

improving pain in sk

+ COLLABORATIVE RESEARCH TEAM

welcome to

BETTER NEWS

Our [linktr.ee](https://linktr.ee/improvingpainsk) holds a collection of links related to the project. Information from other websites on types of pain, pain management tools, pain networks and urls from our social are all found there. Click the link below.

linktr.ee/improvingpainsk



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**

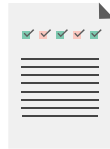
we are here!



4 phase project

- 1 Interviewing stakeholders in each community to learn about gaps and opportunities for pain management.
 - 99 interviews have been completed so far, including 38 with people with lived experience of pain, 53 with Healthcare providers, 6 with Healthcare decision makers, & 2 with Community based organizations.
- 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.

Study Recap



We've already learned so much from 99 interviews with people living with pain, healthcare providers and decision makers, but we want to learn more. We're STILL RECRUITING! Connect with us on social media for regular updates and links to great resources. Help us share the news about the study.

Want some posters or postcards to share with people you know who may be interested? Connect with Susan Tupper at susan.tupper@usask.ca, or text or leave a message at 306.715.8315.

We've presented preliminary findings at the Saskatchewan Health Research Showcase in November and will share more findings at the Canadian Pain Society meeting in April. We will be forming the advisory panel in February to begin planning for Phase 2 actions. Thank you for being part of this journey to improve pain in Saskatchewan.



meet the team

ROSS MCCREERY

(each newsletter will profile a different team member)

In 2006, Ross was diagnosed with CRPS (Complex Regional Pain Syndrome), later founding CRPS Awareness Day in the province of SK. His goal was to educate & raise awareness for those living with the disease.

Ross's advocacy efforts also include speaking engagements, published writings, and being a voice for other rare disease/chronic pain sufferers.

Through working with the organizations Outrun Rare, International Pain Foundation, SaskPain, and the Rare Disease Foundation, Ross has become very well connected with rare disease/chronic pain communities from around the world.

let's connect+share our research

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