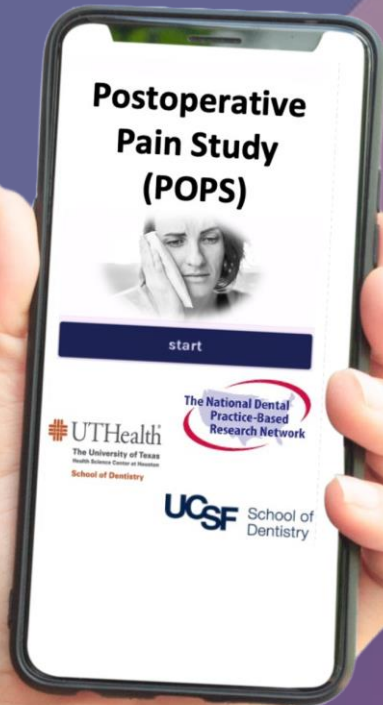


POSTOPERATIVE PAIN STUDY (POPS)



**The National Dental
Practice-Based
Research Network**

The nation's network

Study Goals



Assess post-operative **pain experience** as reported by patients



Assess post-operative **pain management** strategies as reported by patients and providers

Study Goals



Assess post-operative **pain experience** as reported by patients



Assess post-operative **pain management** strategies as reported by patients and providers



Evaluate acceptance of the **mHealth** platform



Should lead to insight on (1) post operative pain & pain management and (2) willingness to use mHealth

Study design



Observational design: Tracking patients' pain experiences and pain management strategies for 21 days after their procedures.



Data collection: Patients reported pain levels, other symptoms, and satisfaction with pain management through *FollowApp.Care* via secure text messages.

Study design



Observational design: Tracking patients' pain experiences and pain management strategies for 21 days after their procedures.



Data collection: Patients reported pain levels, other symptoms, and satisfaction with pain management through *FollowApp.Care* via secure text messages.



Sample size: 3,147 patients from 150 practices nationwide (up to 30 patients/practice)



Outcomes: (1) Identifying procedure-specific pain patterns. (2) Evaluating and refining pain management strategies based on real-time data. (3) Assessing the usability and feasibility of *FollowApp.Care* in a dental setting.

