

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





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 adult

let's connect + share our research

 @improvingpainsk
 ImprovingPainInSK

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.

IPSK is using storytelling to *Improve Pain in SK!*

Regina Working Group Update – Book and Curriculum Project

The Regina IPSK team continues working on the book and curriculum project focusing on pediatric pain. Members of the team met with an editor and are expecting final edits to the book later this month. An illustrator has been recruited who will then create a story board and will meet with the Regina team to discuss and review the draft images. The team will then bring this all back to some of the original research participants for their review and feedback. Development of the curriculum manual targeting grades 3/4 is also ongoing.

For more information, please contact karen.jukes@usask.ca

Saskatoon Working Group Update - Graphic Medicine Project

Saskatoon's IPSK team has completed data analysis for 3 of the 4 graphic medicine stories. These stories will be situated in 4 different healthcare settings: the emergency department, a family physician's office, the surgical ward of a hospital, and an addictions treatment center. The full project team has met twice with Arcana Creative to conceptualize the episodes and visual elements for story 1 and 2 using the 3-act framework. We will meet with Arcana in March to continue this work. Drafts of all 4 stories are expected to be completed by May 2023. Feedback on the drafts will be collected in a second round of interviews and a focus group in the summer-fall of 2023.



arcana creative x **DWELL HOUSE COMMUNICATIONS**

Three-Act Framework

There are lots of ways to structure a story. We have chosen a three-act story to help connect the beginning, middle, and end of your brand narrative.

ACT 1	ACT 2	ACT 3	MORAL
What matters?	What's at stake?	What do we want?	What will it take?
Challenge of the story & key characters are introduced	Choices must be made as key characters face a clear fork in the road	Outcomes of those choices are realized as key characters move towards their goals	A call to action for the story's audience, something they're left with that resonates & activates

NARRATIVE COMICS

meet the team



Colleen Dell

(each newsletter profiles a different team member)

Dr. Colleen Anne Dell is a Professor & Centennial Enhancement Chair in One Health and Wellness at the University of Saskatchewan in the Department of Sociology and School of Public Health in Canada. She is also a Senior Research Associate with the Canadian Centre on Substance Use and Addiction. Grounded in a community-based, patient-centred participatory approach, her research focuses on healing from addictions and mental health, with specific attention to Indigenous populations and animal assisted interventions (ranging from canine assisted therapy to service dog interventions).