Acute Pain Study Launched at WRNMMC Inside the Secure mCare App

In April 2017, the Mobile Health Care Environment (MHCE) Research System and its secure mobile app, known as mCare, was deployed for use in a clinical research study at the Walter Reed National Military Medical Center (WRNMMC) in Bethesda, MD. The focus of this research study was to track a patient's pain levels at home, after being discharged from the hospital. The specific use case is to see if the patient is experiencing any issues, such as anesthesia and / or nerve blocks post-operatively. To track the patient's recovery after discharge, each individual patient is assigned a pain survey based on the Defense and Veteran's Pain Rating Scale (DVPRS), 2 days post-operatively, and 7 days post-operatively respectively.

The patient's responses to the mobile DVPRS pain scale survey are available to the WRNMMC team via a secure web-portal, and the MHCE system also provides escalation warnings and other alerts as required to the team. Having the ability to track patients at home via mobile health, provides efficiencies to the WRNMMC staff in the immediate follow-up that is required after discharge.

"This study is another example of the versatility of the mCare application and how it can be part of the patient care toolkit. As a nurse, I am particularly cognizant of the importance of pain control in patients and I feel proud that we can provide this simple solution which allows them to effectively communicate directly with providers regarding their pain levels using the most current version of the pain scale," said Ms. Mabel Cooper RN, BSN, CCRC a Registered Nurse assigned to team TATRC's Mobile Health Innovation Center located in Fort Gordon.

The research study has already enrolled 50% of the targeted subjects, and is expected to conclude in the Summer of 2017.

The DVPRS given to patient's to use for their pain survey questions that are responded to via a secure web portal.