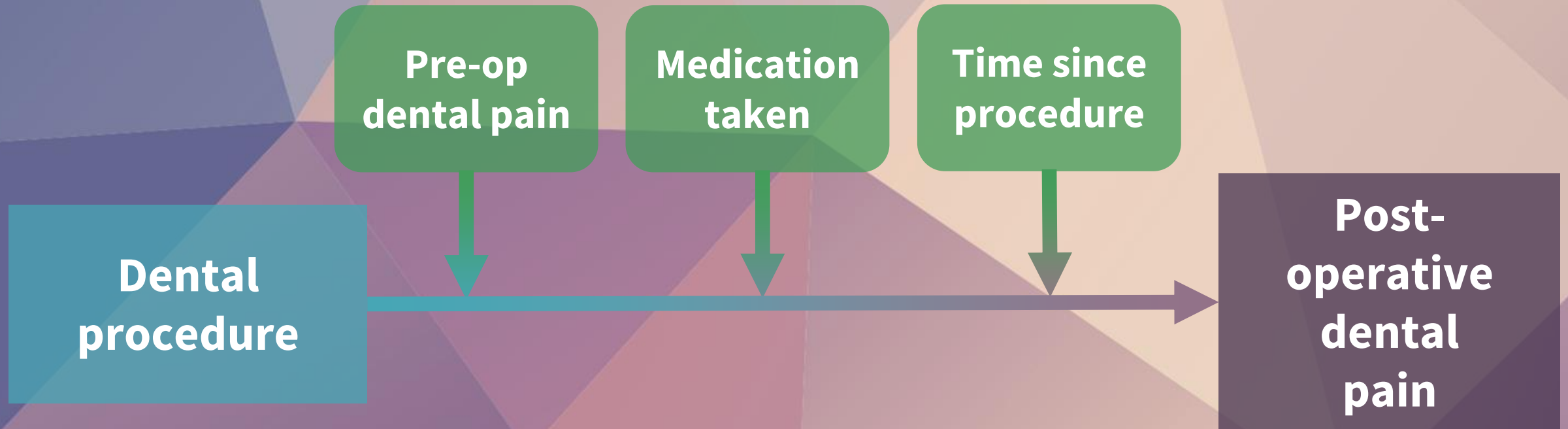
Interim Analysis: Associations

**Dental
procedure**

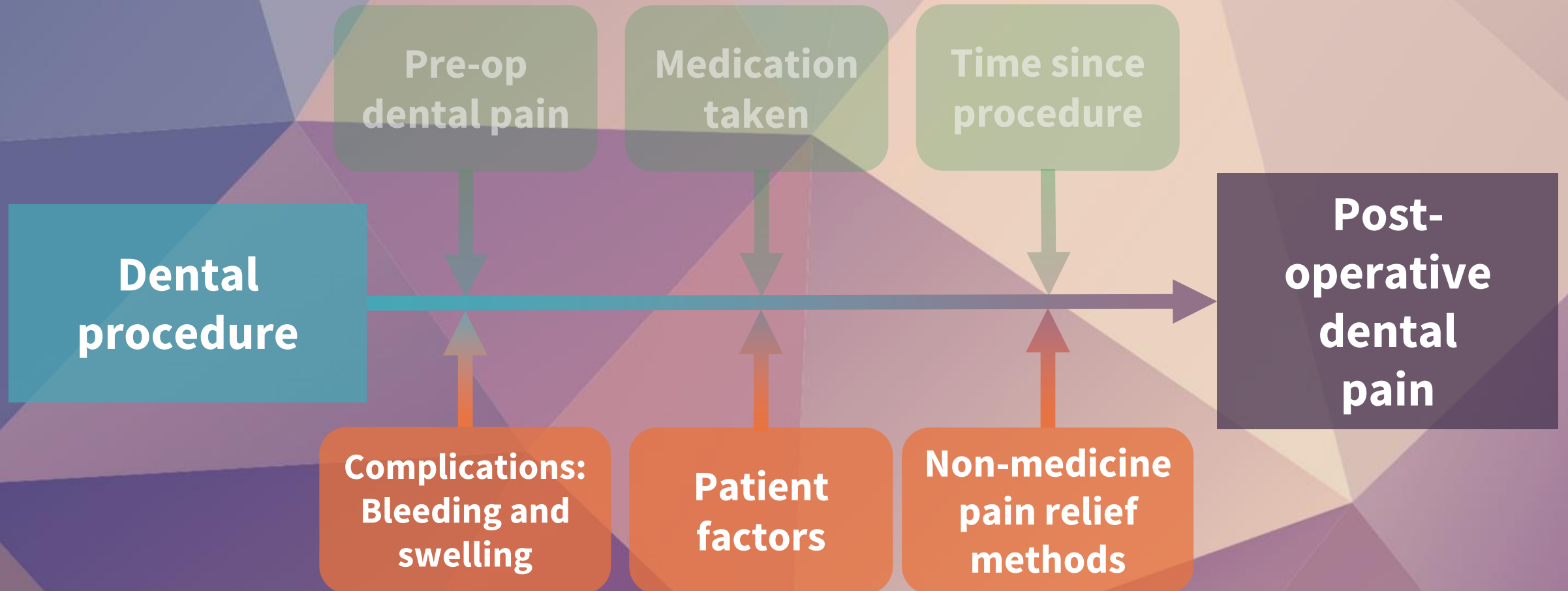


**Post-
operative
dental
pain**

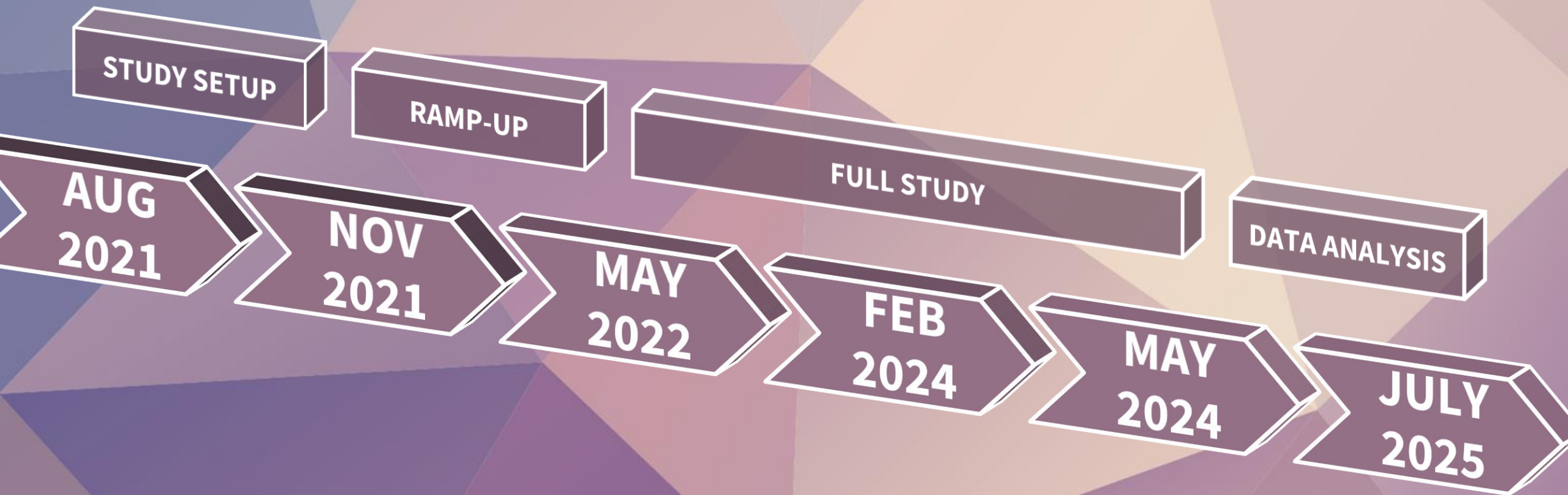
Interim Analysis: Associations



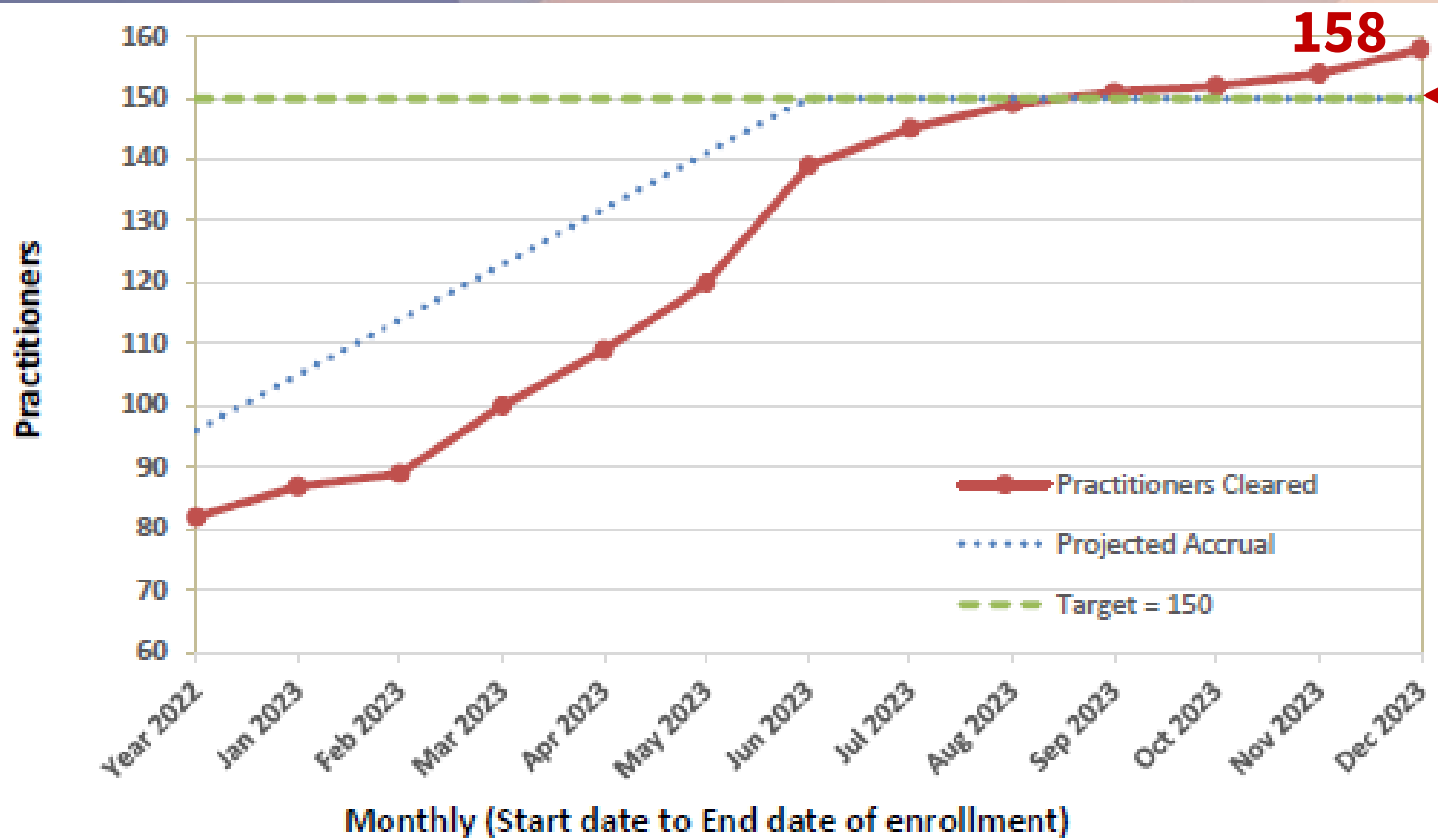
Interim Analysis: Associations



