

November 2019

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Special Addition – Pain Management

Did you know the province of Saskatchewan has a non-profit for Pain Management?

SaskPain grew from the grass-roots efforts of inter-professional clinicians with an interest in pain management. The group formed under the Saskatchewan Registered Nurses' Association, Professional Practice Group in Pain Management. They started by organizing stakeholder dialogues in 2014 and 2016 to identify the strengths and gaps in pain care, and then select possible strategies to address those gaps in Saskatchewan. Patterning their activities after the highly successful organization, [PainBC](#), they incorporated in May of 2018.

The goals of SaskPain are to promote better understanding of pain and to increase access to coordinated pain management services through education, systemic change, and involvement in research.



SaskPain benefits people living with pain, their families and significant others, healthcare providers, and the public. Their [website](#), newsletters, and education initiatives are publicly available.

Representatives from SaskPain also attend Ministry of Health committee meetings. They have written briefing notes for the Saskatchewan Health Authority Operations Leadership team, Ministry of Health, and Ministry of Justice to improve recognition of the potential impact of better pain management. This addresses the organization's priorities such as pain flow, and the opioid crisis.

Representatives from SaskPain participate in provincial and

national meetings forwarding the advancement of provincial and national pain strategies. This includes pan provincial presentations at the Canadian Pain Society Annual Scientific Meeting (2019), the Western Canadian Pain Conference (2019), and stakeholder dialogues at the McMaster Health Forum dialogue to develop a national pain strategy (2017) and the Canadian Institutes of Health Research Canadian Pain Research Summit (2017).

For those who want to get involved, you can join the [email distribution list](#) for newsletters and special announcements of SaskPain activities, or request to join a working group.

Recent publications: [Spring 2019 Newsletter](#)

Special Thanks to Dr. Susan Tupper for providing content for this article. Susan is the SaskPain Board of Directors Co-Chair.

The StopPain Networking Event: Exemplifying the USask Strategic Plan Goal of Boundless Collaborations

[Dr. Krista Baerg](#) is a consultant pediatrician and associate professor of pediatrics at the University of Saskatchewan and is the physician lead of the Interdisciplinary Pediatric Complex Pain Clinic. She is also the local principal investigator for the Chronic Pain Network (a CIHR SPOR chronic disease network) and an active member of the Interprofessional Pediatric Pain Practice Council. Along with her research coordinator Casey McMahon, Dr. Baerg recently organized a successful research-networking event held at the University of Saskatchewan.

The objective was to unite a group of key people who shared interest in child and youth complex pain. The participants were a combination of health care providers including physiotherapists, nurses,

physicians, social workers, and occupational therapists as well as researchers from Kinesiology, School of Rehabilitation, Dentistry, Nursing, Community Health and Epidemiology, Psychology, Psychiatry, and Pediatrics. To top the event off, patient advocates were invited to round out their perspectives on pain. During the two-hour meeting, the participants split into three groups and developed a



research plan from the top 10 priorities for pediatric pain research. The meeting invoked new research directions that would not have percolated among the participants prior to this event. Dr. Baerg and her new collaborators plan to take these research ideas and shape them into future grant applications. It is through many more events like this that boundless collaboration can create innovative and endless opportunities. This meeting was possible due to support from the Chronic Pain Network, the Division of Pediatric Research, and the Saskatchewan Health Research Foundation.

For more information, contact stoppain@usask.ca

Check out the recent Position Statement co-authored by Dr. Baerg: <https://www.cps.ca/en/documents/position/managing-pain-and-distress>

Pain Awareness Week November 4 – 8, 2019

November 4	November 5	November 6	November 7	November 8
11 AM – 1 PM #crpsOrangeDay at JPCH Main Floor Complex Regional Pain Syndrome (CRPS) Awareness day!	9 AM – 1 PM Coping Circus: Needle Pain Comfort Strategies at JPCH Main Floor Meet Nurse Mason (MEDI Robot) and a Child Life Specialist	12:15 PM – 1 PM Staff Lunch & Learn: Nitrous Oxide at JPCH Room 2395 Learn about policy and see equipment	9 AM – 4 PM Pain Research highlights Follow us on twitter #StopPain	12:15 PM – 1 PM Staff Lunch & Learn: Nitrous Oxide at JPCH Room 2395 Learn about policy and see equipment

This week is supported in part by funding from Chronic Pain Network, including funding from CIHR, SHRF, JPCHF, and the College of Medicine.

Support education and research by designating your JPCHF donation to Pediatric Pain.



