

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

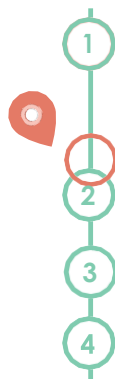
Our team is dedicated to coming together to give pain a voice, because right now there is a lack of integrated services and support for those living with chronic pain. We believe if we can hear the stories of those living with pain, and then co-design services and programs, that we will close the gap 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 adults

we are here!

4 phase project



1 Interviewing stakeholders in each community to learn about gaps and opportunities for pain management.

152 interviews have been completed so far, including 71 with people with lived experience of pain, 71 with Healthcare providers, 6 with Healthcare decision makers and 4 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. We will upload videos from these events to the SaskPain website. You can also find them on YouTube:



Mar. 17th: <https://youtu.be/Em5f6vbZgMQ> Mar. 24th: <https://youtu.be/WXIYGkDjvQw>

Canadian Pain Society (CPS) Poster Presentation

The IPSK team submitted our Phase 1 findings in the form of a poster presentation for the Canadian Pain Society's Annual Scientific Meeting (the CPS ASM) April 28-30, 2021. The poster, "Chronic pain needs assessment in Saskatchewan: hearing experiences of people with lived experience, healthcare providers, and decision-makers in three communities" led by Jessica Jack, was selected for a 10-minute Hot Topics presentation. As a result, Jessica explained our Phase 1 activities in greater detail as a presenting member of the ASM. In addition, Jessica was honoured with a CPS trainee award for her work on this presentation.



meet the team

JESSICA JACK

(each newsletter will profile a different team member)

Jessica Jack is a research assistant working on the Saskatoon branch of our research. She is also a first-year master's student in medical anthropology at the University of Saskatchewan and is researching reproductive decision-making in Saskatchewan in the face of the COVID-19 pandemic. Jessica is interested in pain research because of her own background, interest, and personal experiences in psychology and how mental health can affect pain, with a special interest in the experiences of sexual and gender minorities.

let's connect+share our research

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