

The statistic is concerning: One out of five adults suffers from chronic pain. Half of those patients have been suffering for at least seven years. How can we shorten this pain odyssey?

The electronic pain diary CatchMyPain allows tracking pain in a structured and visual way, which can lead to new insights.

PATIENTS can express their pain by using detailed drawings, among many other instruments. The drawings and the generated charts are a valuable aid in understanding pain and explaining it to others.

CARE PROVIDERS can view the pain diaries of their patients online and precisely observe the treatment progress. During the consultation, CatchMyPain supplements the conversation with the patient.

RESEARCH is being fostered by globally collected and anonymized pain information, which can be used to gain new insights into pain medicine.

CatchMyPain is supported by:



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"Absolutely great app, helps me brilliantly with tracking my pain, so easy to use, but effective."

Kim Mooney, USA

"My Pain chart and the ability to overlay multiple data streams finally jolted me AND my pain docs into the realization that I am sufficiently damaged that we need to be more aggressive. We have made a lot of med changes and are also trying some new meds. It is helping. Thanks again!"

Ken, USA



CATCHMYPAIN DIARY FEATURES:

- drawing the pain LOCALISATION and INTENSITY on a body map
- description of PAIN QUALITY
- documentation of PAIN HISTORY
- recording of possible TRIGGER FACTORS
- tracking of DRUG INTAKE
- recording of general HAPPINESS and much more...



REPORTING FEATURES OF CATCHMYPAIN

- PRINTING and ONLINE SHARING
- comparison of different pain drawings in an OVERVIEW
- TREND of pain intensity and spreading
- TREND of general happiness
- CORRELATION GRAPHS
- IMPACT of possible trigger factors
- EFFECT of drugs