BARRIERS AND FACILITATORS IN USING THE E-PAIN_SUPPORT INTERVENTION FOR ADRD PATIENTS AND CAREGIVERS

Masako Mayahara, Washington University in St. Louis, St. Louis, Missouri, United States

Pain is one of the most common comorbidities of ADRD and is experienced by 45.8% of ADRD patients. The major barrier to effective pain management is poor adherence to pain management regimens, due in part to caregiver lack of knowledge and lack of self-efficacy in administering analgesics. Pain in ADRD patients is associated with depression, wandering, agitation, and aggression. Digital applications may facilitate pain management by: (1) delivering education to increase knowledge and self-efficacy, (2) expediting pain reporting to nurses, and (3) improving adherence to pain management protocols. e-PainSupport is a self-administered, digital pain management application. It has three elements: (a) Educational Module, (b) Patient Pain Record, and (c) Pain Summary for Nurses. The efficacy of the app is currently being tested in a randomized controlled trial funded by the National Institutes of Health. The preliminary findings support the efficacy of e-PainSupport in reducing patient pain intensity and increasing caregivers’ self-efficacy and knowledge. However, the current intervention relies on patients’ self-reporting of pain and thus is not appropriate for all ADRD patients. Therefore, the purpose of this study is to explore facilitators for and barriers to using e-PainSupport for ADRD patients and caregivers. The data will be collected through post-intervention, semi-structured interviews of nurses and caregivers with patients in the e-PainSupport condition. Findings will inform future adaptations of e-PainSupport for ADRD patients and caregivers.