



Preventing persistent pain and intervening early to reduce its impacts

In 2021, Pain BC supported several organizations to prevent chronic pain and intervene early to reduce its impacts.

DEVELOP

an education program addressing acute to chronic pain after surgery, in collaboration with regional health authorities

ADVISE

Corrections Canada on improving pain care for people living with pain who are incarcerated

PARTICIPATE

in two Ministerial roundtables to advocate for people living with pain who also use substances

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 2021, Pain BC collaborated with people in pain and their families, health care providers, other non-profit organizations, government, researchers, and many others to advance our shared goals of improving the systems people in pain rely on to stay well.

Improving systems in Canada

- Pain BC's Executive Director co-chaired the Canadian Pain Task Force
- Work led to Health Canada's An Action Plan for Pain in Canada
- To advocate for the implementation of the plan, we launched the #PrioritizePain campaign with more than 40 organizations

Improving systems in BC

- Coordinated three active provincial Working Groups with 84 members to improve assessment of people accessing pain-related programs
- Began developing an online training course to help ICBC Recovery Specialists understand the best ways to support people living with pain

Empowering people who live with pain to enhance well-being

Pain Support and Wellness Groups

1,067 meeting attendances

95% found support in talking to others who understood

92% felt safe sharing their feelings

88% felt less alone with pain

Coaching for Health

150 program referrals

Pain Support Line

2,569 interactions

74% increase from 2020



Harnessing the dedication of volunteers

272
Total
volunteers


3,368
Total
volunteer hours


73
Support Services
volunteers


84
Working group
members


12
Board
members


2
Practicum
students


Educating health care providers to better assess and manage pain

Pain Foundations

Pain Foundations is an online course that improves care of people who live with pain by building essential knowledge and skills. We offer two versions of Pain Foundations: one for primary care providers and one for allied health providers.

1,356
Pain Foundations registrations

98% of graduates feel more confident talking to patients about pain

87% of graduates say their understanding of lived experience of pain has changed

BC ECHO for Chronic Pain

Our ECHO (Extension for Community Healthcare Outcomes) offers free mentorship and education to improve care of people who live with pain, particularly in rural and remote communities.

635
ECHO recording views

479 registrants

14 sessions

Governance and financials

Financial statements

View our audited financial statements at 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.

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