

SaskPain is Incorporated!

On April 30, 2018 SaskPain received confirmation of incorporation as a non-profit organization in the province of Saskatchewan. The official name is **The Saskatchewan Pain Society Incorporated**. SaskPain Board of Directors is applying for charitable registration with the Canadian Revenue Agency so we can receive donations and grants to support work towards our goals.

Goal of SaskPain.

The Saskatchewan Pain Society is a provincial health charity with a mission to promote better understanding of pain and access to coordinated pain management services throughout Saskatchewan through education, advocacy, support of clinical practice improvements, and investment in research. These goals were developed following stakeholder consultations beginning in 2014.

SaskPain's Structure.

There are currently 10 members on the Board of Directors. Their bios are on page 3-4 of the newsletter. SaskPain has 4 working groups: Education, Practice, Research and Knowledge Translation, and Foundation. In future newsletters we will share more information on the activities of each of the working groups.

SaskPain Logo.

The SaskPain logo was created by Lela Kaunitz. Lela lives with daily pain related to ulcerative colitis and peripheral arthritis. She drew her inspiration for the SaskPain logo in the colors and shapes of a summer Saskatchewan canola field.

Website. Go to www.saskpain.ca to find more information on SaskPain including our goals, reports, and links to other pain-related resources.

Member Survey.

 Your opinion counts.

Please complete our survey online to share your priorities for SaskPain activities and how you want to be involved. This will help us plan next steps and create strong working groups to make change happen. Complete the survey at:

<https://www.surveymonkey.ca/r/SaskPain>

Upcoming Events.

- SaskPain will be hosting a booth at the Pain & Therapeutics conference on October 20th, 2018 in Saskatoon. Drop by the booth to say hello. More information on the conference can be found at: www.nursing.usask.ca/programs/cedn.php
- Webinar on chronic pain. In collaboration with the Canadian Agency for Drugs and Technologies in Health (CADTH.ca) and U of S Continuing Education and Development for Nurses (CEDN) SaskPain will be hosting a webinar on chronic pain during the first week of November, 2018. What do the clinicians say and what does the evidence say? More details to come in September.
- ECHO® Chronic Pain and Opioids. In collaboration with the College of Physicians and Surgeons of Saskatchewan, SaskPain is running a 10 session online case-based learning program for interprofessional healthcare providers. An advisory committee is formed and planning the curriculum in preparation for a Fall 2018 start.
- The SaskPain newsletter will be issued quarterly. Send us an email at info@saskpain.ca if you have information to share or an idea for an article.

Pain Advocacy Facts

By: Susan Tupper, PT, PhD

"Access to pain management is a fundamental human right."

Declaration of Montreal, 2010
www.iasp-pain.org/DeclarationofMontreal

Below is a list of facts about the impact of pain on individual physical and mental health, families, and health systems. References for each fact are in blue font. We hope this list is helpful as a reminder of key points about why pain matters and a source of information to support your advocacy efforts.

WHY PAIN MATTERS

Physical Impact

- Undermanaged pain causes physiological stress with harmful effects on endocrine, cardiovascular, metabolic, gastrointestinal, immune, and musculoskeletal systems.
[Macintyre PE, Schug SA. Acute Pain Management: A Practical Guide. 2015. 4th Ed. CRC Press: Boca Raton, FL.](#)

Mental Health

- Chronic pain has severe detrimental effects on family environments and social support systems.
[Duenas M et al. A review of chronic pain impact on patients, their social environment and the health care system. Journal of Pain Research 2016;9:457-467.](#)
- People living with chronic pain are 3x more likely to have a clinical depression compared to those who are pain free
[Stubbs B et al. Depression and pain: primary data and meta-analysis among 237 952 people across 47 low- and middle-income countries. Psychological Medicine 2017;47\(16\):2906-17.](#)