Study Timeline

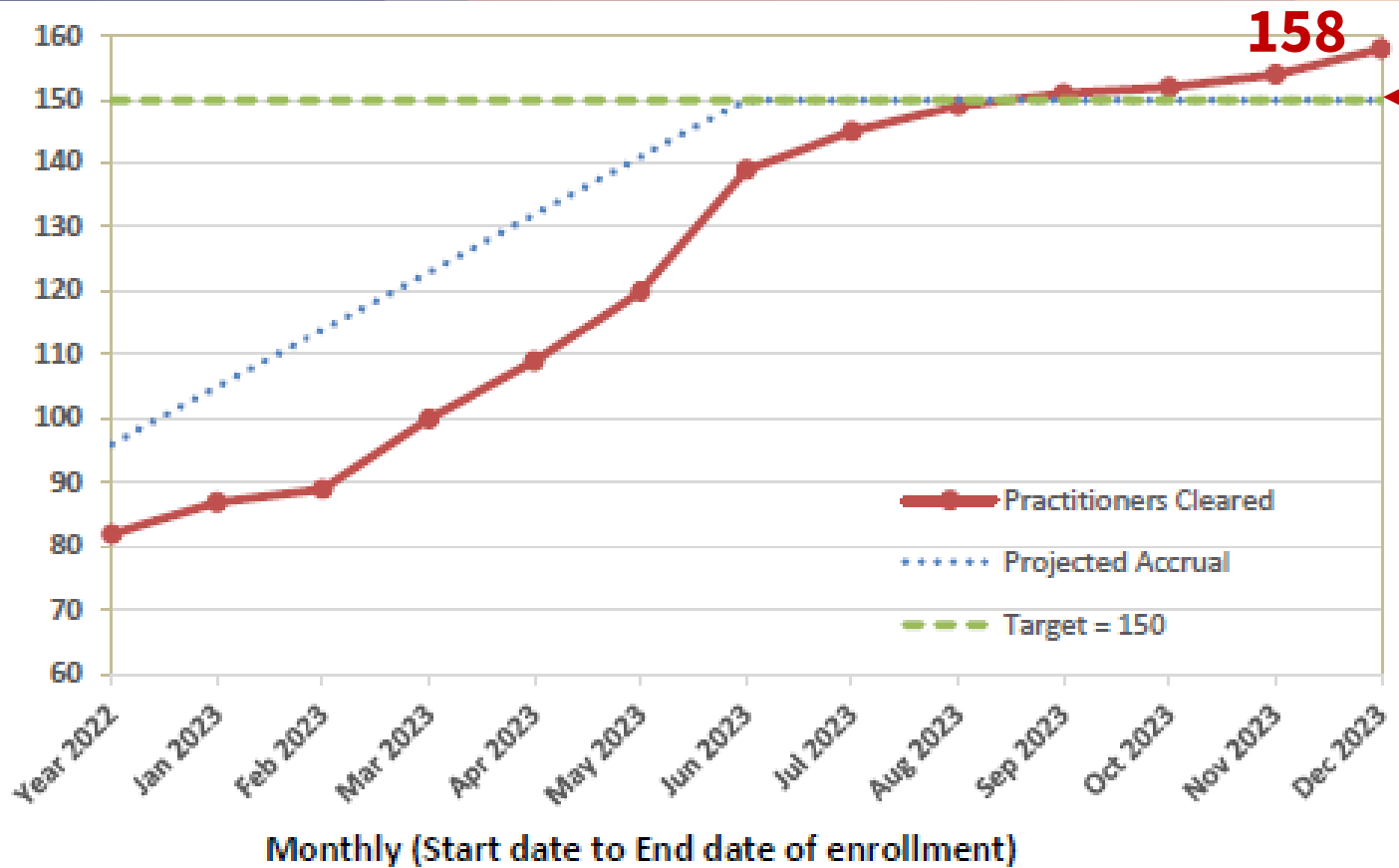


Practitioner Recruitment Progress



>100% practitioners recruited
As of February 29, 2024

Practitioner Recruitment Progress



>100% practitioners recruited
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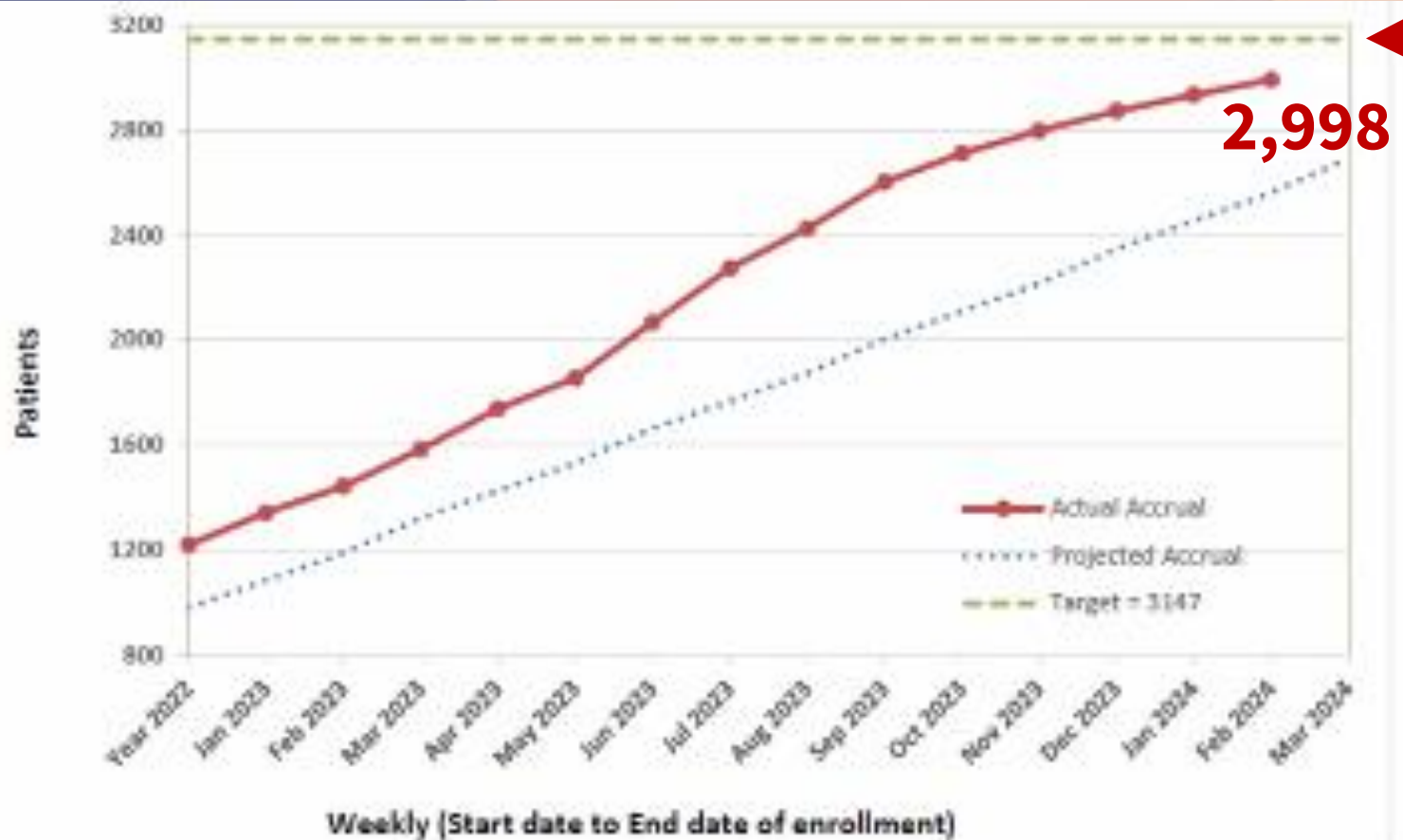
57% Male

