

**Painometer**

V2

# User Manual



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# Painometer v2: user manual

## 1. What is Painometer v2?

Painometer v2 [1] is a Smartphone app that assesses and records pain intensity over time. It has been developed by ALGOS. Painometer v2 contains four pain intensity scales: the Faces Pain Scale - Revised (FPS-R) [2], the Numerical Rating Scale-11 (NRS-11), the Coloured Analogue Scale (CAS) [3], and the Visual Analogue Scale (VAS). Settings and instructions are available in five languages: Catalan, English, French, Portuguese and Spanish.

## 2. What can you do with Painometer v2?

You will be able to:

- Assess pain intensity using several validated scales.
- Save pain intensity data, as well as information about the scale used, the day and the time of assessment.
- See the evolution of the pain intensity in a graph.
- Send the data to an email address of your choice.

## 3. Use

Painometer v2 has been designed so that it can be used in two ways, by healthcare professionals or patients:

Face to face: health professionals can show the scales and explanations to patients, just as they would with traditional scales in paper format.

Telematically: people who have pain can assess its intensity and keep accurate records by downloading the application on their device and even sending data to an expert before an appointment or showing a graph during it. The use of this application does not replace the doctor-patient relationship.

## 4. How can I get the app “Painometer v2”?

Android devices. It can be downloaded for free via Google Play. You can search for "Painometer v2" or follow the link:

<https://play.google.com/store/apps/details?id=com.algos.painometerv2>

iPhone, iPod and iPad. Follow these steps:

1. Use a mobile browser (we recommend Safari) to access the following address: <http://algos-dpsico.urv.cat/apps/painometerv2>
2. Press the button below:



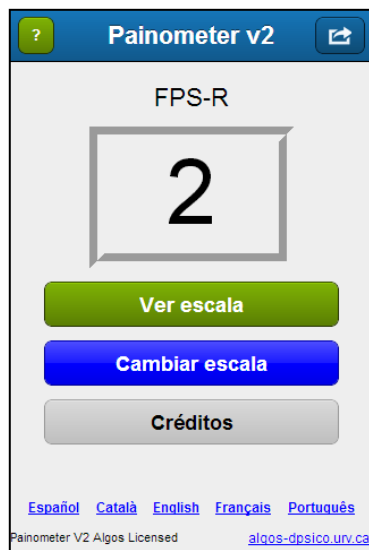
3. Select "Add to Home Screen" (create a shortcut).



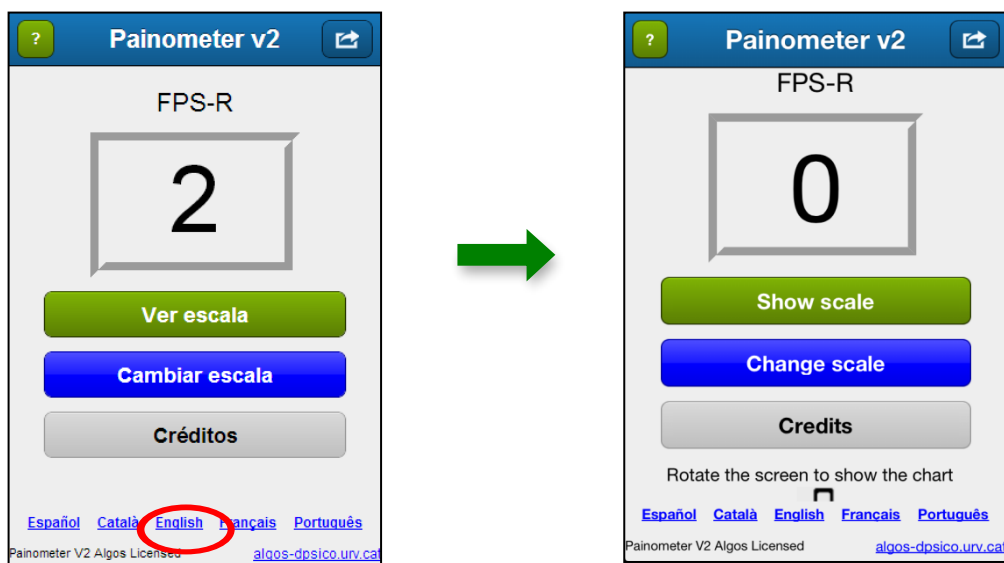
4. Use the button that has appeared on your desktop to access. From this point on, you do not need an internet connection to use the app.

