

# Web Sitings

## American Pain Foundation Makes Things Easier

Pain can have a physical, financial, and emotional effect on patients and their caregivers. Understanding the causes, management, and treatment of pain can help, however. The American Pain Foundation's (APF) Web site (<http://www.painfoundation.org>) offers education, support, and other resources to those affected by chronic or acute pain.

The "Learn About Pain" tab on the toolbar presents users with 6 categories to examine: pain conditions, publications, living with pain, resource locator, programs & partners, and research.

The "Pain Conditions" section offers in-depth information on various types of pain, including arthritis, fibromyalgia, neuropathy, and vulvodynia, as well as treatment options.

Clicking on the "Find Support" tab on the homepage will bring you to a section of the site that offers information about PainAid—the APF's interactive online community and virtual support group. This support com-

munity acts as a free social networking tool and gives registered users the opportunity to post on message boards and join scheduled chats, both moderated by PainAid staff and volunteer moderators. All transcripts of the chats are posted on the Web site so that other users can benefit from the information that was discussed.

Under the "Get Involved" tab, users can research ways that the APF is raising awareness of pain. A news feed offers up-to-date information about the progression of pain advocacy and policy at both the state and the national level. If you want to get involved in helping the campaign, this section of the site offers advice on how to get started, a search function to find events in your area, and a directory of leaders throughout the United States.

## Traumatic Brain Injury and the Web Site That Simplifies It

Traumatic brain injury (TBI) is one of the most common injuries sustained during combat. In order to provide

help to those affected by TBI, the Defense and Veterans Brain Injury Center (DVBIC) launched a Web site (<http://www.dvbic.org>). The DVBIC's mission is to serve military members, veterans, and their family members with TBI through state-of-the-art clinical care, research initiatives, and educational programs.

The homepage of the Web site offers 3 categories to choose from—service members & veterans, families & friends, and providers—which allow the user to find information targeted to his/her specific needs.

Service members and caregivers can explore TBI-prevention techniques for both the combat setting and at home. A "Recovery & Rehabilitation" section gives the user information about treatment options for a TBI, such as occupational therapy and speech and cognitive therapy. These techniques are explained in detail, including how the treatment is administered and how it is beneficial. A supportive page that shares information on how to live normally after a TBI, and a page offering external resources provide users with information on how to cope with their situation.

The Web site offers information to those who have not been directly affected by a TBI as well, such as the families and friends of patients. The site details the steps to becoming a caregiver, and provides the family member or friend with the resources to help him/her understand what the TBI patient has experienced and continues to endure.

Health care providers are able to search for up-to-date clinical tools and resources under their section of the Web site, as well as explore educational materials and research strategies to help them provide the best possible care to their patients. ●

<http://www.painfoundation.org>