42% Female

**77% General
Practitioners**

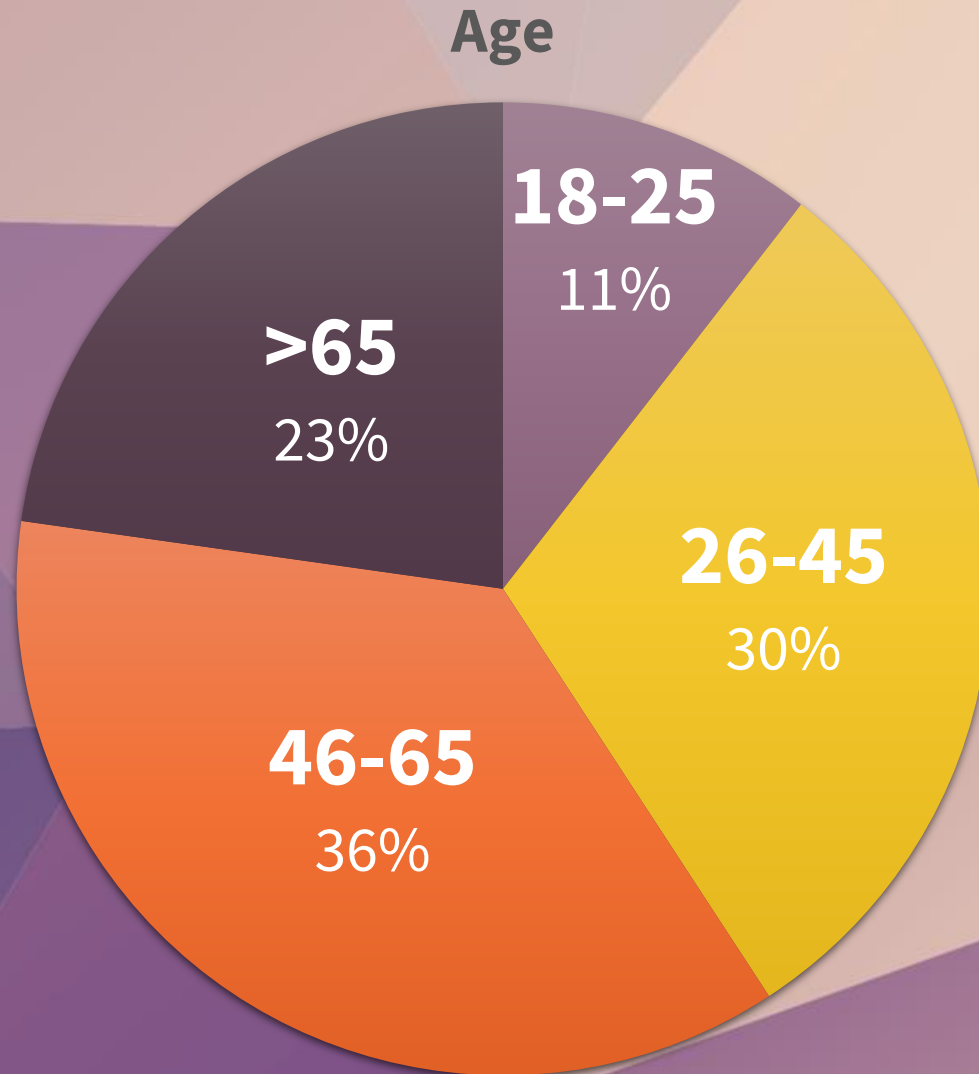
**23%
Specialists**

Patient Recruitment Progress



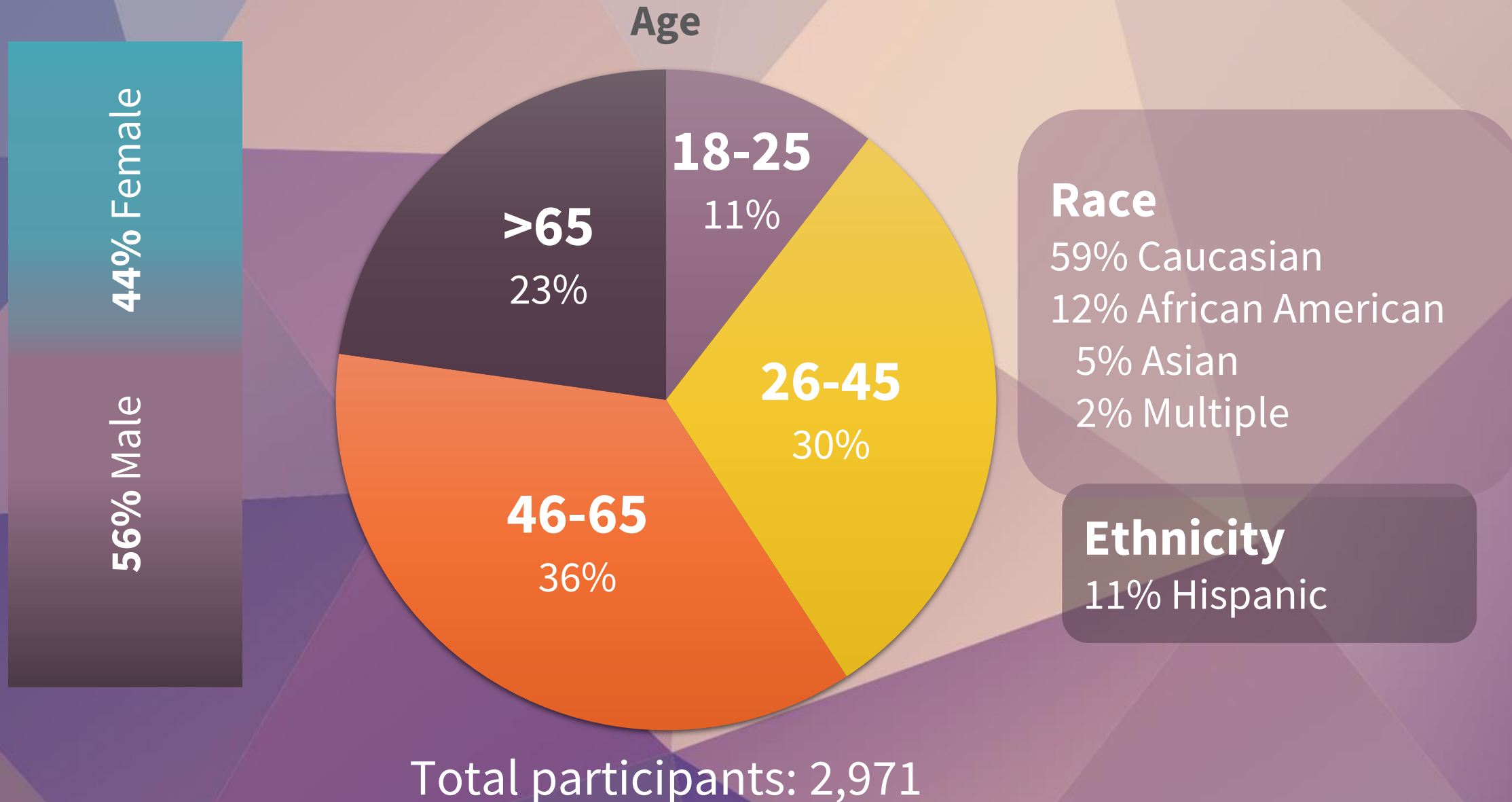
95% patients recruited as of February 29, 2024

