

improving pain in sk

+ COLLABORATIVE RESEARCH TEAM

welcome to

BETTER NEWS

Our linktr.ee 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.
141 interviews have been completed so far, including 70 with people with lived experience of pain, 62 with Healthcare providers, 6 with Healthcare decision makers and 3 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.

Partners in Pain: Yorkton and Area Community Events

Thanks to the leadership of the Yorkton and area working group, three interactive educational events

for people living with pain were held

online in March. Attendance was

103 for all 3 events. Each event had a presentation by

a healthcare provider, a personal story from

someone living with pain, and a guided activity. We

are applying for funding to continue Partners in Pain

and add a bi-monthly podcast. Watch future

newsletters for notification when the events are available

for viewing on the www.saskpain.ca website.



"Everything was perfectly presented via Zoom. Thank you for the better than expected presentations. I learnt so much". Participant

Canadian Pain Society (CPS) Poster Presentation

The poster "Chronic pain needs assessment in Saskatchewan: hearing experiences of people with lived experience, healthcare providers, and decision-makers in three communities", will be presented at the CPS Annual Scientific Meeting April 28-30, 2021. Research Assistant Jessica Jack will also be delivering a "Hot Topic" presentation that discusses the research project in further detail.



meet the team

CASSIE JONES

(each newsletter will profile a different team member)

Cassie is a 3rd year nursing student with the University of Saskatchewan. She is currently taking classes long distance from Parkland College in Yorkton and is looking forward to a career where she can be a part of health promotion and disease prevention in her community. Cassie is positive and has a passion to advocate, collaborate and provide compassionate care. She understands the impact of chronic pain on her family and friends and wants to see a positive change towards better services for pain management in the province.

let's connect + share our research

@improvingpainsk Improving Pain In SK