

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 were completed, including 71 with people with lived experience with chronic pain, 71 with Healthcare providers, 4 with Health services decision makers, & 6 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.

Funding Success! *Partners in Pain* Webinars and Podcasts begin fall 2021

Thanks to the leadership of SaskPain, funding has been received from the Community Initiatives Fund to support the continuation of the Partners in Pain webinars as well as the exciting addition of a bi-monthly podcast. The Yorkton Working Group has chosen to focus on this new series of webinars as their project for Phase 2 of the IPSK research. Each webinar will include a presentation by a healthcare provider, a personal story from someone living with pain, and a guided activity. Please watch for more information coming soon!

Infographic of Phase 1 results coming soon

The IPSK team is creating an infographic of our Phase 1 results so that the public can learn what we learned from our amazing participants. We aim to make this data as accessible as possible so that everyone can hear about what it's like for people in Saskatchewan who live with pain and the changes that could help them. Keep an eye on our social media accounts to find out more!



meet the team

SUSAN TUPPER, PT, PhD

(each newsletter will profile a different team member)

Dr. Susan Tupper is the Strategy Consultant for Pain Quality Improvement and Research for the Saskatchewan Health Authority and Lead Principal Investigator of the Improving pain in Saskatchewan research project. She is a licensed physical therapist with a PhD in Community Health and Epidemiology. As a physical therapist and pain researcher, she has heard hundreds of personal stories of the tremendous impact pain can have on peoples' lives and their struggles to find help. She is excited to see the great changes that can come from bringing people living with pain together with healthcare providers and decision-makers to co-design new services and supports. As the project lead, she oversees all aspects of the research project.

let's connect+share our research

@improvingpainsk Improving Pain In SK