Demographic distribution of patients



Total participants: 2,971

Demographic distribution of patients



Distribution of Dental Procedures

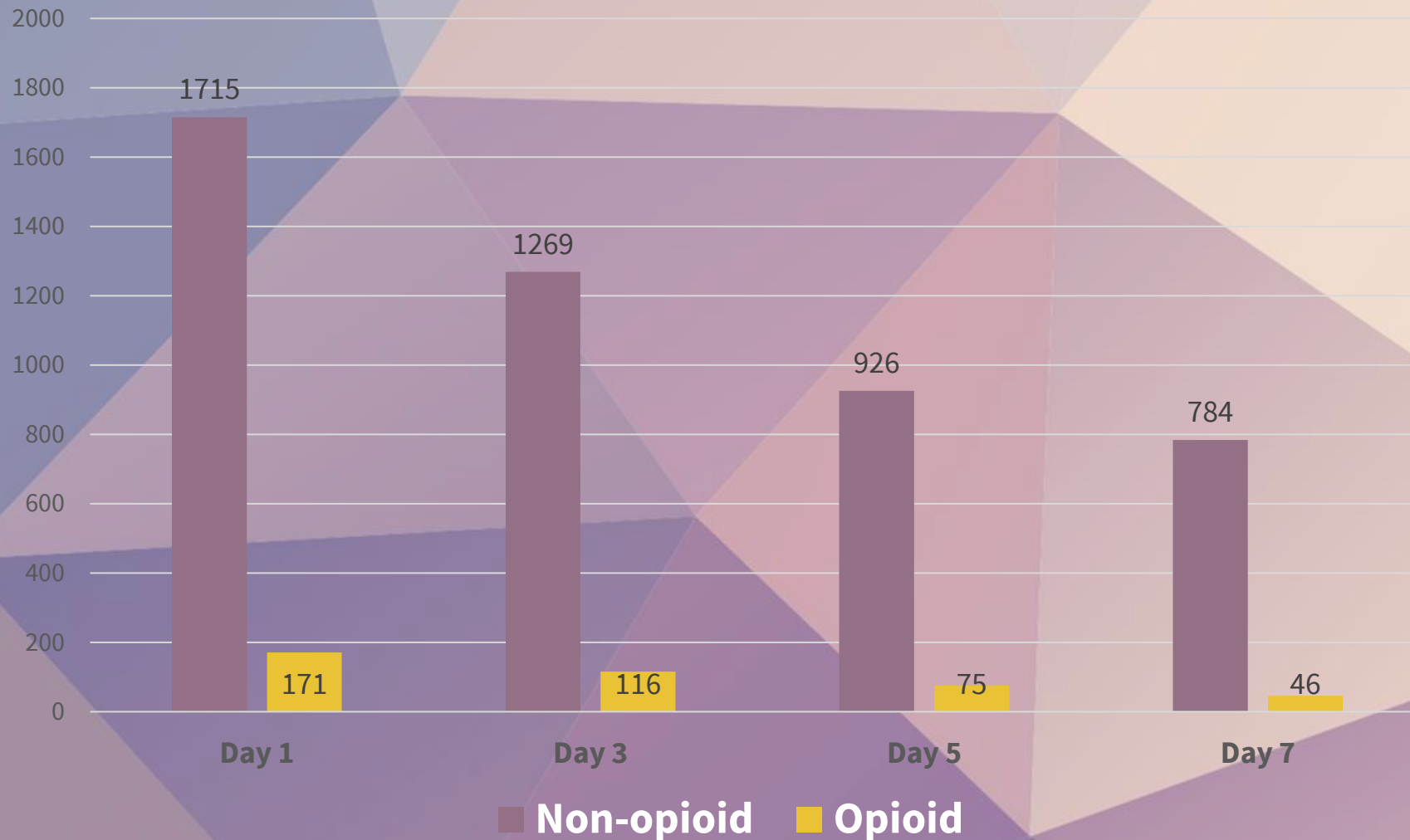
Number of procedures



Total participants: 2,971

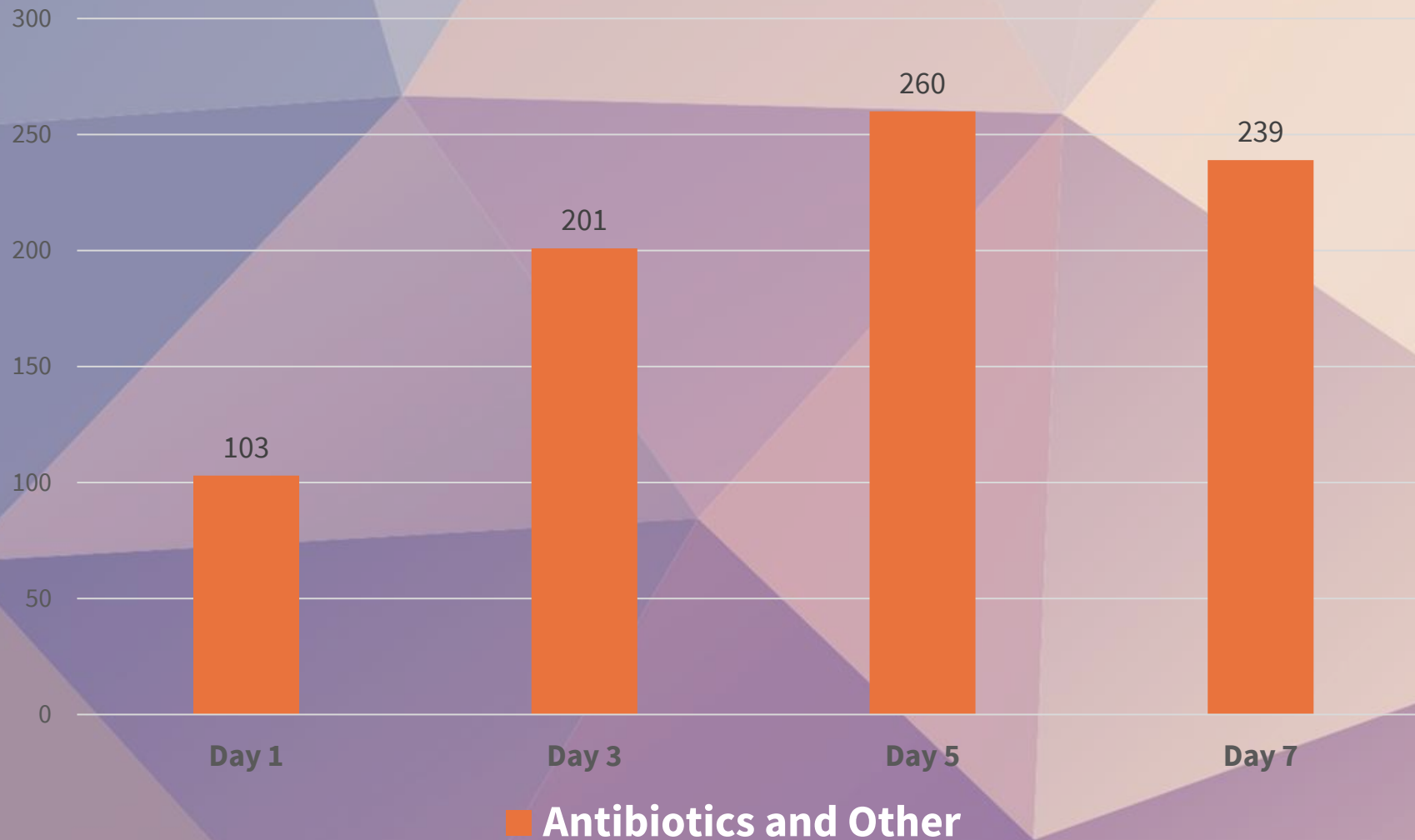
Postoperative medications and complications

Medications taken by patients to manage pain



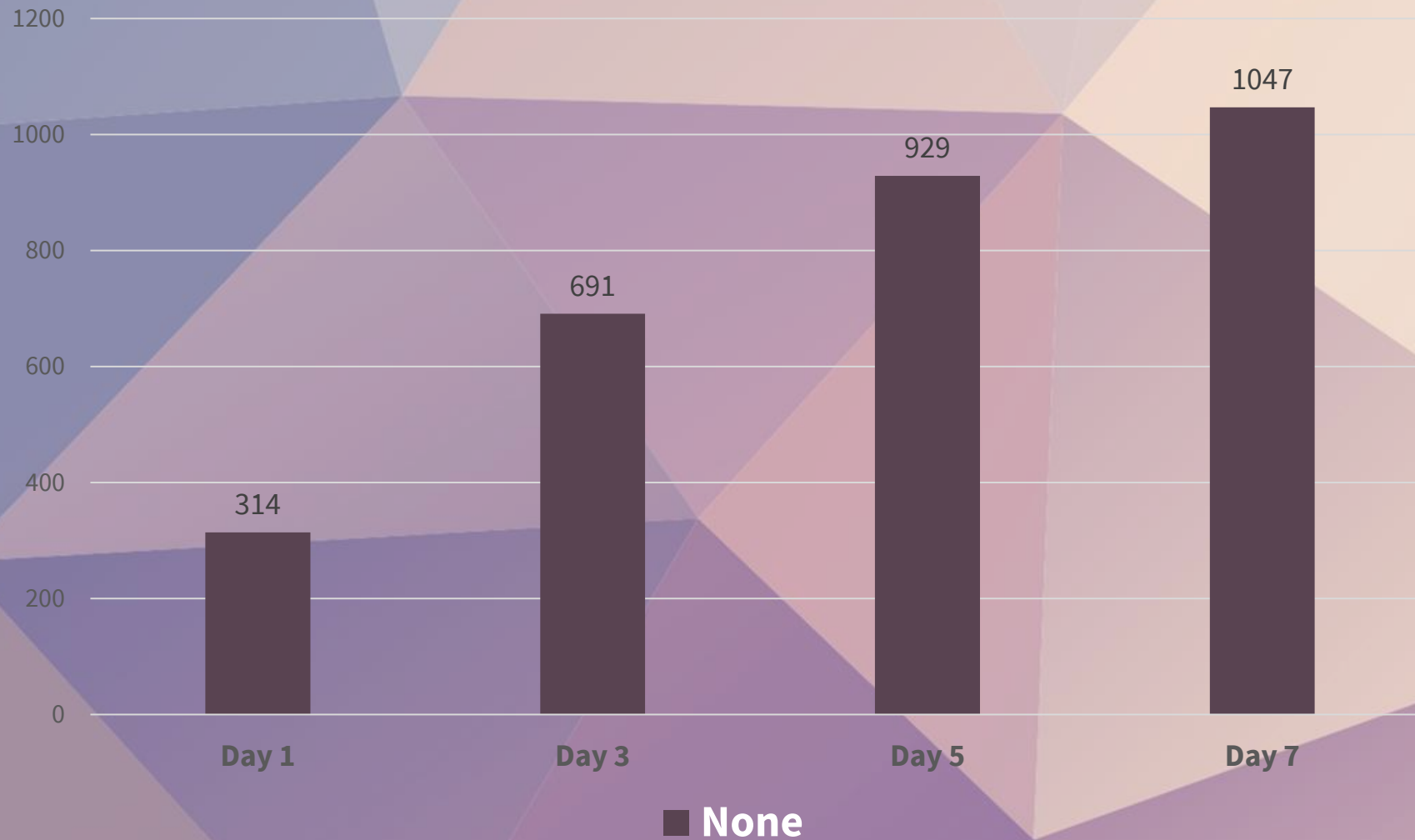
Postoperative medications and complications

