



Partners in Pain: evaluation of a virtual community engagement group for people living with chronic pain in Saskatchewan

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BACKGROUND

Why does this matter?



- People with lived experience (PwLE) of pain are at heightened risk of social isolation.¹
- Support groups can be an effective way of decreasing social isolation for PwLE.²

What do we hope to accomplish?

Execute an accessible online local support group where people will gain social connection, awareness of local resources, and the skills and knowledge for pain management.

Partners in Pain (PiP)

- PiP was chosen from one of 61 change strategies from the Improving Pain in SK project.
- Bi-monthly 1-hour interactive virtual community events on Zoom.
- November 2021 to March 2022. 10 sessions delivered.
- Three components:
 - Education from health care professionals (e.g. caregiver well being, cannabis)
 - Personal pain story from PwLE
 - Facilitated activity (e.g. art project, gentle movement)

METHODS

Recruitment



- Social media



- Traditional media



- Word of mouth

Evaluation Method

- Day after, session slides emailed along with 18 question optional post-session survey to participants
- 81 survey respondents in total

Questions

- Self-perceived effects of session
- Intent to use information
- Demographics

PARTICIPANTS

Attendees: 225 participants attended live (mean = 23 per session of 10 sessions). Total of 201 YouTube views (mean = 29 per video of 7 posted videos).

Gender



- 85% women
- 15% men

Role (can list more than one)



- 91% PwLE
- 24% PwLE supporters
- 21% Health care professionals

Age



- 1% <35
- 52% 35-55
- 47% >55

RESULTS

What did you like best about this session?

"The encouragement and interaction of the group of participants, it was fun and felt like a social visit."

"I like the combination of professional and personal perspectives."

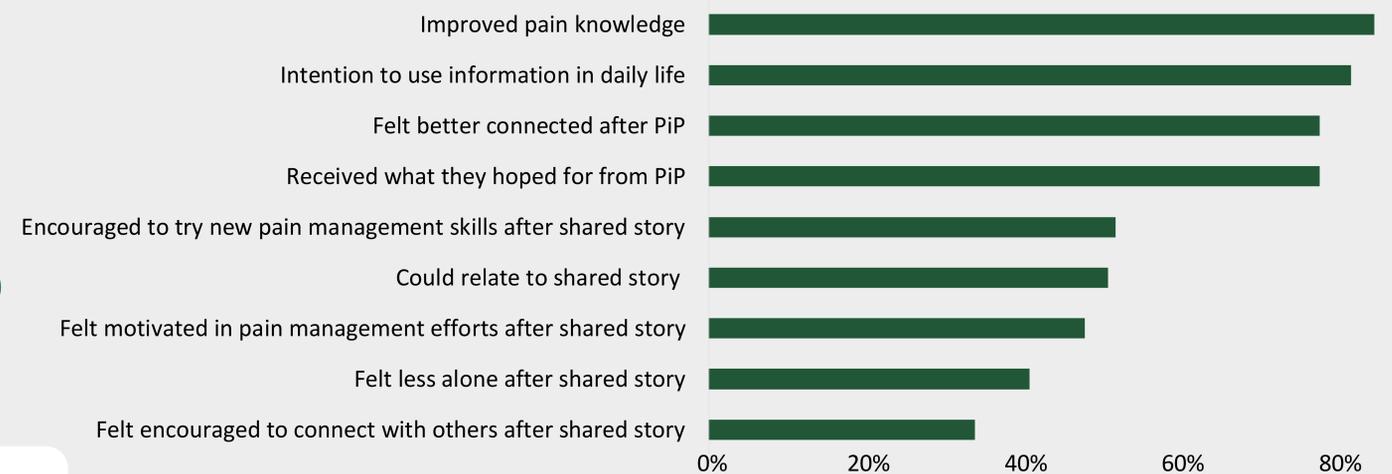
"The fact that I am not alone."

"The depth of information and community support!"

FUTURE DIRECTION

Ongoing funding for Partners in Pain will be sought by SaskPain. Goal is to expand reach and engagement across the province through new community partnerships.

Proportion of Respondents



Acknowledgments:

We acknowledge that this research is being done on Treaty 6 Territory, Treaty 4 Territory, and the Homeland of the Métis. The First Nations and Métis ancestors of these places, as well as their living relatives, are integral to this research. We reaffirm our relationship with one another.



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REFERENCES

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