### 5. Painometer v2 step by step

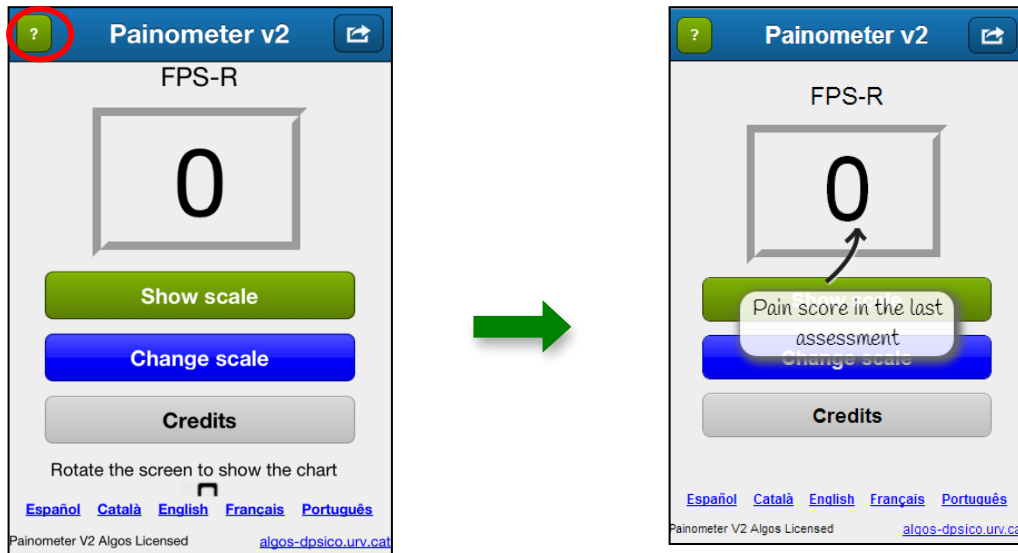
When installing the app, the first thing we see is the configuration screen:



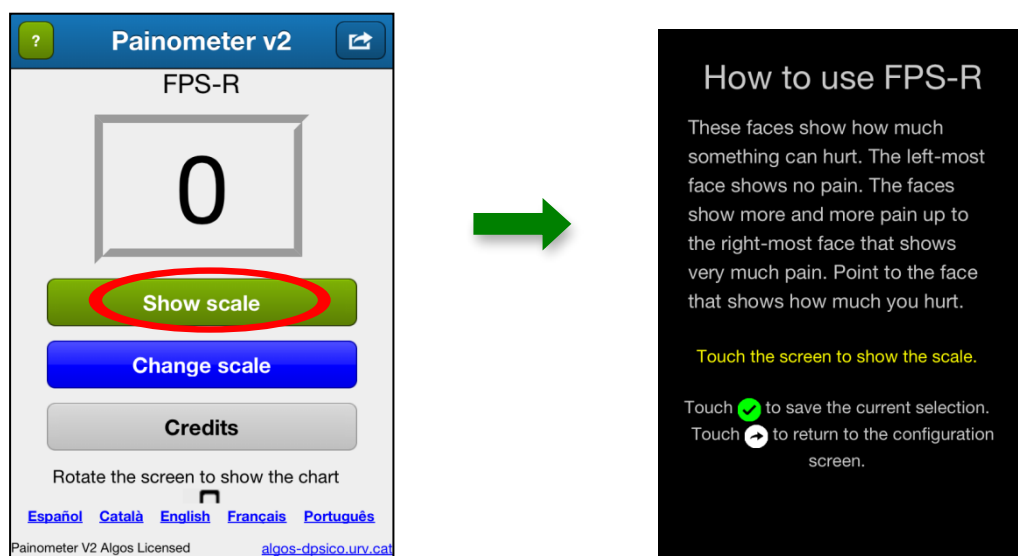
- At the bottom of the screen you can select the language in which you want to view the content.



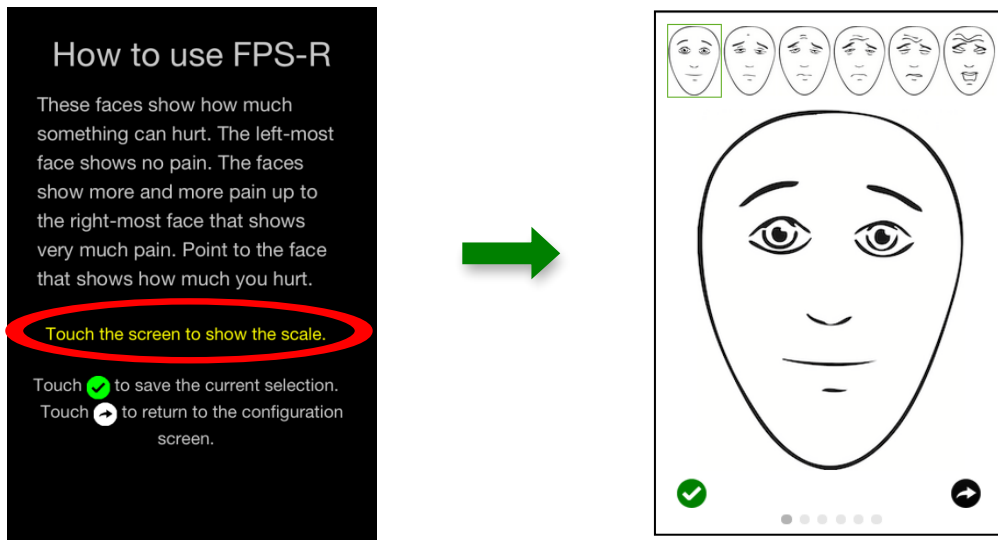
- If you click the "?" button, you will access a guided tour of the application in the selected language.