Medications taken by patients to manage pain



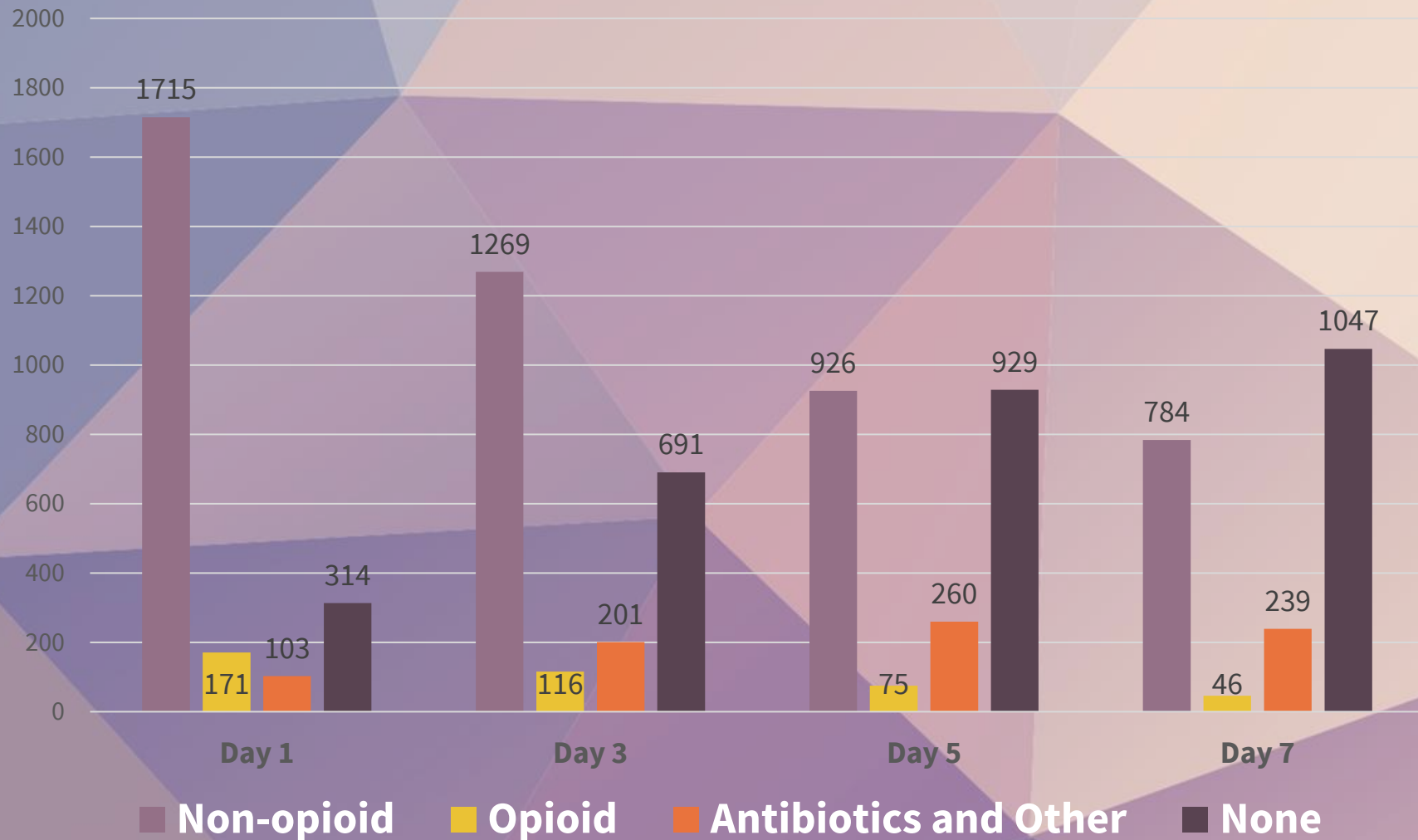
Postoperative medications and complications

Medications taken by patients to manage pain



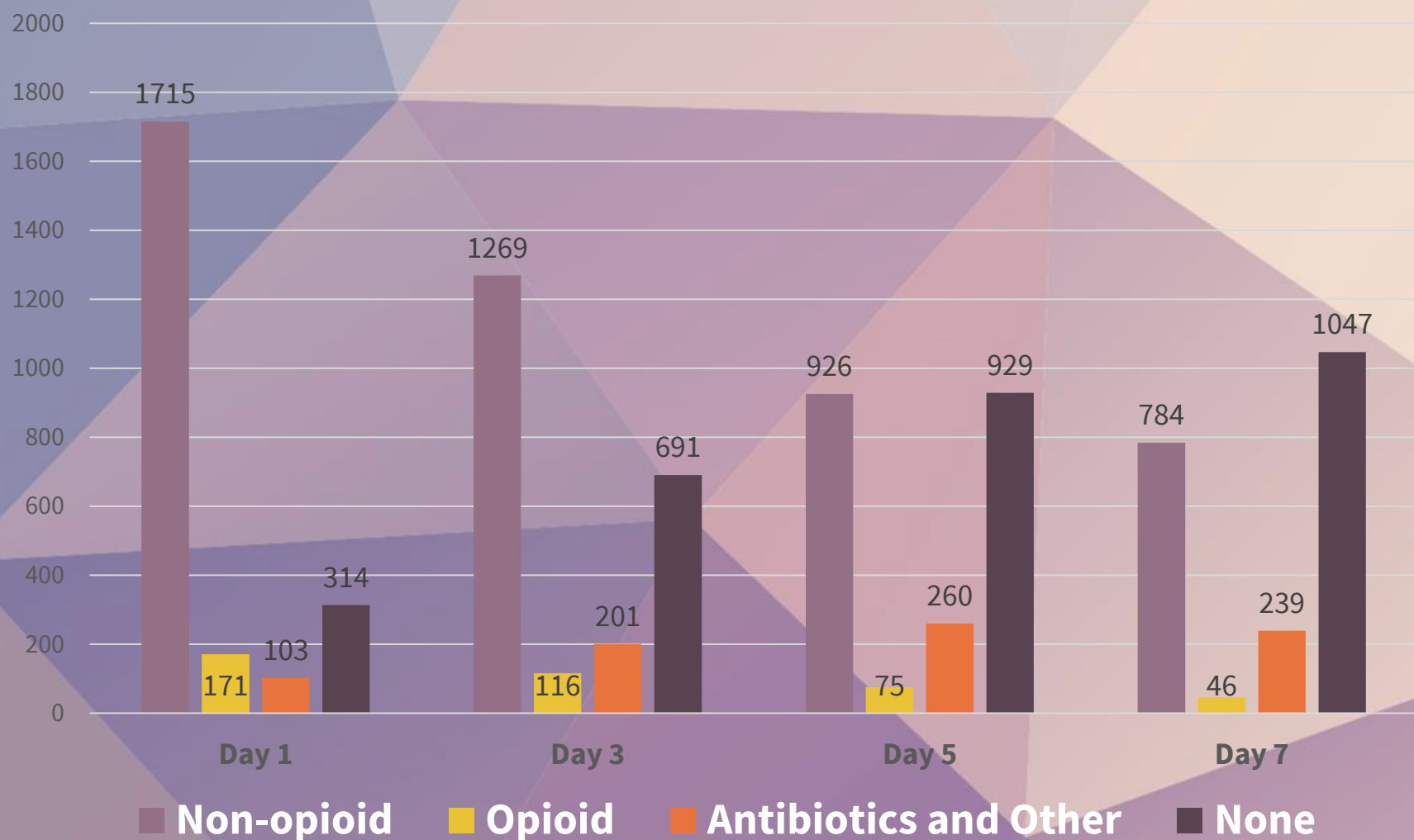
Postoperative medications and complications

