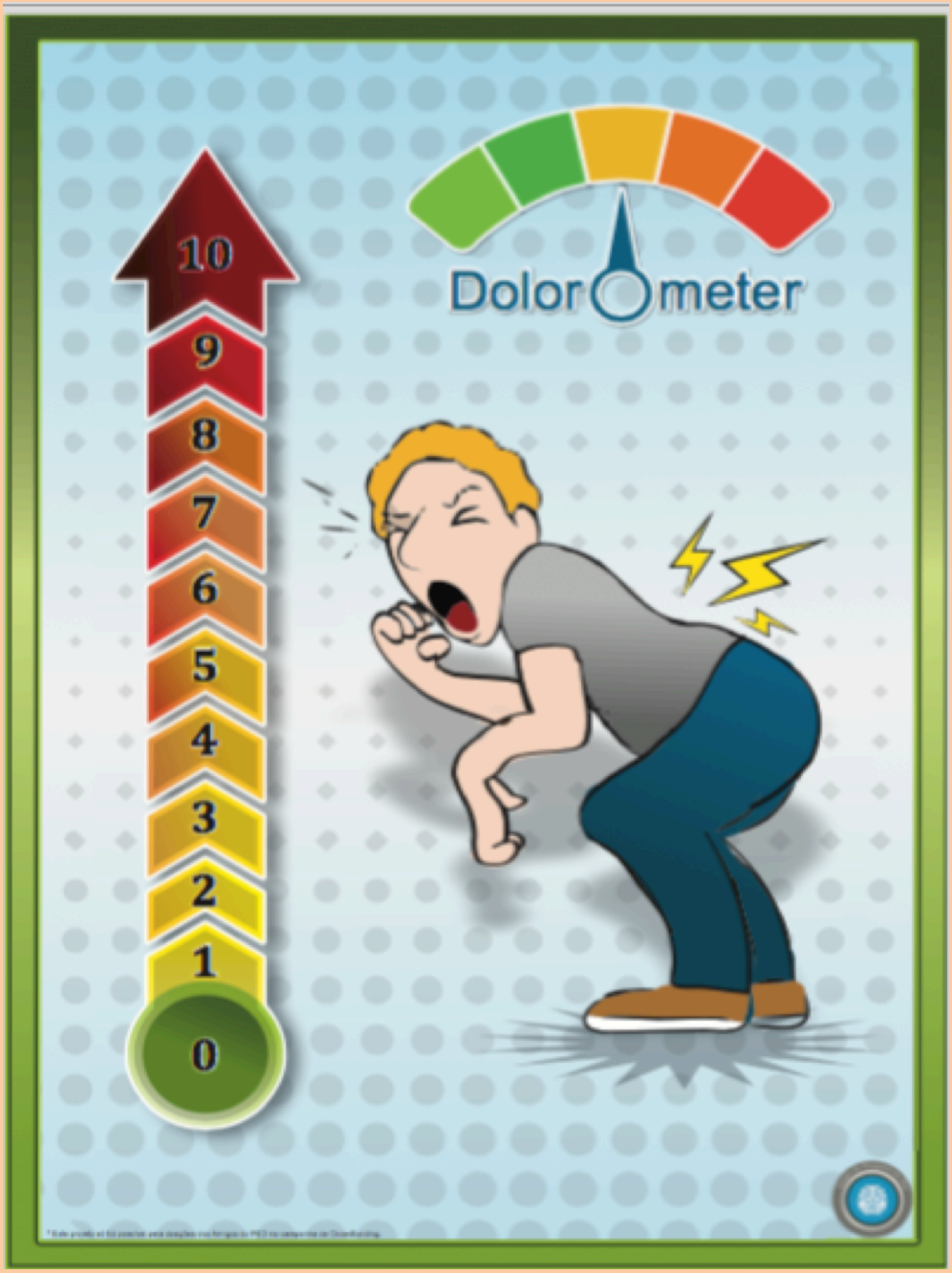
DolorÔmeter



Pesquisa em Dor

www.pesquisaemdor.com.br

Understanding the Game

During the Pain Education intervention, rather than teaching the patient about the neurophysiology of pain, the health professional should be able to identify what the patient knows about his body, what he understands about pain, his beliefs, and his strategies behavioral.

Considering the intervention taking as a starting point the knowledge of the patient as well as the adoption of a horizontal relationship between the health professional and the patient are fundamental to facilitate deep learning and give new meaning to some established concepts.

However, recognition of these beliefs can be a difficult task in clinical practice and still be influenced by other factors such as schooling, social and economic factors, and the level of health literacy.

Thus, in order to facilitate the identification of these beliefs, some members of the “Pesquisa em Dor” idealized a board game divided into Domains. Each of the domains, representing the playing cards, had their texts extracted from the main scales used in clinical practice. The other advantage is the possibility of using the Dolorômetro Game with more than one patient at the same time.

We hope that this tool contributes to the dissemination of knowledge about pain and helps in therapeutic interventions.

Pesquisa em Dor Research Group

RULES OF THE GAME

HOW TO START THE GAME?

Start the game with a story using our characters. The female board has the main character Mrs. Alice and Mr. Oscar is on the board. Both Mrs. Alice and Mr. Oscar have chronic pain. You will be able to use the female board for female patients and the male board for men.

