Mary Janevic, MPH, PhD, Assistant Research Scientist, Health Behavior and Health Education School of Public Health – Promoting Physical Activity for Chronic Pain Management among Older Adults in Detroit: Comparing Technology-Based Strategies

Wearable, commercially-available physical activity monitors are being increasingly incorporated into chronic pain self-management interventions as a tool to help patients set goals and to tailor intervention content based on patient progress. Yet older adults from resource-challenged communities may face significant barriers to using these monitors and reporting activity data. Our mixed-methods study will focus on wearable monitor use among older adults in Detroit with chronic musculoskeletal pain, testing the feasibility and validity of various technology-based strategies for reporting daily step count data. We will also assess whether four weeks of monitor use is associated with improvements in functioning, relative to a control group. Results will inform the design of a larger trial of a chronic pain self-management program for this population.