

National Pain Awareness Week is Nov 1-7

Our linktr.ee holds a collection of links related to the project and other valuable information. 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.

National Pain Awareness Week - Nov 1-7

National pain awareness week is a time to reflect on how we all have a part to play in supporting the 20% of people who live with chronic pain. It's also a time to celebrate the great work happening throughout Saskatchewan and across Canada. Join Ross McCreery @Rossco006 and @SaskPain on Twitter to raise awareness about Complex Regional Pain Syndrome by sharing about CRPS on social media with #GetLoudforCRPS.

Partners in Pain is back!

Partners in Pain Zoom webinars are back! These webinars are part of Phase 2 for Yorkton. Starting September 21, 2021, *Partners in Pain* webinars are being hosted on Zoom biweekly. For more information on sessions dates, times, topics and how to register, here is the link to [the poster](#). If you were not able to attend the previous sessions or unable to attend a future session with us, you can find the recorded sessions on [YouTube](#). We are excited to see you there!

Phase 2 Saskatoon - Graphic Medicine

For Phase 2 activities in Saskatoon, we are applying for a SHRF Solutions Grant to explore using visual storytelling and art to address stigma experienced by people living with pain. With an exciting and experienced team, we hope to bring together local artists and Saskatchewan people who are willing to share their stories to bring these important experiences to people around the province. Stay tuned for further updates about this exciting work!



meet the team

KAREN JUCKES, BSN, MN, PhD (c)

(each newsletter will profile a different team member)

Karen Juckes, RN, PhD (c) is a professor with the University of Saskatchewan, College of Nursing (Regina/Yorkton). Her teaching focus is in pediatric and adolescent health. Karen is a SaskPain board member and the president of the SRNA Pain Management Professional Practice group. Karen is actively involved in providing pain education for health care professionals and students. Her passion for pain research is fueled by the stories of people living with pain and the need for improved pain services across Saskatchewan.

let's connect + share our research

@improvingpainsk ImprovingPaininSK