Pain Awareness Week 2019

Coming Events

- Nov 7** Pediatric Grand Rounds – Dr. Allison Dart
- Nov 13** [Dean's Project's Proposal Submission](#)
- Nov 14** Pediatric Grand Rounds – Dr. Darryl Adamko
- Nov 15** [PET-CT Seminar Day and Open House Western College of Veterinary Medicine, University of Saskatchewan](#)
- Nov 15** [Balance and Belonging Speaker Series - Getting it right: LGBTQ2S Inclusion in Research](#)
- Nov 21** Pediatric Grand Rounds – Dr. Sam Chang
- Nov 21** [Mingling Minds](#) Dr. Rohit Lodhi & Dr. Maruti Uppalapati
- Nov 27** Department of Pediatrics Research Meeting - [RSVP](#)
- Nov 28** Pediatric Grand Rounds – Dr. Marisa Chard
- Nov 30** [Saskatchewan Emergency Medicine Annual Conference \(SEMACE\) 2019](#)
- Feb 6 & 7** [People Around the World Conference](#)
- April 2** **SAVE THE DATE** – Child Health Research Trainee Day

Congratulations!



Congrats to **Dr. Darryl Adamko** who was nominated for and recently accepted the role as the newest member of the Maternal Infant Child and Youth Research Network (MICYRN) Board of Directors. [MICYRN](#) is a federal not-for-profit, charitable organization founded in 2006 to build capacity for high-quality applied health research. The organization now links 20 other maternal and child health research organizations based at academic health centres across Canada including USask.

MICYRN is affiliated with more than 20 practice-based research networks providing support to new and emerging teams and has also established strong national and international partnerships. Having Dr. Adamko as a member on the MICYRN consortium and now part of the Board of Directors elevates Saskatchewan's opportunity for future collaborative engagement and puts us on course to be at the forefront for innovative research opportunities.

Help Sina win the [2019 IHDCYH Talks Competition](#)
Click on his [video](#) and give it a thumbsup!



This video was made in collaboration with the local pediatric Hematology team. Sina Sayedinazad and his Supervisor, Dr. Roona Sinha originally developed this for the CoM Dean's Summer Projects 2018.

INTERESTED IN PEER REVIEW?

CIHR is committed to promoting excellence in the peer review process. In an effort to better support reviewers across all career stages, backgrounds and expertise, CIHR has launched the [Reviewer Pathway](#).

The Reviewer Pathway provides individuals with opportunities to gain a better understanding of the elements of high quality review and the peer review process overall.

For more information on the resources available for reviewers, please visit the [College of Reviewers website](#).

Trainee Research Spotlight

Karen Jukes is a Registered Nurse with a Masters in Nursing. She is currently a PhD candidate in the process of writing her dissertation and presently holds a faculty position with the College of Nursing, University of Saskatchewan (Regina Site). Upon completion of her PhD, she plans to become more engaged in research.

Her research focus is Pediatric Pain, Interprofessional Education in Pain Management, and Interprofessional Education in Simulation. Her PhD is entitled, "Perceptions of pediatric pain practices: participatory action research (PAR) with health and social science learners in an acute care clinical setting"

Jukes' study approach included Participatory Action Research using interprofessional education with student co-researchers. The focus groups and interviews involved healthcare professionals such as physicians, nurses, pharmacists, child life specialists, physio therapists, occupational therapists, and psychologists; parents and caregivers; and finally children aged 10 and over within the Regina Qu'Appelle Health Region. Surveys were also distributed.

The study created awareness and education for healthcare professionals, parents & families, and children that was related to best practices in pediatric pain management. Action items were identified for improved practices including improvement in pediatric procedural pain and parent education.

Karen Jukes BSN, MN Assistant Professor



Photo from [College of Nursing USask](#)

The pediatric unit has since added pediatric pain education for nursing staff and parents with examples including posters displayed within rooms and freely available brochures. Pain management has been added to the admission brochure and discharge survey. There are now pre-printed pediatric orders that include analgesics, topical anesthetics and sucrose.

Jukes has also presented a poster on this research at the SHA (Regina) Research Showcase (2018).

The following article was published in response to an evaluation of student perceptions of IPE in Pain Management.

Hadjistavropoulos, **Jukes**, Dirkse, Cuddington, Walker, Bruno, White, Ruda, PiBazylewski. "Student Evaluations of an Interprofessional Education Experience in Pain Management." *Journal of Interprofessional Care*

The Children's Health Research Trust Fund (CHRTF) was established in 1983 to help raise funds to support child health research at the University of Saskatchewan. As all donated funds are endowed, the CHRTF has continued to grow to become an important part in helping advance research in the Department of Pediatrics. For further information about the CHRTF and to donate:

<https://donate.usask.ca/online/chrtf.php>



Our Partners:

The Jim Pattison Children's Hospital has historically provided strong support for child health research in Saskatchewan. The recent \$50 million donation from Jim Pattison allows for a steady stream of revenue to help meet research and programming needs for generations to come. Groundbreaking opportunities for pediatric researchers in Saskatchewan are on the horizon!



Contact us

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