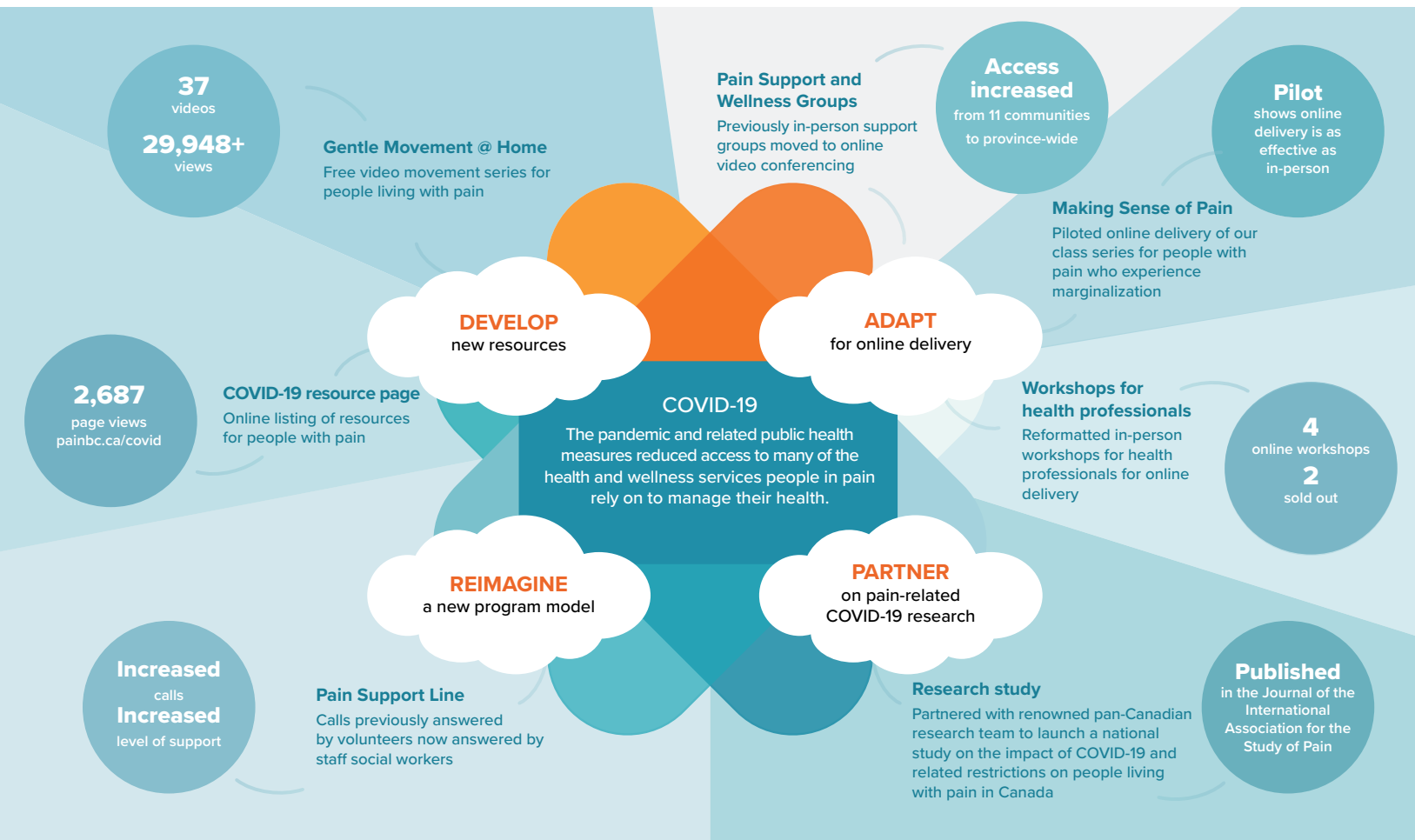


## Responding to the needs of people with pain during COVID-19



## Preventing persistent pain and intervening early to reduce its impacts

In 2020, Pain BC supported several organizations to prevent chronic pain and intervene early to reduce its impacts.

### SUPPORT

hospital and community-based initiatives to prevent acute pain from becoming chronic.

### COLLABORATE

with BC Children's Hospital to improve outcomes for children with complex pain.

### ADVISE

ICBC on advancing early care and intervention for British Columbians injured in motor vehicle accidents.

## Improving systems that impact people in pain, communities and societies

We know complex problems can't be solved by one group alone – improving the lives of people in pain requires collective action. In 2020, Pain BC collaborated with people in pain and their families, health care providers, other non-profit organizations, government, researchers, and many others to work toward our shared goals of improving the systems people in pain rely on to stay well.

### Improving systems in Canada

- Engaged in Health Canada's Canadian Pain Task Force
- Pain BC's Executive Director led Task Force as co-chair
- Empowered other organizations to raise awareness and combat stigma by providing backbone communications support

### Improving systems in BC

- Coordinated 3 active Working Groups focused on improving health systems
- Engagement from 88 Working Group members
- Participated in the Shared Care Committee's Chronic Pain Spread Network
- Collaborated with 14 Divisions of Family Practice

# Empowering people who live with pain to enhance well-being



## Pain Support and Wellness Groups

**851 meeting attendees**

**98%** found the groups helpful for talking to others who understand

**85%** gained new skills to manage pain

**89%** felt less alone with pain

## Coaching for Health

**1,127 coaching sessions**

## Pain Support Line

**1480+ calls**

## Harnessing the dedication of volunteers

**274**

Total Pain BC  
volunteers



**6547**

Total volunteer hours  
contributed



**135**

Support Services  
volunteers



**120**

Working group  
members



**14**

Board  
members



**5**

Practicum  
students



## Educating health care providers to better assess and manage pain

### Pain Foundations

In the fall of 2020, we launched a new version of our Pain Foundations course – Pain Foundations for Primary Care Providers. This version is specifically intended for physicians and nurse practitioners to develop clinically relevant approaches to chronic pain management, including non-pharmacological treatments and prescribing best practices. We also began national sales of the courses at a modest cost. Both versions remain free to health care providers in BC thanks to the support of the Province of British Columbia.

**639**

Pain Foundations registrants

**93%** of learners said the course changed their understanding of the lived experience of people with chronic pain

**85%** of learners said they would make a change in their practice as a result of taking the course

### BC ECHO for Chronic Pain

**634**

ECHO registrants

**325%** increase in primary care provider attendance

**95%** of attendees would recommend it to a colleague

## Governance and financials

### Financial statements

View our audited financial statements at [painbc.ca/financials](http://painbc.ca/financials).

### Thank you to our supporters

We are so grateful to our generous community of donors who are fueling our mission to enhance the well-being of all people with pain. For a full list of Pain BC's generous supporters, please view our full report online.

[annualreport.painbc.ca](http://annualreport.painbc.ca)