Economic Impact

- Mean direct and indirect cost of pain management for people on waitlists for treatment is approximately \$3000 per month with 95% of costs borne privately by people living with pain and their families.
[Racine M et al. The Canadian STOP-PAIN Project: The burden of chronic pain—does sex really matter? Clinical Journal of Pain 2014;30:443-452.](#)
- Direct and indirect costs of pain management are estimated at approximately \$60 billion CAD dollars/year.
[Wilson MG et al. Supporting chronic pain management across provincial and territorial health systems in Canada: findings from two stakeholder dialogues. Pain Research & Management. 2015;20\(5\):269-79.](#)

Impact of Undermanaged Pain on Future Health

- Poorly managed acute or procedural pain alters the function and structure of the central nervous system, leading to the development of chronic pain.
[Chapman CR & Vierck CJ. The transition of acute postoperative pain to chronic pain: an integrative overview of research on mechanisms. The Journal of Pain 2017;18\(4\):359.e1-359.e38.](#)

Impact on Health Care Utilization

- Pain is the main reason for unplanned hospital visits after same day surgery and a leading cause of hospital readmission following surgery.
[Wu V & Hall SF. Rates and causes of 30-day readmission and emergency room utilization following head and neck surgery. Journal of Otolaryngology Head & Neck Surgery. 2018;47:36.](#)
[Coley KC, Williams BA, daPos SV, Chen C, Smith RB. Retrospective evaluation of unanticipated admissions and readmissions after same day surgery and associated costs. J Clin Anesth. 2002;14:349–353](#)

Introducing SaskPain Board of Directors



Susan Tupper, PT, PhD, is the Strategy Consultant for Pain Quality Improvement and Research for the Saskatchewan Health Authority. She is a licensed physical therapist with a PhD in Community Health and Epidemiology and post-doctoral fellowship in Pediatrics. Susan holds adjunct faculty positions with the Department of Pediatrics and School of Rehabilitation Sciences at the University of Saskatchewan. Susan practiced clinically in both in-patient acute care and out-patient settings. Susan's current role with the Saskatchewan Health Authority includes knowledge translation, program planning, policy writing, research, and education for healthcare providers, trainees, and the public. Susan is co-chair of the Board of Directors of SaskPain.

Glen-mary Christopher, RN, has been a Registered Nurse since 2003, with experience in emergency, critical care, clinical education, and management. She is interested in all areas of pain management, particularly acute and procedural pain. She has been privileged to work with interprofessional team members to improve pain management in the former Sunrise Health Region. Glen-mary loves coaching people about the ways pain can be eliminated or reduced. She is also passionate about reading research and writing policies and procedures to support best nursing practice. Glen-mary is co-chair of the Board of Directors of SaskPain.



Krista Baerg, BSN, MD is a consultant pediatrician and associate professor of pediatrics at the University of Saskatchewan. Dr. Baerg is the physician lead of the Interdisciplinary Pediatric Complex Pain Clinic. She is the local principal investigator for the Chronic Pain Network, a CIHR SPOR chronic disease network, and co-chair of the Pediatric Pain Interprofessional Practice Council and Newborn Jaundice Working Group for Saskatchewan Children's Services. Dr. Baerg's research focuses on complex regional pain syndrome, chronic pain, pediatric pain management, and interprofessional collaboration. Dr. Baerg is chair of the Research working group with SaskPain.

Throughout a 35 year nursing career, Cathy Jeffery, RN, PhD, has worked in acute, community, palliative and long term care in addition to nursing and continuing education. Cathy also has experience in health care management, policy and procedure development and program planning and evaluation. Cathy is committed to interprofessional approaches and the incorporation of input from patients/clients/residents and their families to improve health system function and health care delivery that is linked to quality outcomes. Cathy is honored to have the opportunity to contribute to the development of a pain strategy that will benefit citizens of Saskatchewan. Cathy is chair of the Education working group with SaskPain.



Ross McCreery is a patient and advocate fighting to raise awareness and create change for those living with chronic pain. In 2006 he was diagnosed with a rare disease called CRPS (Complex Regional Pain Syndrome) that has no cure and very few treatments for the debilitating chronic pain. Ross is the founder of CRPS Awareness Day in Saskatchewan, an initiative designed to educate and raise awareness for the disease. He is also involved with advocacy groups across Canada and the U.S. In his role with SaskPain, Ross contributes to engagement of people living with pain and creation of the newsletter.

