

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



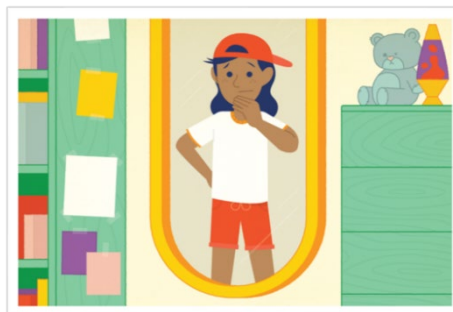
- 1 Interview** stakeholders in each community to learn about gaps and opportunities for pain management.
- 2 Working groups** in each community co-designed one pain management improvement.
- 3 Support implementation** and evaluation of the co-designed changes in each community.
- 4 Mobilize knowledge** to support ongoing engagement and change.

IPSK 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 that are needed to improve pain management in Saskatchewan. 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.

Regina Working Group Update – Book and Curriculum Project

The Regina Pediatric IPSK working group members are finalizing the development a curriculum resource on chronic pain that can be used alongside our children's storybook. The book is about Rikki, an adventurous, determined, fun-loving, gender-neutral child living with complex pain. Rikki is prepping for a big relay race during the school play-day where they experience excitement, disappointment, and validation over the course of the story. 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. Sample activities include 'Rikki's friend' and the creation of an 'Inclusivity App'. All of the activities are directly related to Saskatchewan's Grade 3-5 curriculum in Health, English Language Arts, Social Studies, and Physical Education.



Dr. Karen Juckes, RN and Ms. Megan Hewson, RN represented the Regina working group at the International Pediatric Pain Society Conference in Halifax (Oct. 1-4), where they presented a poster on the Regina IPSK work entitled: *Better Together Collaborative Research Partnership Addressing Pediatric Chronic Pain in Saskatchewan*.

Saskatoon Working Group Update - Graphic Medicine Project

The Saskatoon team conducted narrative (story-based) interviews with people living with pain and healthcare providers. Data analysis of these interviews was completed and story boards were developed depicting common elements from the interviews. Three educational, comic style graphic medicine stories were designed and illustrated with Arcana Creative (<https://arcanacreative.ca>).

Feedback on the draft stories is being collected from people living with pain, healthcare providers, and health services decision makers through a second round of reflection interviews. A focus group will be held in early November to help inform a plan for how to use the stories to improve healthcare provider knowledge about pain and stigma.

