**More Resources for Pain**

In this appendix, we list only a few of the available websites, health newsoutlets, blogs, podcasts, social media sites, and apps you can explore as youdesign your pain self-management program. In addition to the resourceslisted here, there are many more. We do not endorse or attest to the accuracyof the information included in any of these. Our intent is to alert you to someof the many available resources.

We advise caution when using any health apps because the legal standardsthat apply to your medical records do not necessarily apply to apps. If yourhealth insurer or health care provider’s office offers an app that connects toyour medical record, this is more likely to be covered by patient privacy laws.Recommendations for using health apps safely are available at such outlets as*Consumer Reports*, *Wired*, and *CNET*. In addition, the article by Zhao, Yoo, Lancey,and Varghese (2019) contains a review of pain-relevant health applicationsavailable and some of their limitations.

# General

# American Chronic Pain Association

http://www.theacpa.org

The American Chronic Pain Association (ACPA) has been helping people with chronic illness for the past 35 years. This website offers an A to Z guide to various pain conditions, a comprehensive prescription and over-the-counter drug list, relaxation videos, a “coping calendar” with daily coping ideas and activities, resources to help you work more collaboratively with your health team, and a shop where you can purchase literature and CDs. ACPA has a large number of self-help group affiliates across the United States and Canada.

## American Geriatrics Society

http://www.americangeriatrics.org; http://www.healthinaging.org

This site is geared toward health care professionals who work with older adults. Its resources include clinical guidelines for the management of persistent pain in older adults. For the general public, the American Geriatrics Society offers the Health in Aging site, which includes resources for caregivers, a searchable directory of health care providers who specialize in the care of older adults, and a blog (use the Search function to find articles about pain or other topics).

## ****U.S. Pain Foundation, Pain Connection, Ouchie App****

http://www.uspainfoundation.org; http://www.PainConnection.org

Pain Connection offers support in the form of in-person groups, telephone conferences, and a specialized therapy group for military veterans. There are also online-only support groups for specific conditions such as rheumatoid arthritis, fibromyalgia, endometriosis, and multiple sclerosis. The U.S. Pain Foundation also has an app called Ouchie, developed with input from pain sufferers and health care professionals that allows users to educate themselves about their condition and latest developments in pain management, track their pain, and share experiences with others (sharing and privacy settings can be adjusted).

## Positivity in Pain

## https://www.facebook.com/PositiveInPain/

## A support group created by author Jennifer Corter, providing videos, articles, and user-created content to help users interact and laugh along with others living with similar conditions.

## Health Talk.org

## http://www.healthtalk.org

## Features first-person videos by teens and adults of all ages with various health conditions, including chronic pain. All content is based on qualitative research into patients’ experiences of health conditions. The site is a partnership between a United Kingdom-based charity called DIPEx International and The Health Experiences Research Group at Oxford University’s Nuffield Department of Primary Care Health Sciences.

## Pain Concern, Airing Pain Podcast

## http://www.painconcern.org.uk

## Provides support for those with pain and their caregivers and has fact sheets and videos on different aspects of chronic pain and self-management. It also contains links to listen and subscribe to Airing Pain, a free podcast series on living with pain.

## Relief: Pain Research News, Insights, and Ideas

# http://www.relief.news

# News source sponsored by the International Association for the Study of Pain.

# Arthritis

# Arthritis Foundation

http://www.arthritis.org

Along with self-care tips, such as anti-inflammatory diet ideas, this site includes a finder function to help users locate local arthritis resources such as community events, fundraisers, health care providers, fitness programs and coaching, home health care providers, and medical equipment suppliers. It also includes an Educational Rights Toolkit for children with arthritis.

# Back Pain

# Spine Universe

# http://www.Spineuniverse.com

# This is a health news site specifically for people with lower back and general back pain. It includes an online community feature for sharing advice with others who have back pain; a specialist locator feature for the United States, Canada, and other countries; information on clinical trials; and a video library of helpful exercises for back health.

# Endometriosis

## Endometriosis UK

# http://www.endometriosis-uk.org

# This charity provides information and support for women and teen girls with endometriosis, including diagnosis, treatment, fertility issues, and advice for couples on intimacy and coping.

# Fibromyalgia

# National Fibromyalgia and Chronic Pain Association

http://www.fibroandpain.org

This site offers a support group search function, an online forum, articles about fibromyalgia, and a directory of health care providers. It also includes calls to action for people with fibromyalgia who wish to contribute to advocacy efforts such as advising policy makers about their experiences.

# Headache

## American Migraine Foundation

http://www.americanmigrainefoundation.org

This site offers downloadable patient guides with tips for communicating with your employer about your headaches, meal planning, applying for Social Security Disability, and coping with migraine during holidays, among other topics. It also features links to get involved in advocacy. The organization has active Facebook and Instagram communities, as well.

## National Headache Foundation, Heads Up Podcast

http://www.headaches.org

In addition to its publication library and provider search function, this website offers a clinical trial match function, links to a podcast called Heads Up, and a special set of resources for college students coping with headaches. It also offers how-to worksheets for navigating insurance issues and caring for a loved one with migraines.

## Migraine Monitor App

http://www.migrainemonitor.com

The app allows users to track headaches, their severity, duration, and triggers and provides access to health care professionals as well as an anonymous community of other headache sufferers. It also generates reports and provides a daily information feed. The app was designed by neurologists and is recommended by the National Headache Foundation.

**N1-Headache app**

# http://www.n1-headache.com

# The N1-Headache app allows users to “test” behavioral changes that may reduce the number or severity of their attacks. The app generates a personal analytical report that users can share with their clinician.

# Pelvic Pain

## The International Pelvic Pain Society, Women’s Pelvic Health Podcast

## http://www.pelvicpain.org/IPPS/patients

## The patient-focused portion of this site includes a provider search function, pamphlets on specific pelvic conditions, a store site to purchase vaginal dilators, and links to listen and subscribe to podcasts about pelvic pain.

## Pelvic Pain Support Network

http://www.pelvicpain.org.uk

The Pelvic Pain Support Network provides information on pelvic pain conditions and tips for how to talk with providers, family and friends, and employers about pelvic pain, plus a message forum for members where they can find support and ask the advice of other members of the public. Conditions covered include endometriosis, vulvar pain, Crohn’s Disease, and interstitial cystitis.