
Dolografie®

A visual communication tool
for pain therapy



Dolografie supports communication between medical specialists and patients.

The use of image cards enables patients, medical specialists and other to talk about the various components of pain in a precise and differentiated manner.

Patients suffering from pain have often difficulties finding the right words to describe their sensations. Since pain therapy rests upon subjective reports by the patients, the difficulty to couch pain often impedes treatment.

Once pain is externalized with the use of a visible object, the experience of pain appears clearer and more conceivable.

Thanks to Dolografie the person concerned is able to describe their pain experience in a precise and differentiated manner.

Pain becomes visible and conceivable for those who are not concerned. On one side, pain anamnesis is thereby supported and on the other side, it represents the basis for patients to feel understood and to be confident in their treatment.

«Using Dolografie, it is possible to gain information about subjective pain perception that is not possible with conventional imaging techniques. Pain anamnesis is thereby extended by a fascinating dimension.»

Dr. med. Niklaus Egloff, Head of the Psychosomatic Competence Center, University Hospital Bern

The Dolografie images were developed by communication designers Sabine Affolter and Katja Rüfenacht. In collaboration with Dr. med. Niklaus Egloff from the University Hospital Bern, the images were tested, modified and refined in order to optimise their suitability to describe pain sensations in a therapeutic setting. The images were created and developed through an alternating process of image creation and interviewing patients.

Dolografie was awarded the European Design Award 2017, the Swiss Design Award 2013/14 in the «research» category and the Bernese Design Foundation 2015/16 marketing award.

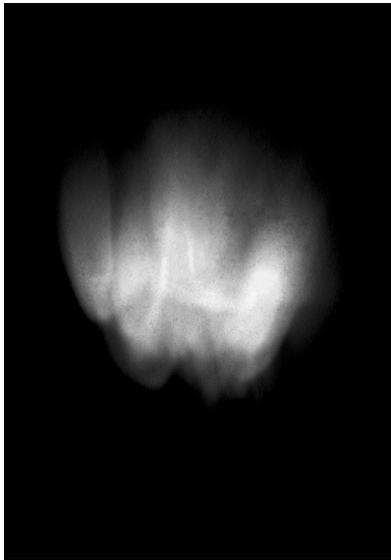
Dolografie comprehends a set of 34 image cards in postcard format and comes in a handy box for 73 EUR (79 CHF), available at: www.dolografie.com

Dolografie

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Reviews by chronic pain patients at the University Hospital Bern

«Without doubt: your image card set would definitely be helpful! Looking at your images makes me feel at ease, it makes me feel as if I could be understood and I could say: Yes, this is exactly how I feel like.» M. G.*



«Dull, diffuse pain below the forehead that radiates slightly upwards.» M. R.*



«This picture represents the constant restlessness in my body.» A. F.*



«This image shows the pain in my back: a tugging pain, radiating from the neck to the tailbone.» S.G.*

* initials changed.

Expert opinions (selection)

«The images of Dolografie elude semantic distinctiveness, as do pain sensations, thereby inviting the user to specify their verbal descriptions. The balance between clarity and ambiguity in the images provides a screen for the patients to project their associations.»

Dr. med. Katharina Haas, medical specialist for psychiatry and psychotherapy

«Herewith, by means of visual communication, a completely novel tool for pain diagnosis and therapy has been created. These specifically developed images are abstract in their meaning and seem to be a very useful medium for pain patients to talk about their suffering.»

Jury, Swiss Design Award

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Dr. med. Niklaus Egloff, Head of the Psychosomatic Competence Center, University Hospital Bern