

Pain Management Apps for Teens and Kids

1. WebMAP (app) Free

The WebMAP Mobileapp is designed to help adolescents manage chronic pain such as back pain, abdominal pain or headaches.

Developed by Seattle Children's Research Institute in partnership with 2Morrow Inc., the free app helps users learn cognitive and behavioral skills to cope with pain and engage in activities that are important to them. It was adapted from an online program called Web-based Management of Adolescent Pain, which is available at <https://webmap2.com/welcome/>. A flier describing the app is available at:

https://www.seattlechildrens.org/globalassets/documents/research/cchbd/webmap_mobile_app_flyer.pdf

(Reviewed on <https://www.aapplications.org/news/2019/11/01/techtip110119>)

2. iBeatPain (app) Free

The Mayo Clinic and the Mayo Clinic Center for Innovation created the iBeatPain for Teens app. The app features five main goals: Practice relaxation; Exercise; Participate in school; Get regular sleep; Engage in self-care, such as basic hygiene and drinking enough water.

"If kids want to practice relaxation techniques twice a day, they can click on that goal and set a reminder," Dr. Harbeck-Weber says. "This is not a medical assessment as to what's causing pain; it's a tool designed to help patients set well-defined goals that help them learn to function despite pain — and to see that chronic pain is a hurdle they can overcome."

Article about the app: <https://www.mayoclinic.org/medical-professionals/psychiatry-psychology/news/app-helps-teens-manage-chronic-pain/mac-20429416>

3. A list of apps for managing pain in kids, including relaxation, kid-specific mindfulness, etc. (these apps are not free):

<https://www.kidshealth.org.nz/relaxation-pain-management-apps>

4. Website with educational videos for children/teens with chronic pain:

Includes kid-friendly explanation of chronic pain and self-care strategies. <https://aci.health.nsw.gov.au/chronic-pain/painbytes>

5. Web site with a variety of resources:

<https://www.uwhealthkids.org/pediatric-pain-management/education-and-online-resources-for-families/49620>

6. Support group for teens with chronic pain:

- www.growingpains.org is a website created for teens living with pain to share with other teens experiencing pain. Information about the organization: <https://nevadapain.com/inside-pain/growing-pains-online-help-teens-chronic-pain/>

7. Other Resources for pain management in kids and teens:

- Primary Children's Hospital's Pain Management Workbook, 2015, has instructions for several pain management relaxation techniques, for children. Available on-line at https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwilz--Thv_uAhU5FlkFHZ4AAgEQFjAAegQIARAD&url=https%3A%2F%2Fwww.medicalhomeportal.org%2Flink%2F7057&usq=AOvVaw3Sz3R76ZdSJnr23vS2rpjV
- *Pain Pain Go Away: Helping Children With Pain*. A bit dated, so use caution about its discussion of medications and interventions, but it still has good information for parents to better support children with pain. Focused on acute pain. https://www.rch.org.au/uploadedFiles/Main/Content/anaes/Pain_go_away.pdf
- *Seattle Children's Hospital website has several audio guided relaxations for kids.* <https://www.seattlechildrens.org/research/centers-programs/child-health-behavior-and-development/labs/pediatric-pain-and-sleep-innovations-lab/resources/>
- An article to help parents support children with chronic pain: <https://www.practicalpainmanagement.com/patient/resource-centers/chronic-pain-management-guide/when-your-child-living-chronic-pain>
- Book: Palermo & Law. *Managing Your Child's Chronic Pain*. 2015. How to use cognitive behavioral approaches with kids.