Medications taken by patients to manage pain

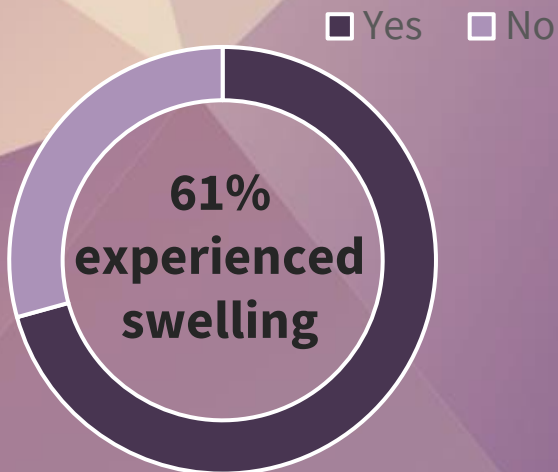
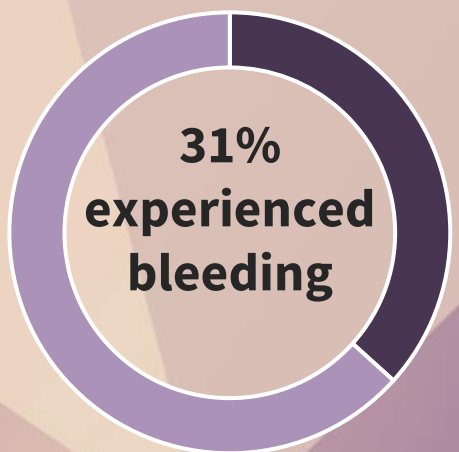


Postoperative medications and complications

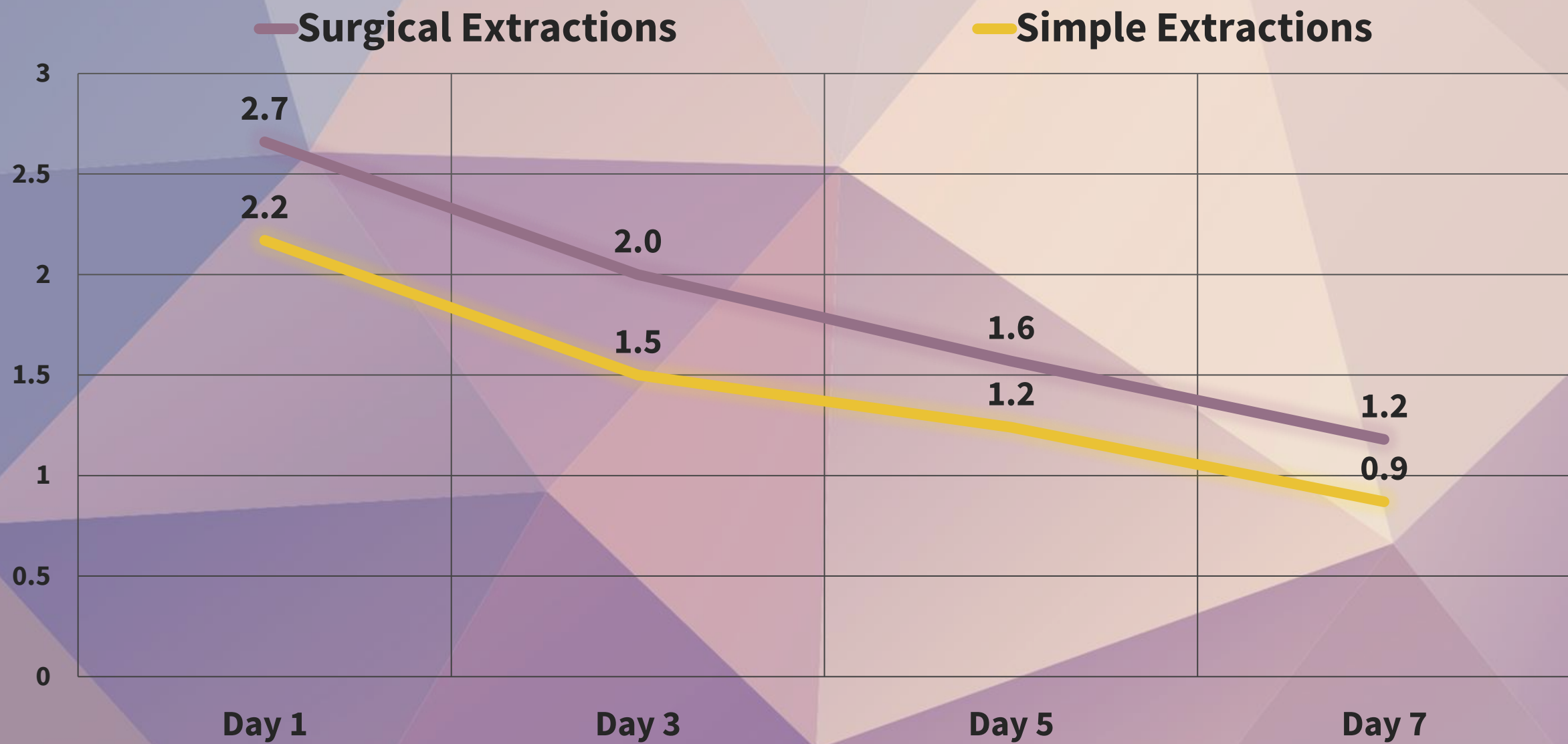
Medications taken by patients to manage pain



