PainACTION.com Proves to be Useful Tool for People with Chronic Back Pain

Pain Medicine publishes study results outlined in "painACTIONBack Pain: A Self-Management Website for People with Chronic Back Pain"

Newton, MA (PRWEB) July 7, 2010 -- Inflexxion, a leader in the creation of scientifically validated solutions for critical areas of health care, announces the publication of "painACTION-Back Pain: A Self-Management Website for People with Chronic Back Pain" in Pain Medicine, the official journal of the American Academy of Pain Medicine (AAPM). The article, published in the July 2010 edition of Pain Medicine, Volume 11, Issue 7, reports findings from a recent study indicating chronic back pain sufferers, who used the online resource painACTION.com, reported a reduction in pain and stress, and improved coping abilities.

The painACTION-Back Pain study examined the usefulness of interactive self-management website painACTION.com, when used by people with chronic back pain. The study explored the website's ability to help people improve their emotional management, coping, self-efficiency to manage pain and pain levels, and physical functioning compared with standard text-based materials. Results showed that compared with controls, painACTION-Back Pain participants reported significantly lower stress, increased coping skills and greater use of social support. Comparisons between the two groups further showed clinically significant differences in current pain intensity, depression, anxiety, stress and global ratings of improvement.

"We are very excited to have the results of our painACTION-Back Pain study published in Pain Medicine," says primary investigator Emil Chiauzzi, Ph.D., Vice President of Product Strategy at Inflexxion. "painACTION.com is unique in offering online self-management methods for people with chronic pain conditions and now we have evidence it can specifically help those with chronic back pain. We believe that the use of brief skill-based lessons and motivational self-assessments can empower people to take steps in managing the psychosocial challenges that are experienced by every pain sufferer. painACTION.com offers an excellent complement to one's visits with health providers, particularly in managing pain medications and tracking pain levels."

Skill-based lessons are available to help people manage cancer pain, back pain, migraine pain, and neuropathic pain. PainACTION also offers multimedia tools, personal stories, a pain tracker, and articles on taking pain medications appropriately and safely, with an entire risk management curriculum devoted specifically to opioids.

Developed with grant support from the National Institutes of Health (NIH), painACTION is a non-promotional website that provides unbiased information on self-managing pain. The painACTION website is designed to serve as a daily resource for patients with chronic pain conditions, while at the same time providing clinicians with a useful tool for increasing quality of care - including ensuring that their patients understand how to take prescription pain medications safely.

The ongoing dissemination of painACTION is supported by Endo Pharmaceuticals, Inc. and King Pharmaceuticals, Inc.

To learn more about painACTION, visit the website at www.painACTION.com.

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About Inflexxion
Founded in 1989, Inflexxion leverages technology to improve public health. We create clinically validated tools and programs for critical areas of health care, including prevention and wellness education, addiction and pain treatment, and pharmaceutical risk management. These innovative solutions help reduce health-related risks, enhance clinical outcomes, and positively impact the quality of care.

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Online Web 2.0 Version
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