

Linktr.ee Updates!

Our [linktr.ee](https://linktr.ee/improvingpainsk) 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..
- 2 **Working groups** 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.

Canadian Pain Society

Members of the IPSK team, Susan (PI), Cassie and Jessica (trainees/research assistants) attended the Canadian Pain Society's Annual Scientific Meeting on May 10-13, 2022 in Montreal. First-time conference attendees Cassie and Jessica both presented posters, and it was also their first time doing so in person. Jessica presented on the Phase I change strategies for improving pain in SK and Cassie presented the evaluation of Partners in Pain. Please enjoy a poem written by Jessica that unravels the experience of a first time conference attendee: *first conference, first love*

*hesitant yet jubilant,
crowds new again, but friends old,
animal models prevalent,
neurology, clinicians in the fold*

*gut microbiome can lead to pain!
use neuroplasticity in the brain!
reminiscing keeps families sane!
patients lead us against the grain!*

*overwhelming, overloaded, overpopulate,
trainees follow PI like ducklings in a pond,
overmedicate, oversaturate, overstimulate,
neoliberalism, that's how pain is spawned.*

*names, faces, experiences, each one a blur,
but I remember love and patience, not bias and hate,
inside, that makes my love of research stir,
now we're building pillars to help bear the weight.*

Regina Phase 2 Update

The Regina IPSK group has identified two projects for Phase 2. The first is the development of a curriculum package on chronic pain in children for use in schools with grades 5-7. The second project is the development of a children's book on chronic pain, told from the perspective of a child living with pain, for use with younger grades. These projects are working to fill the gaps and needs around education of chronic pain in kids/teens/young adults and families. Work is underway and input from others who have an interest in this area is welcome.

In addition to the Phase 2 projects, we are planning a half-day conference on pediatric chronic pain November 25, 1230-1630. The conference will be a hybrid format with online and in-person options. The conference will be open to health care professionals, community agency staff, teachers, and people with lived experience. Further details to follow. For any questions, please contact Karen Juckes karen.juckes@usask.ca



Help us improve the Pediatric Chronic Pain Pathway for

primary care and community care settings! Members of our team are collecting national feedback from young people living with pain, their family caregivers, and healthcare providers on the pathway. The idea is that the pathway document can be edited for different areas with links to local services. It puts a list of resources at the fingertips of clinicians and hopefully supports communication about chronic pain management. Please complete the 10-15 minute survey and share information with others who may want to take part. <https://www.surveymonkey.ca/r/YPXPNLB>



meet the team

Dr. Krista Baerg,

(each newsletter will profile a different team member)

Dr. Krista Baerg is a general pediatrician and associate professor of pediatrics at the University of Saskatchewan. Prior to entering medicine, she completed a Bachelor of

Science in nursing and worked as a nurse in northern Canada. She provides inpatient and general pediatric consultative services at Jim Pattison Children's Hospital and serves as the medical lead for the Interdisciplinary Pediatric Complex Pain clinic. Dr. Baerg has led a variety of local pain-related quality improvement initiatives and participates in clinical research studies related to children's pain care. For more information about Dr. Baerg and her work, please see her faculty profile at: <https://medicine.usask.ca/profiles/pediatric-divisions/general-pediatrics/krista-baerg.php>