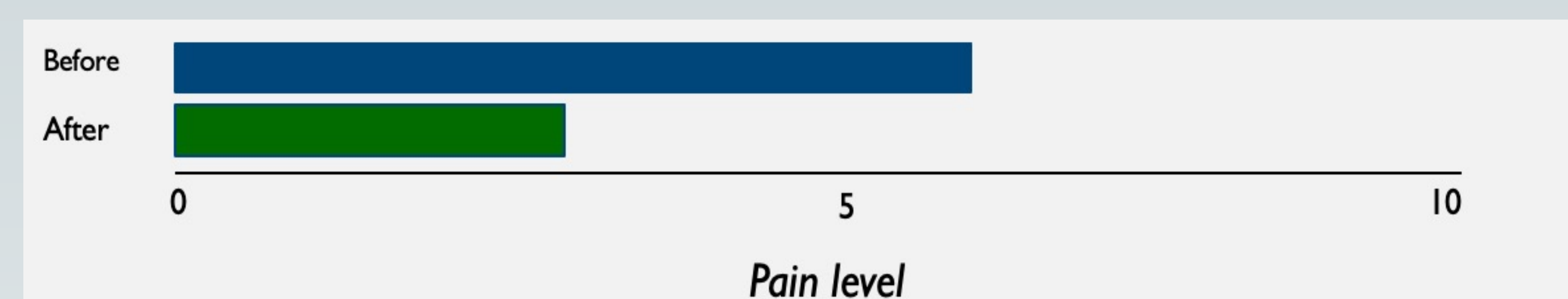


Figure 2: Pain Level Pre and Post (n=7)



Results

- Eight users responded to the general feedback survey
 - General feedback focused on the desire for more content covering a broader range of topics. Qualitative results are shown in Figure 3.

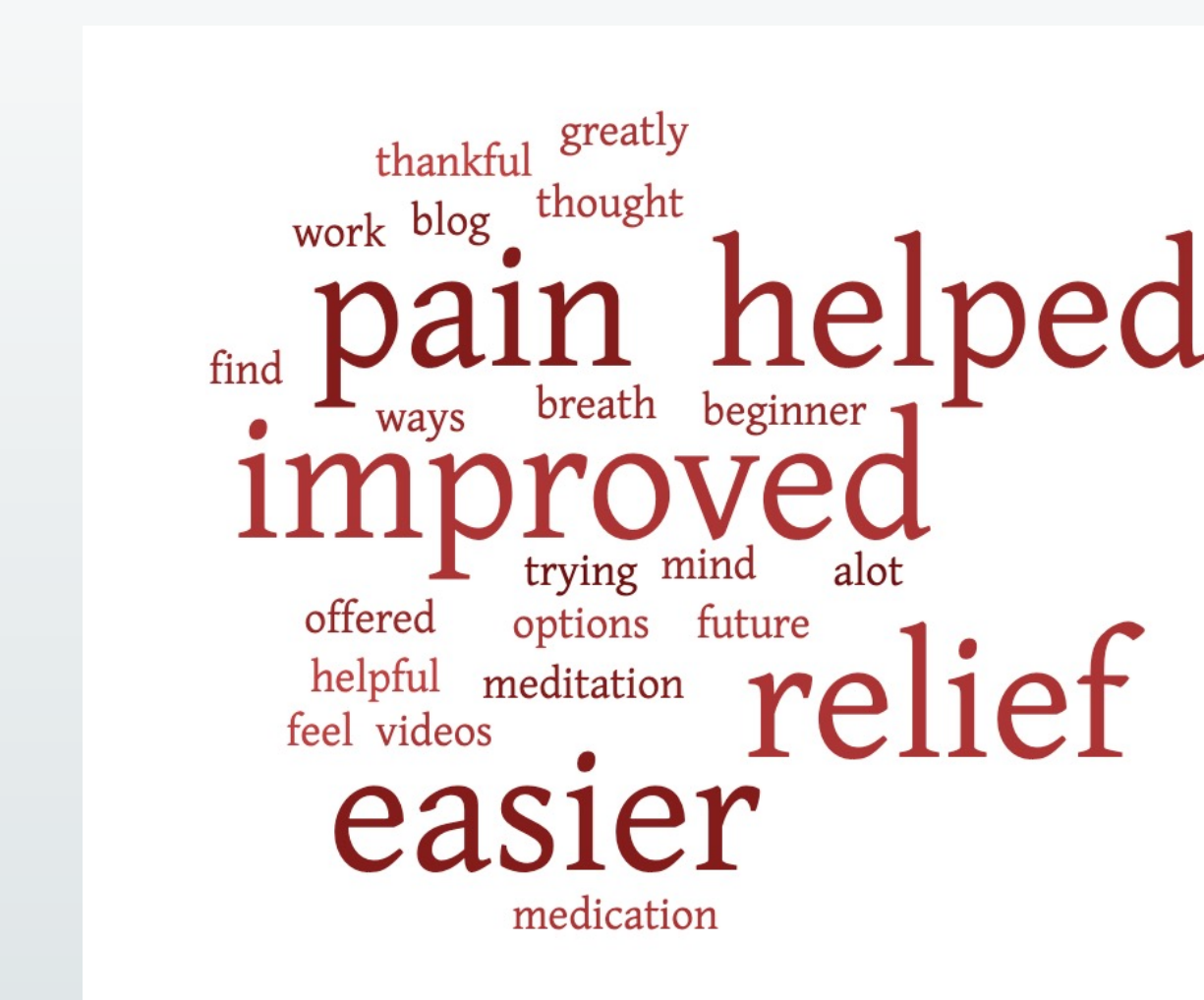


Figure 3: Feedback on platform (n=7)

Discussion

- COVID-19 has changed the way we practice and deliver health care services, now and for the foreseeable future
- The use of integrative therapies geared toward pain management showed beneficial to those with chronic pain.
- Users had previously been introduced to integrative therapies in person but were left without services for an extended period of time
- Growth of the platform and further distribution will continue to provide opportunities for individuals to support home pain management.
- Limitations include: small sample size, limited availability of resources and self-reported data.
- To succeed moving forward, participation from stakeholders and the community is essential.

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