



Preventing persistent pain and intervening early to reduce its impacts

In 2023, 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

provincial and federal governments on policies to reduce the impact of pain on the lives of people in Canada

DELIVERING

30+ presentations to build awareness and inspire action among the 3000+ attendees

Improving systems that impact people in pain, communities and societies

Improving systems in Canada

- Collaborated with the McMaster Health Forum to complete an evidence-synthesis and jurisdictional scan on chronic pain policies among workers compensation boards. This will inform future policy advocacy provincially and nationally.
- Informed numerous federal departments in their work to enact the recommendations in the Action Plan for Pain in Canada.

Improving systems in BC

- Advised and supported the work of Pain Care BC, the Provincial Health Services Authority's newly established health improvement network for pain.
- Advised ICBC on how to better support people with pain as a result of a motor vehicle accident.
- Participated in provincial Ministerial working groups focused on pain, substance use and overdose in the trade industries.

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

1,460 meeting registrations

97% felt supported and safe

87% improved their quality of life

Coaching for Health

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

101 clients served over **883** 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

1,812 sessions delivered to **341** individuals

81% 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

349 attendees participated in **38** groups

98% felt safe and supported

96% learned new skills and strategies

Harnessing the dedication of volunteers

 **155** Volunteers

 **11,178** 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.

748
registrations

97% of graduates feel more confident talking to patients about pain

98% of graduates better understand the lived experience of pain

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.

153 registrants
8 sessions

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

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

Financial statements View our audited financial statements at painbc.ca/financials.

Board of Directors View our board of directors at painbc.ca/board.

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.

annualreport.painbc.ca