

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



our goal

Our team is dedicated to coming together to give people living with pain a voice. 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 **Interview** stakeholders in each community to learn about gaps and opportunities for pain management.
- 2 **Working groups** in each community co-designed one+ pain management improvement.
- 3 **Support implementation** and evaluation of the co-designed changes in each community.
- 4 **Mobilize knowledge** to support ongoing engagement and change.

Happy Holidays from the IPSK team!

We wish you all a happy and healthy holiday season.

Pediatric Pain Conference -Nov 25, 2022

The Regina IPSK working group hosted a half day virtual Pediatric Pain Conference: *Building capacity and connections to support chronic pain services for children and families in Saskatchewan* on November 25, 2022. There were 90 attendees including health care providers, medical residents, nursing students, and people with lived pain experience.

Children, youth and families shared their journeys with pediatric chronic pain to improve understanding of the challenges and opportunities associated with this prevalent condition. An interprofessional pediatric chronic pain team from the IWK Health Centre in Halifax shared their biopsychosocial approach to pain management and roles of the physician, nurse, psychologist and physiotherapist.

The Regina IPSK working group is continuing with the development of a book and Grade 4-5 curriculum package for teachers on pediatric chronic pain and will have exciting updates to share in the new year. If you are interested in joining a Saskatchewan Pediatric Chronic Pain network, please contact contact Karen at karen.juckles@usask.ca

Graphic Medicine Project

Saskatoon's IPSK working group is wrapping up data analysis of the narrative (story-based) interviews conducted with 13 people living with pain and 5 healthcare providers. The team will meet in January to begin story board development to depict common elements from the interview: into four educational comic-style stories. Senior art students from the First Nations University of Canada have been invited to apply for a mentorship opportunity to work on this project with Arcana Creative, the graphic design company who is designing and illustrating the stories.



meet the team

Pamela Downe

(each newsletter profiles a different team member)

Dr. Pamela Downe is a Professor of Archaeology and Anthropology at the University of Saskatchewan. As a medical anthropologist, she has research expertise in infectious disease, maternal health and motherhood, as well as cultural bases of illness and distress. Pam is a community-based researcher and ethnographer who has worked with 26 community-based organizations across six countries. She has collaborated on research projects that explore dimensions of chronic pain and pain management since 2015. She is a dedicated teacher at the University, receiving six awards for excellence in teaching as well as graduate supervision. Beyond her University work, Pam is a grandmother of four, mother of two daughters and two badly-behaved dogs, a wife, sister, aunt, and friend.

let's connect + share our research

 @improvingpainsk  Improving Pain In SK