

# 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 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 Overview

We are in phase 3 and 4 of the study. Analysis of 152 Phase 1 interviews highlighted 61 change strategies described by people living with pain and healthcare providers. Participants identified these as changes needed to improve pain management in Saskatchewan. The change strategies were grouped according to 2 major themes; Service Program Elements, and Service Delivery Elements (see definitions in Figure 1). The list of change strategies guided working groups in Phase 2 to design a change activity in each community that was evaluated in Phase 3. Phase 4 work is underway to raise awareness of the list of changes needed with healthcare decision makers. By identifying these change strategies and demonstrating patient and provider engaged development work, the IPSK project will have long-lasting impacts on pain management in Saskatchewan. See our team's poster presented at the 2022 Canadian Pain Society Annual Scientific Meeting: [https://www.saskpain.ca/wp-content/uploads/2023/05/CPS-2022\\_IPSK-change-strategies.pdf](https://www.saskpain.ca/wp-content/uploads/2023/05/CPS-2022_IPSK-change-strategies.pdf)

Service program elements, or what programs or services are needed to improve pain care.	Service delivery elements, or how service program elements should be delivered to improve pain care.
<b>Health services</b> Program or service that offers assessment, treatment, and direct care to patients by HCPs.	<b>Care value</b> Standards of behavior or care that have been described by participants as important to how care is delivered and how interpersonal interactions go.
<b>Care navigation</b> Providing guidance or coordination of care for patients through the healthcare system.	<b>Delivery approach</b> A specific tool or way of delivering healthcare services or education.
<b>Support programs</b> A support service for individuals or groups to improve emotional, relational, financial wellbeing.	<b>Assessment</b> Ensuring that specific assessments are collected and inform treatment decision making and that assessment items align with patient values.
<b>Education</b> Training or mentorship provided to improve knowledge or skills or change attitudes and beliefs.	<b>Communication</b> A process to improve communication about pain care or services.
<b>Raising awareness</b> Raising awareness about pain or pain resources and advocating to improve supports for pain.	

Figure 1: Themes, subthemes and definitions of categories of change strategies - Phase 1 findings, IPSK project.

### Regina Working Group Update – Book and Curriculum Project

The Regina Pediatric IPSK working group members have been developing a curriculum resource on chronic pain that can be used alongside our children's storybook. The story is about Rikki, a gender-neutral child living with complex pain. In the curriculum resource, we have set out to produce slides, tools, and printables, that educate both teachers and students on complex pain in children. All of the activities are directly related to Saskatchewan's Grade 3-5 curriculum in Health, English Language Arts, Social Studies, and Physical Education. We set up our unit by providing 2-3 hook, main lesson, and closure activities that the teacher can mix and match to suit their class, grade level, and curriculum outcomes. We are pleased with the project so far and excited to add in further connections from the story as the curriculum is completed

### Saskatoon Working Group Update - Graphic Medicine Project

The Saskatoon team presented a poster at the Canadian Pain Society Annual Scientific Meeting in Banff on May 10-13. [https://www.saskpain.ca/wp-content/uploads/2023/05/CPS\\_2023\\_GM-poster.pdf](https://www.saskpain.ca/wp-content/uploads/2023/05/CPS_2023_GM-poster.pdf). The poster describes the work to develop graphic medicine educational comics for healthcare provider education. In Phase 3 of this project, our team will conduct focus groups and interviews with people living with pain, healthcare providers, and health services decision makers to collect feedback on the stories and plan how to use the stories to improve provider knowledge about pain and stigma. It has been exciting to see the stories come to life with the wonderful team at Arcana Creative <https://arcanacreative.ca/>.