



Preventing persistent pain and intervening early to reduce its impacts

In 2022, we supported several organizations to prevent chronic pain and intervene early to reduce its impacts.

FOSTERING

patient-centred care through ongoing engagement with people living with pain and clinicians

ADVISING

BC Children’s Hospital in its work to become ChildKind certified, an international pain management designation

DELIVERING

20+ presentations and learning sessions with 320+ attendees to various organizations

Improving systems that impact people in pain, communities and societies

Improving systems in Canada

- Participated in federal Ministerial roundtables on substance use, mental health and pain in the trades and natural resource industries
- Advised Corrections Canada on pain self-management programs for people with pain who are incarcerated
- Advised on a toolkit to reduce stigma in health care and social service organizations

Improving systems in BC

- Advised the Provincial Health Services Authority on the creation and launch of the Pain Care BC Health Improvement Network
- Led a review of self-management program curricula used by health care providers
- Developed an online course to help ICBC staff better understand pain and consulted on ICBC materials used with clients in pain
- Developed a community of practice for clinicians to discuss issues they and their clients are facing

Empowering people who live with pain to enhance well-being

Pain Support and Wellness Groups

People living with persistent pain meet regularly online to build a community of support

1,001 meeting attendances

96% felt supported and safe

90% improved their quality of life

Coaching for Health

One-to-one support to learn self-management skills, regain function and improve well-being

86 clients served over 525 sessions

95% improved self-compassion

89% gained new skills to manage pain

Pain Support Line

Information and emotional support to empower people living with pain and loved ones to improve well-being and advocate for themselves

431 individuals served over 1,853 sessions

82% contacted us more than once

Making Sense of Pain

Self-management program for people with pain who experience marginalization and face barriers to accessing care

151 attendees participated in 17 groups

98% felt safe and supported

96% learned new skills and strategies

Harnessing the dedication of volunteers

 **164** Volunteers

 **2,512** Volunteer hours

Educating health care providers to better assess and manage pain

Pain Foundations

Our online course improves care of people who live with pain by helping primary care and allied health providers build essential knowledge and skills in chronic pain assessment and management.

1,356
registrations

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

99% of graduates better understand team-based care for pain management

BC ECHO for Chronic Pain

Our Extension for Community Healthcare Outcomes (ECHO) offers free mentorship and education to health professionals with the aim of improving care for people who live with pain, especially those in rural and remote communities.

173 registrants
9 sessions

90% said the program created a safe, supportive place for shared learning

80% said access to ECHO faculty and specialists has been beneficial

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

annualreport.painbc.ca