

# improving pain in sk

+ COLLABORATIVE RESEARCH TEAM

## welcome to BETTER NEWS

### 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](https://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!



**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.

# 4 phase project

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### Graphic Medicine Project

Saskatoon's IPSK working group has completed data collection and is beginning data analysis for the Graphic Medicine project titled, "Solutions-focused storytelling to promote people-centered care: challenging stigma of chronic pain and substance use with educational comics." Narrative (story-based) interviews were conducted with people living with pain and healthcare providers. Once data analysis is completed, the team will meet to develop story boards, depicting common elements from the interviews. Design of comic-style graphic medicine stories is expected to be completed by Arcana Creative by the end of the year. We are excited about the potential to use these stories in education for healthcare providers and patients.

### Pediatric Pain Conference

Nov 25, 2022

The Regina IPSK working group is planning a half-day virtual conference on pediatric chronic pain in the afternoon of November 25. This event is being held in conjunction with the annual Pain and Therapeutics conference.

This is an opportunity for participants to enhance their awareness and knowledge of chronic pain in children. Children, youth and families will share their journey with pediatric chronic pain to improve understanding of challenges and opportunities associated with this common condition. An established interprofessional pediatric chronic pain management team from the IWK Health Centre in Halifax, including Dr. Allen Finley, will share their biopsychosocial approach. Participants can attend virtually or in-person in Regina. All presentations are virtual. Registration is \$30 for health care providers, while students and people with lived experience are free. For more information and to register, please [click here](#).

For any questions, please contact Karen at [karen.juckles@usask.ca](mailto:karen.juckles@usask.ca)



**IASP Conference** Members of the IPSK team, Dr. Susan Tupper (PI), Dr. Krista, Baerg (co-I), and Alexandria Pavelich (research assistant) attended the IASP 2022 World Congress on Pain, on September 19-23, in Toronto. Susan presented a poster on the IPSK research "Improving pain in Saskatchewan, Canada: a community-based participatory project to identify, co-design, and engage change in pain management." The World Congress on Pain is the largest global gathering of pain professionals bringing together more than 7000 people from around the world and across pain disciplines.



## meet the team

### Megan Hewson,

(each newsletter profiles a different team member)

Megan Hewson is the IPSK Research Assistant for the Regina area and a pediatric RN who is from Regina but resides long-term in Saskatoon working at the Jim Pattison

Children's Hospital. Due to her other passion of travel and remote nursing, she spent the summer working in the Yukon. Thanks to covid and virtual communication, she has been able to fulfill a long distant yet active role with the Regina working group by helping facilitate the exciting and fruitful strategies that are coming to life in this project. Megan says, "as a pediatric nurse, it has been an honour to be a part of this project and work with such a diverse and multidisciplinary team. Knowing we are working towards filling some major gaps in pediatric chronic pain in our province has been incredibly rewarding and has already enriched my practice greatly. This upcoming fall/winter is going to be an exciting time for us, and I am excited to see how things continue to unfold!"

let's connect+share our research

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