

## **ABSTRACT**

Background: Patient self-management can be viewed as a portfolio of techniques and tools needed for optimizing health outcomes for the management of chronic pain. Unfortunately, the support individuals receive to manage their pain consists mainly of infrequent brief discussions during physician visits and educational pamphlets. Health information technology offers an opportunity to provide regular monitoring and exchange of information between the patient and care team. Objectives: To identify the features and design of a web-based self-management tool that would be beneficial for improving chronic pain management by the care team and providing patient self-management support, and to develop a mock-up version of a chronic pain web-based self-management tool. Methods: A comprehensive literature review and focus groups with patients, caregivers, health professionals, and researchers working in chronic pain rehabilitation and management will be used to identify the features for a web-based tool (phase 1). Using the information gathered from Phase I, a user-centered iterative design process will be used to design mock-ups of the interface and identify the best formats for presenting the content within the web-based self-management tool (phase 2). Contribution: To develop a prototype of a system as first stepping stone that will allow us to apply for larger scale funding to finalize the system and implement it in a clinical setting to assess its effects on patient health-behaviours and self-management and on long-term outcomes, and to assess its cost-effectiveness..