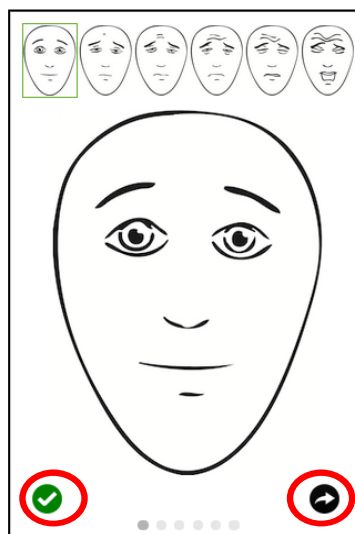
- By clicking on "Show scale" a screen will appear with the instructions of the scale selected.



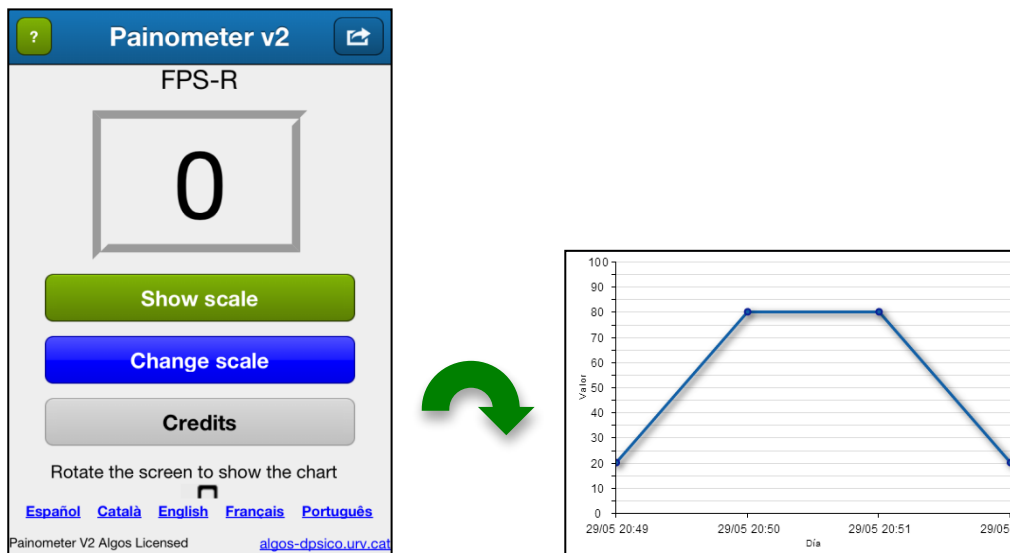
- The text in yellow tells you whether you have to rotate or touch the screen to access the scale.



- Once you have selected the pain intensity, press the green button to save or the black arrow to return to the setup screen.



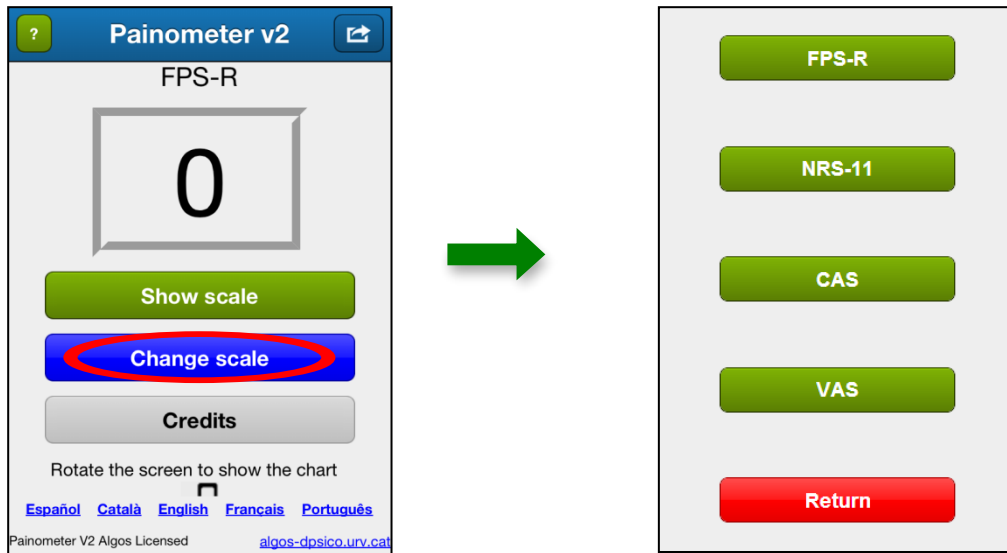
- When you have returned to the setup screen, rotate the device in order to see the graph created with pain intensity measurements (i.e., change the device to a horizontal position).