42% also used non-medicine pain relief methods

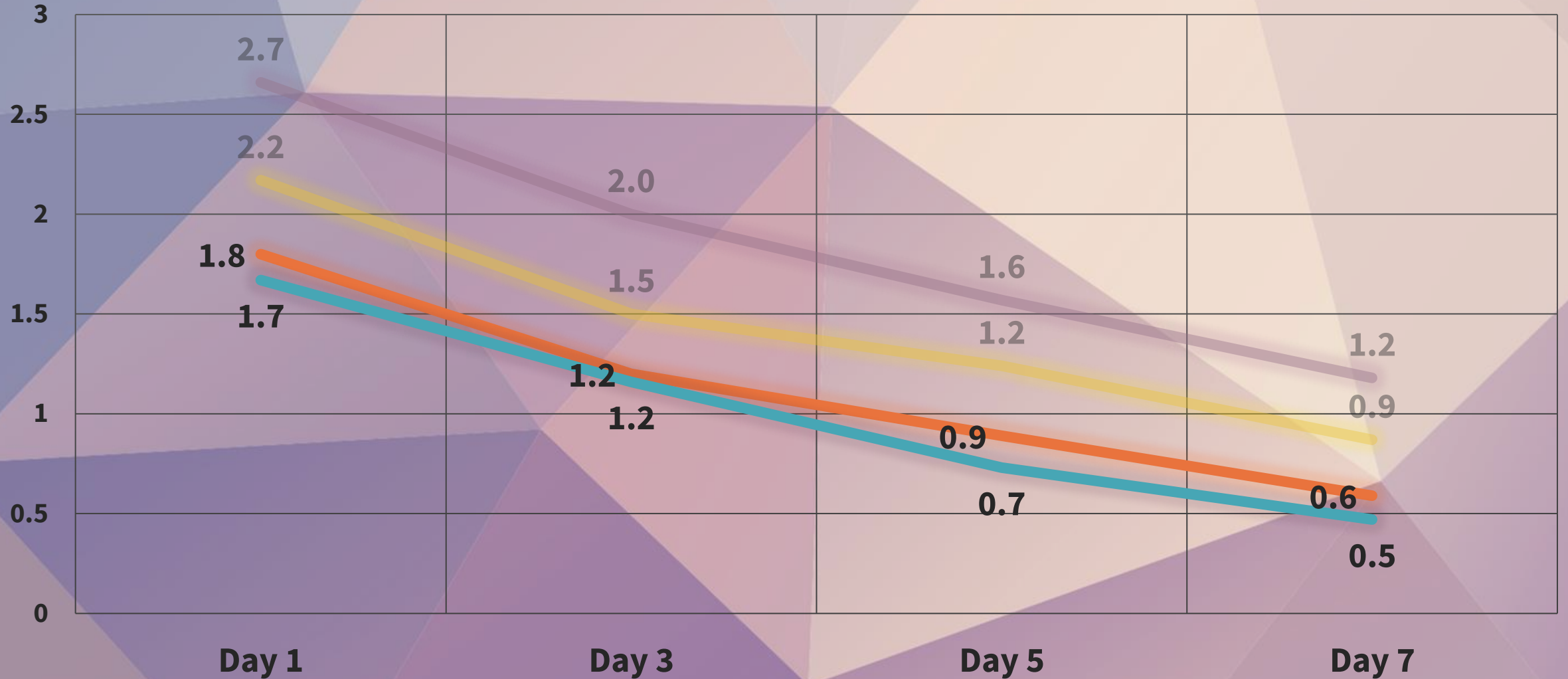


Unadjusted Average Pain Intensity (Scale: 0-10)



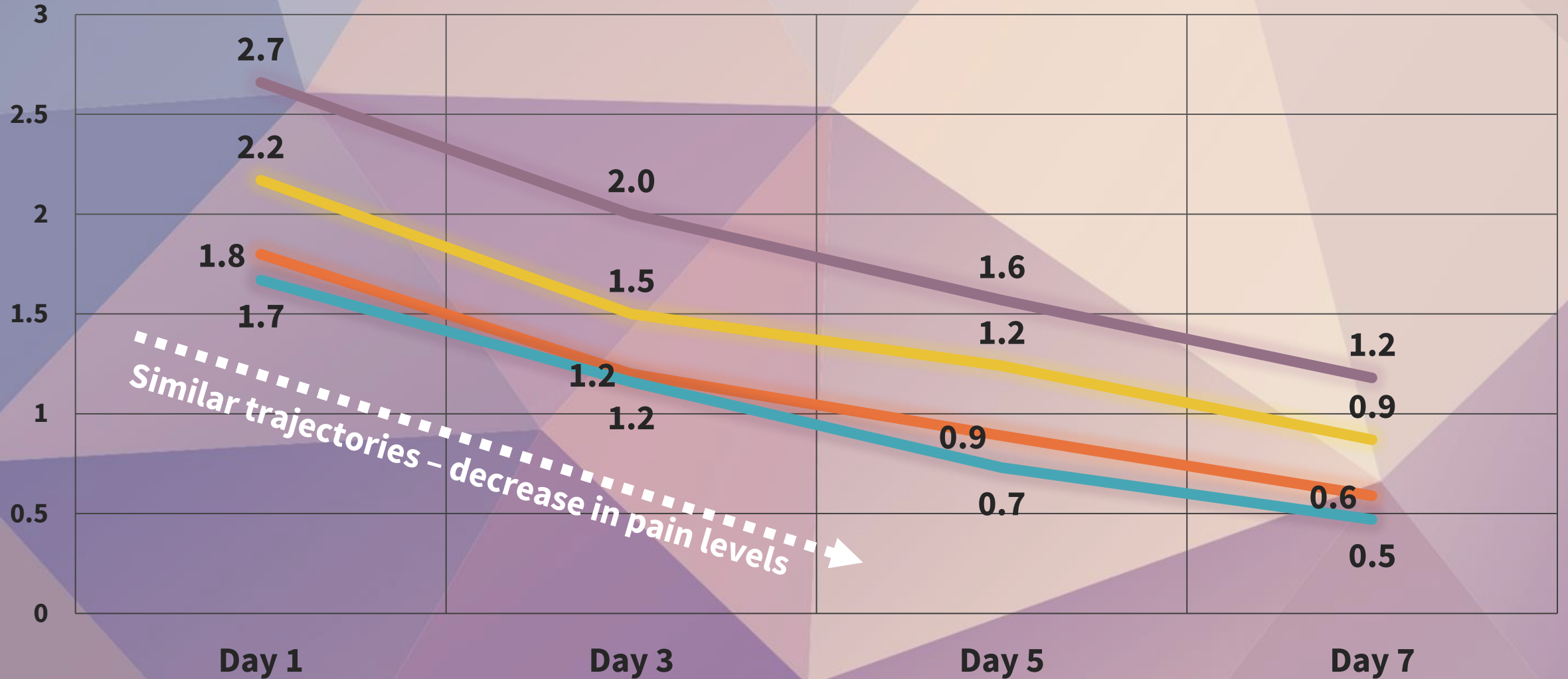
Unadjusted Average Pain Intensity (Scale: 0-10)

Surgical Extractions Simple Extractions Surgical Implants Non-surgical Endo



Unadjusted Average Pain Intensity (Scale: 0-10)

— Surgical Extractions — Simple Extractions — Surgical Implants — Non-surgical Endo



Patient Pain Report Card

Each practitioner received a personalized report card with the pain ratings of their study participants

Procedure Type	Worst pain 24 hours prior to procedure	Day 1 Pain	Day 3 Pain	Day 5 Pain	Day 7 Pain	Day 14 Pain	Day 21 Pain
Endodontics - Non-Surgical	5	1	0	0	0	0	0
Extractions - Surgical	0	1	0	1	0	0	0
Extractions - Surgical	8	5	3	2	2	1	0
Extractions - Simple	0	2	0	0	2	0	0
Implants - Surgical Procedures	0	0	0	0	0	0	0
Extractions - Surgical	0	0	0	0	0	0	0
Implants - Surgical Procedures	0			0		0	0
Extractions - Surgical	1	0	1	1	0	0	0
Endodontics - Non-Surgical	0		2	0	1	0	0
Endodontics - Non-Surgical	0	0	0	0	0	0	0
Endodontics - Non-Surgical	0	2	0	1	0	0	0
Extractions - Surgical	0	1	0	1	0	0	0
Extractions - Surgical	0	0	0	0	0	0	0
Extractions - Surgical	8	3	2	2	0	0	0
Extractions - Simple	0	1			3		
Extractions - Simple	2	3	3	3	2	0	0
Extractions - Simple	5	5	5	2	2	0	2
Endodontics - Non-Surgical	2	1	0	0	0	0	0
Endodontics - Non-Surgical	1	4	3	4		1	
Endodontics - Non-Surgical	10	1		0	0	0	0
Extractions - Surgical	8	2	2	2	1	0	0
Extractions - Simple	5	1	2	2	1	0	0
Extractions - Surgical	0	3	1	2	1	1	0
Extractions - Surgical	0	0	0	0	0	0	0
Extractions - Surgical	0	0	0	0	0	0	0
Extractions - Simple	1	0	1	1	1	0	0
Extractions - Surgical	0		2		0	1	0
Extractions - Surgical	0	1	0	0	0		0
Extractions - Surgical	3	3	1	1	0	0	0
Extractions - Surgical	0	3	2	7	3	0	0

Discussion

1. How does the example report of post-operative pain from one practice compare to that in your practice?
2. Do you currently utilize any mHealth solutions to track patients' post-operative pain? If so, what are your experiences with them?
3. Based on the preliminary data from the POPS study, what insights do you find most surprising or informative?
4. How do you think utilizing a platform like *FollowApp.Care* could inform your approach to prescribing pain medication after dental procedures?
5. What potential challenges do you foresee in implementing this technology in your clinic?