Introduce the game as follows

1 **Introduce the story and characthers.**

This is Mr. Oscar (or Mrs. Alice). He (she) suffers from chronic pain. When asked about his (her) pain, he (she) said that he (she) has pain 8 on a scale from 0 to 10. This pain is limiting his (her) daily activities. He (she) presents many doubts about his (her) pain and how to decrease the pain intensity and also how to improve his (her) activities. You can help him (her) by answering whether the statements are True or False. If you answer correctly, it will help to relieve Mr. Oscar (Dona Alice) 's pain.

After presenting the character, choose which domain you would like to use with the patient. You can use all domains, or choose 1 or more from 6 different domains.

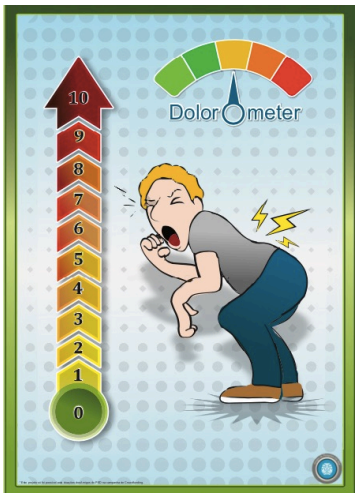
Card's Domains

- ❖ Pain Neurophysiology
- ❖ Coping and Attitudes
- ❖ Kinesiophobia
- ❖ Catastrophizing
- ❖ Anxiety and Depression

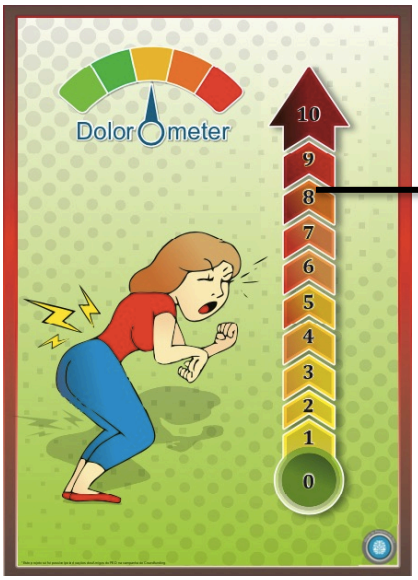
2 **Choose which domain you would like to use with the patient**

3 **After reading what happens to the characters, place a marker on pain intensity 6 or 8 onthe the scale.**

The Boards



The DolorOmeter Game has 2 boards. One with Mr. Oscar and the other with Mrs. Alice.



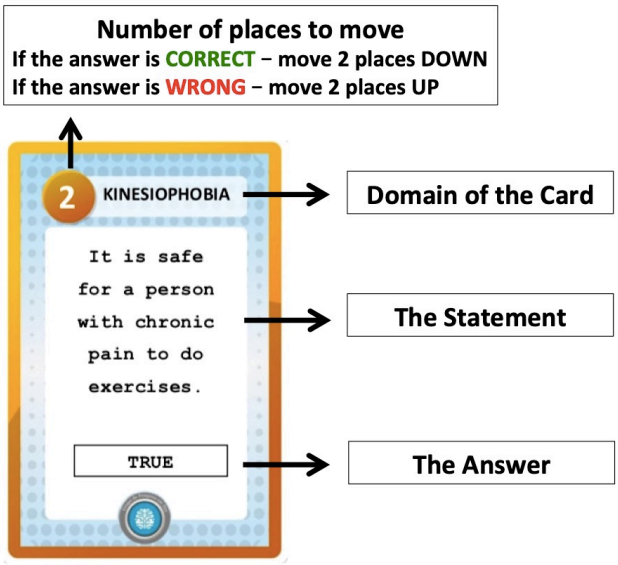
Start the Game

Place a marker representing a high pain intensity (8 for example).

** Note: If the health professional consider appropriate, it is possible to start the game using the pain intensity reported by the patient.*

4 **Read the statement to the patient.**
Check his/her answer.
Perform the action on the board.

UNDERSTANDING THE CARDS:



Example of the card above:

If the patient ANSWERED CORRECTLY indicating that the affirmative is TRUE = Move the pain intensity - 2 squares down (decreasing the pain intensity)

If the patient ANSWERED INCORRECTLY indicating that the affirmative is FALSE = Move the pain intensity + 2 squares above (increasing the pain intensity)

HOW TO PLAY:

For 2 players:
The health professional will be responsible for reading the questions on the cards and checking the answers given by the patient. The patient should answer whether the answer is true or false.

Playing in Group:
The health professional will be responsible for reading the questions on the cards and checking the answers given by the patients. The health professional can ask the question to each patient (one at a time) or to the group. Patients' responses are used to stimulate discussion among group members.

PAIN EDUCATION FROM PATIENT RESPONSES

The health professional can use the incorrect answers (which will be given by the patient based on his knowledge) to perform Pain Education explaining the reasons.

HOW THE GAME ENDS:

The game ends when all cards of the domains chosen by the professional are used. The patient is considered victorious if the pain intensity has ended with a lower value than the initial value.

IN SUMMARY

1- Choose the domains to be used with the patient.

2. Present the story of the characters (it does not necessarily have to be a low back pain story).

3. Place the marker on a high intensity (8 for example)

4. Read the affirmatives of the cards to the patient and ask if the it is True or False.

5. Execute the displacement in the DolorOmeter according to the patient's answer.

6. Use the answer given by the patient to modify the patient's concepts.

7. It is considered victory if the pain intensity is lower than the initial one.

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Acknowledgment
This project was partially sponsored by fundings from the Federal Institute of Rio de Janeiro and by the Crowdfunding Campaign in 2017. We thank the "PED Friends" who made their donations and allowed this project to be carried out.