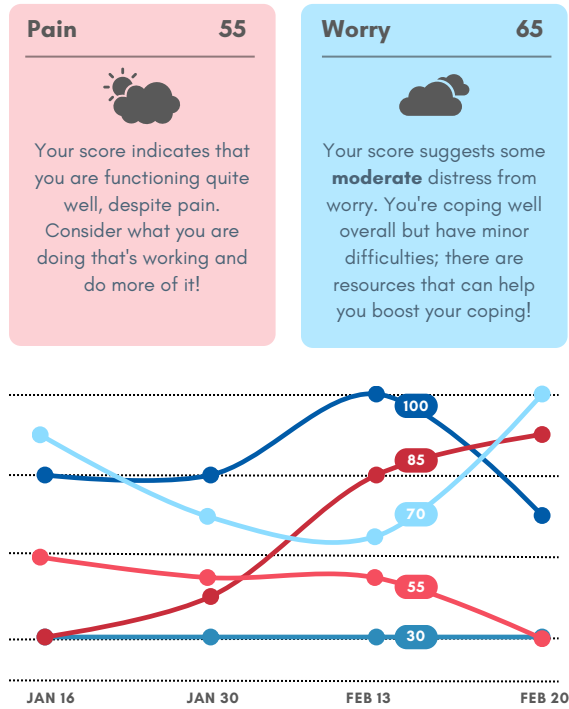


SYMPTOM TRACKING

Youth are able to review their latest results in various symptoms while also tracking their progress over time.

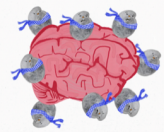


Youth are also recommended resources in response to their results.



DOZE APP

An app to help you get a better night's rest!



MOOD MATTERS

Recognizing and describing depression.



WEBMAP MOBILE

A mobile app to accompany you on your pain journey.



POWER OVER PAIN PORTAL

FREE VIRTUAL RESOURCES

FOR HEALTHCARE PROVIDERS

EXAMPLE RESOURCES



POWER OVER PAIN IS POSSIBLE

Chronic pain can get in the way of sleep, physical activity, school participation, spending time with friends, and other important parts of life. Youth living with pain can also experience feelings of anxiety, stress, and low mood.

The Power over Pain Portal was co-designed by Canadian youth living with chronic pain during the heights of the COVID-19 pandemic. It is available in both English and French and is meant to empower youth to learn new skills to manage their chronic pain and lessen its impact on their lives.

ABOUT THE PORTAL



ONE-STOP-SHOP

The Power over Pain portal provides a one-stop-shop for pain management education, tools and resources.



EVIDENCE-BASED RESOURCES

We offer a range of pain, mental health, and substance use resources based on preference and readiness.



SYMPTOM TRACKING

Youth complete bi-weekly self assessments to track their progress in pain, sleep, mood, and substance use.

HOW TO ACCESS



Visit
www.popyouth.ca
or contact us at

powerover.pain@sickkids.ca

HOW CAN YOU SUPPORT YOUR PATIENTS?

REFER

Be familiar with the Power over Pain portal in order to share information and materials with your patients aged 12-18 years old.

INTEGRATE INTO PRACTICE

- Suggest resources according to your patient's readiness.
- Personalize patient care plans with resources that align with patients' needs and preferences.
- Encourage patients to create an account to track their symptoms and monitor progress over time.
- Follow-up on patient use of the portal at next clinical visit.