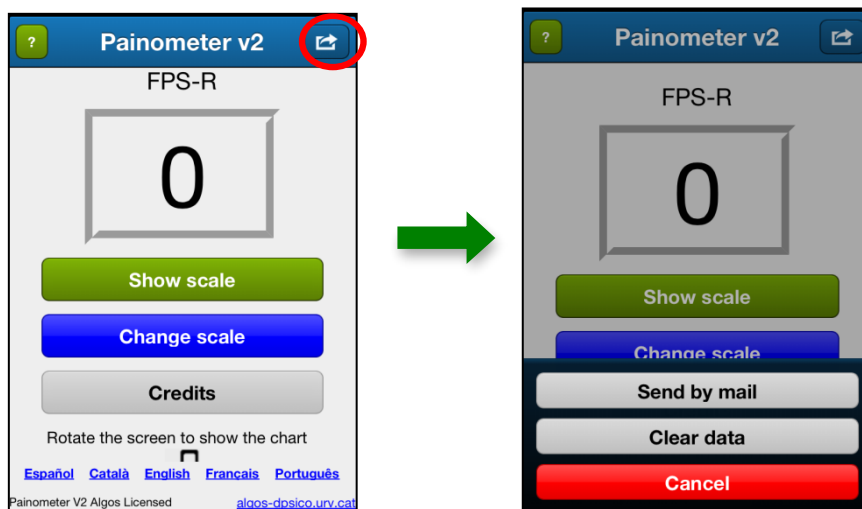
- To return to the setup screen, turn the device back to the upright position.



- Press the "change scale" button if you want to choose a different scale. Touch the name of the selected scale to access it.

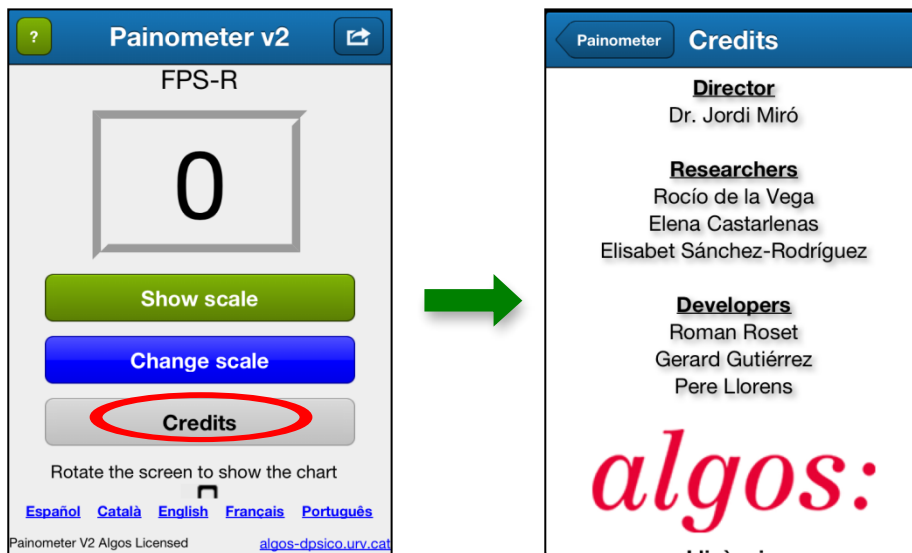


- Press the button in the top right-hand corner to send the data by email.





- If you want to access the data provided by the application developers, the contact email, the user license and the bibliographical references, press the "credits" button.



## References

- [1] De la Vega R, Castarlenas E, Roset R, Sánchez-Rodríguez E, Solé E, Tomé-Pires C, Miró J. Testing Painometer: an App to Assess Pain Intensity. International Forum on Pediatric Pain. Halifax, Canada, 2013.
- [2] Hicks CL, von Baeyer CL, Spafford P a, van Korlaar I, Goodenough B. The Faces Pain Scale-Revised: toward a common metric in pediatric pain measurement. Pain 2001;93:173–183.
- [3] McGrath PA, Seifert CE, Speechley KN, Booth JC, Stitt L, Gibson MC. A new analogue scale for assessing children's pain: an initial validation study. Pain 1996;64:435–443.

## Contact

