

improving pain in sk

+ COLLABORATIVE RESEARCH TEAM

welcome to

BETTER NEWS

This is the first edition of our newsletter and we are excited to share with you our vision and our progress to date. We also need your help with the recruitment of participants so please read on and see if you can be part of making this research project a success.



our goal

Our team is dedicated to coming together to give pain a voice, because right now there is a lack of integrated services and support for those living with chronic pain. We believe if we can hear the stories of those living with pain, and then co-design services and programs, that we will close the gap between what is needed and what exists, reducing existing barriers currently faced by those living with pain, and ultimately improving well being.

We are bringing together people who live with pain, community-based organizations, healthcare providers, and healthcare decision-makers in three communities that include:

- **Regina: adolescents and young adults**
- **Saskatoon's core neighborhoods**
- **Yorkton**

we are here!



4 phase project

- 1 Interviewing stakeholders in each community to learn about gaps and opportunities for pain management.
 - Preliminary results from phase one will be available in December. Watch future newsletters for more information.
- 2 Working groups will be formed in each community to plan one pain management improvement.
- 3 Support implementation and evaluation of the work identified in Phase 2 in each community.
- 4 Develop tools to support ongoing quality improvement work.

help wanted :)

We need your help with **RECRUITING PARTICIPANTS IN ALL THREE CENTERS.**

If you know someone who may be interested in participating, please share our contact information with them.

If you work somewhere that sees people from our research areas, we can send you posters & postcards to distribute.

need posters + postcards? yes please! *click emails below*

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REGINA/YORKTON

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check out our recruitment page

meet the team

(each newsletter we will profile a different team member)



Erin Beckwell
BSW, MSW, RSW (SK)

Erin is a social worker who has spent her career working in the areas of **health, education, and knowledge translation**. As a person living with chronic pain, she is excited to inform research that aims to improve access to responsive pain care in Saskatchewan.

In addition to her lived experience, Erin brings to the team skills in health **equity analysis and knowledge translation**. Originally from rural Southwest Saskatchewan, she also hopes to **facilitate connections with people living in rural communities and the 2SLGBTQ community**.

let's connect+
share our research

@improvingpainsk

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