

# Online resource designed to help 'navigate the diagnosis' of neuropathic pain

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A new online resource has been launched for the more than 2.5 million of Canadians living with neuropathic pain.

[DeGroot PainHQ](#) provides access to evidence-based resources curated by experts and rated by the public.

"Neuropathy is [persistent pain](#) resulting from [nerve damage](#) and it's not widely understood. It can have a tremendous impact on an individual's quality of life and their loved ones," says Dr. Norm Buckley, director of the Michael G. DeGroot National Pain Centre at McMaster, which has launched DeGroot PainHQ.

"We wanted to provide a variety of learning tools, based on best-evidence, to help navigate the diagnosis and life afterwards. Research has shown that when a patient understands neuropathic [pain](#), their outcomes are improved."

The range of resources makes DeGroot PainHQ unique. Personal stories, e-learning videos, webinars and expert blogs are among the site's offerings.

The goal is to educate on neuropathic pain and to help make information about the condition more accessible to the general public. There are plans to broaden the website to include other types of pain.

Marisa Gettas of Toronto was diagnosed with neuropathy in 2009. She

has examined the new website, and feels it give essential information for her condition.

"Unless people have experienced it - or have lived with someone who has it – it's so hard to comprehend," says Marisa Gettas. "People expect that you should feel better two weeks after the doctor has prescribed you some medication. But that's just not a reality."

Visitors to the web site may rate and review its resources. In this way, individuals with neuropathic pain can share what has been most helpful, identify what treatments worked for them and share their personal stories.

In addition, a network of experts, including pain specialists, neurologists, psychiatrists, rehabilitation therapists and other [health care providers](#) will help provide a range of perspectives and information on [neuropathic pain](#).

Provided by McMaster University

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