

welcome to BETTER NEWS

Linktr.ee Updates!

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.

Your Partners in Pain Podcast - Share Your Story

The Saskatchewan Pain Society, thanks to support from the Community Initiatives Fund, was able to launch a brand new "podcast" this past Fall. Entitled, "Your Partners in Pain," 6 audio episodes have been released to date. We encourage you to listen to these interviews with pain experts, researchers, and those with lived experience whom bravely share their story and insight regarding pain management and healing. If you would like to share your pain journey or expertise through an interview, contact Alexandria.pavelich@usask.ca, and click [HERE](#) (<https://feeds.transistor.fm/your-partners-in-pain>) to listen to some of the episodes!

Pediatric Pain Clinical Standard - Request for Public Feedback

A draft [Pediatric Pain Management Standard](#) has been developed by the [Health Standards Organization \(HSO\)](#) and [Solutions for Kids in Pain \(SKIP\)](#) in consultation with: patients and family members, clinicians and health service administrators, government and health services stakeholders, and researchers. Once approved, the Standard will apply across the continuum of care to all Canadian health and social services organizations who provide pain management to pediatric populations (birth to 19 years). **Anyone who is interested in this topic is welcome to participate.** All feedback is due **February 4, 2022**

- [Public Review Feedback Survey \(Closes February 4 @11:59pm EST\)](#)
- Or submit feedback to: robin.dzieknan@healthstandards.org



meet the team

ALEXANDRIA PAVELICH,

(each newsletter will profile a different team member)

Alexandria is a PhD student, patient partner, and the newest research assistant working on the project! Alexandria's personal history of living with chronic pain inspired her involvement with the IPSK team, and her current studies focus on how social support can help alleviate emotional and physical pain or suffering. Alexandria loves to hear people's stories, which lends well to conducting research interviews, and her name may sound familiar because she is the current host for the "Your Partners in Pain" podcast sponsored by SaskPain!

let's connect + share our research



@improvingpainsk



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