Susan Koskie, RN, has worked exclusively as a Registered Nurse in a rural hospital, the majority in the critical care setting. Pain management became an active interest for her in the past decade, and she is passionate in her pursuit of ensuring better pain management access and education for the people of Saskatchewan. Susan is Treasurer for SaskPain.



Board member bios continued from previous page



Karen Juckes, RN, PhD (Candidate) is an assistant professor with the University of Saskatchewan College of Nursing, South SK Campus. Her teaching focus is in the area of pediatric and adolescent health. Karen's research interests are pain management, simulation and interprofessional education (IPE). She is currently pursuing her doctoral degree on pediatric pain. Karen is the chair of an inter-university committee that implements yearly IPE sessions on pain management for undergraduate students across eight disciplines. Karen is an executive member of the Saskatchewan Registered Nurses' Association (SRNA) Professional Practice Group in Pain Management. Karen has received the SRNA Millennium Award for Innovation in Nursing and the Canadian Pain Society (CPS) Interprofessional Nursing Project Award.

Tim Bolton, BSc, BHS, MD, completed degrees in Chemistry and Health Studies at the University of Regina, prior to completion of a Medical Degree at the University of Saskatchewan in 2014. Tim will be completing his specialty training in Anesthesiology in June 2019. He then intends to seek sub-specialty training in Chronic Pain Management. This training will aid him in his dream of opening a Multidisciplinary Pain Clinic that the people of Saskatchewan deserve.



Tracy Bertram, BCom, is the Executive Director of the Chiropractors' Association of Saskatchewan. Previous roles have included Director, Fee for Service and Statistics with the Ministry of Health, and Director Physician Strategy and Quality with the Regina Qu'Appelle Health Region. Her twenty year career in health care/human services, has included 10 years with the Ministry of Social Services, and three years as an appointed Board member of the Five Hills Health Region. Tracy holds a Bachelor of Commerce degree in Healthcare Administration from the U of S, and a Certificate in Quality Management from the Canadian Healthcare Association.

Jacqueline Kraushaar, MD, obtained her medical degree in 2007 and residency in Physical Medicine & Rehabilitation in 2012 at the University of Saskatchewan. She practices as a Physiatrist at Wascana Rehabilitation Centre in Regina. She is Area Division Lead for the Department of Physical Medicine & Rehabilitation in Regina. Her clinical interests include prosthetics & orthotics, spasticity management, neuromuscular medicine including electrodiagnostics, sexuality & disability, stroke rehabilitation, multiple sclerosis and pain management. Dr. Kraushaar is also very interested in medical education and teaches both medical students and residents. She is the Year 2 Site Coordinator and Assistant Professor through the College of Medicine at the University of Saskatchewan. She is also an Associate Member of the Department of Community Health & Epidemiology. Dr. Kraushaar is chair of the practice working group with SaskPain.



Pain Research Recruitment Notices

Have your say on the future of pediatric chronic pain research in Canada! Your voice matters. For more information go to: <http://tinyurl.com/partneringforpain> ; <http://tinyurl.com/partenairespoureladoulleur>

Between the ages of 16 and 25? Interested in pediatric research? Sign up for the Permission to Contact for Research Program to learn about future research opportunities at: <https://redcap.usask.ca/redcap/surveys/?s=3H3CYTHNLC>

Share Your Story about Pain

We are collecting personal experience stories from members of the public or healthcare providers about living with pain or managing pain in Saskatchewan. **Send your story to info@saskpain.ca.** These will be collected by the SaskPain Board and, with your permission, will be used in reports, the SaskPain website, or presentations to political and healthcare decision makers to advocate for more accessible services for pain.

Want more information on SaskPain?

Go to our website at www.saskpain.ca or email us at info@saskpain.ca. We look forward to hearing from you.