



# 3 Ways to Monitor

## Patient Pain Levels with Actiwatch®-Score

U.S. Patent



### 1. Stores 0-10 Self-Report of Pain

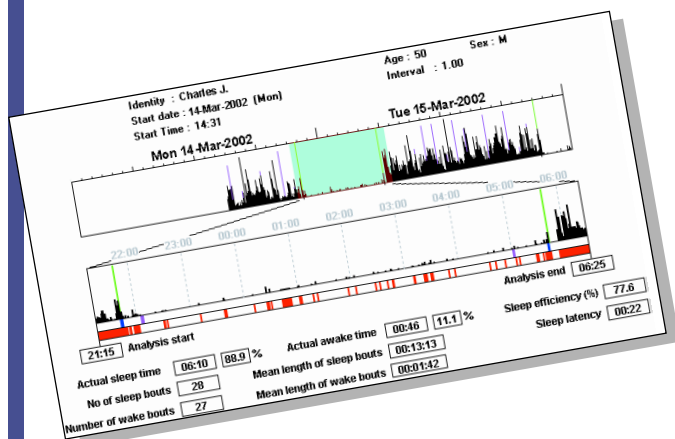
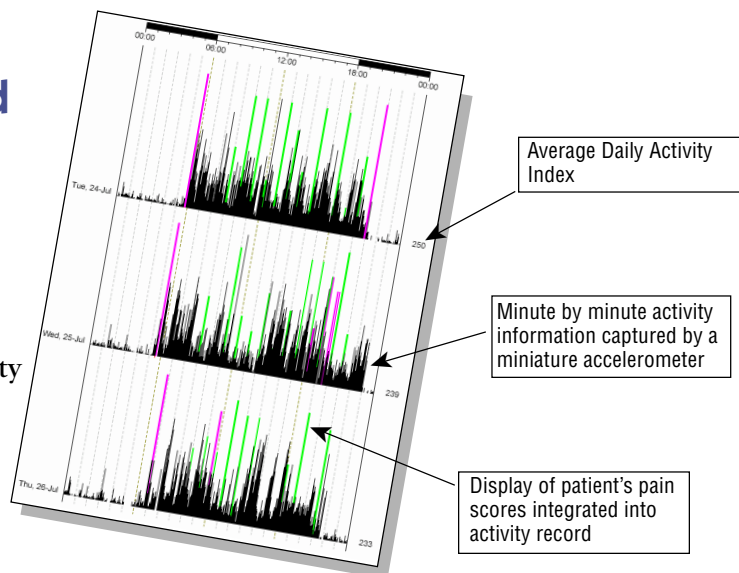
Patients record their pain levels on a scale of 0-10 in response to the pre-programmed alarm function of Actiwatch-Score, thereby allowing the healthcare provider to assess pain levels recorded throughout the day. Each time the patient presses the easy-to-use score pad, the LED number is incremented by 1, with the first press registering a zero. Failure to respond to the prompt is recorded as "No Response" on the data record. Unprompted scores are color coded on graphs and identified as "manual" on the diary. The large, bright red LED numbers and easy-push score pad are designed for use by elderly patients.

Day	Time	Patient Score	Manual
24-Jan-2002	05:42:00	10	
24-Jan-2002	09:00:00	05	
24-Jan-2002	10:00:00	09	
24-Jan-2002	11:00:00	09	
24-Jan-2002	12:00:00	03	
24-Jan-2002	13:00:00	09	
24-Jan-2002	14:00:00	07	
24-Jan-2002	15:00:00	04	
24-Jan-2002	16:00:00	09	
24-Jan-2002	17:00:00	04	
24-Jan-2002	18:00:00	09	
24-Jan-2002	19:00:00	02	
24-Jan-2002	20:00:00	06	Manual
24-Jan-2002	20:59:00	09	
24-Jan-2002	21:00:00	01	

Electronic Diary of Pain Scores

### 2. Records Physical Activity and Tracks Treatment Efficacy

Actiwatch-Score continuously records patient physical activity levels, which provide a useful index of pain and treatment effectiveness. The patient's pain scores are superimposed on the activity data record, providing a visual presentation of the relationship between activity levels, pain levels and timing of medication.



### 3. Documents Sleep Effectiveness

Software, with a validated sleep-scoring algorithm, is provided for analyzing your patient's night time activity levels to determine how efficiently they are sleeping, and how often they wake up. Daytime napping is also documented.

# Configuring and Downloading



Configuring and downloading of Actiwatch-Score is a quick and easy process that can be done anywhere with an Actiwatch-Reader and a PC.

The 0 - 10 scale was selected to be in accordance with the Joint Commission on Accreditation Standards. It is also possible to change the scale, when it is desirable to do so. If, for example, a research protocol requires a scale of 0 - 3, that can be accommodated simply by specifying the range during configuration.

The device alarm can be programmed to ring at specified times to signal the patient to register their pain level, or it can be programmed to ring randomly. In addition the patient can enter as many unprompted scores as desired.

## Actiwatch-Score

- Satisfies patient self-report requirement.
- Correlates physical activity with pain
- Documents medication effects on pain
- Prompts patient to enter scores
- Includes sleep and nap analysis
- Simplifies home based monitoring



*Kop, Willem J, Ph.D., Ali Berlin, Angela Lyden, M.S., Taylor Brown, Kirsten Ambrose, M.S., Micah Stretch, M.S., Daniel Clauw, M.D. 2002. Automated activity monitoring in patients with fibromyalgia: Relation between activity levels and concurrent symptoms during daily life activities. Proc. Soc. of Behavioural Medicine.*

*Liszka-Hackzell, J.J, Martin, D.P. 2000. Analysis of the relationship between activity and pain in chronic and acute low back pain. Anesthesiology 93:A857.*

*Liszka-Hackzell, J.J., Martin, D.P. 2000. Categorization and analysis of pain and activity levels in patients with back pain using an artificial intelligence technique. Anesthesiology 93:A381.*

***Call for Applications Details***

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