



Preventing persistent pain and intervening early to reduce its impacts

In 2024, we supported several organizations to prevent chronic pain and intervene early to reduce its impacts.

PARTNERING

with the Chronic Pain Network and McMaster Health Forum on an evidence brief and dialogue focused on improving policies and programs to support injured workers with chronic pain in Canada

LAUNCHING

two new courses aimed at preventing chronic pain after surgery – one for health professionals and another for people awaiting surgery

COLLABORATING

with Solutions for Kids in Pain to mobilize the implementation of the new Canadian Pediatric Pain Management Standard

Improving systems that impact people in pain, communities and societies

Improving systems in Canada

- Co-hosted the National Congress on Pain in partnership with the Canadian Pain Society and Health Canada. The Ottawa event brought together researchers, health care providers, people living with pain, and policy-makers to help inform priority actions to improve health outcomes for people living with pain in Canada.
- Regularly convened provincial and territorial health leaders to collaborate, and share lessons as they each work towards implementing the recommendations in An Action Plan for Pain in Canada in order to improve outcomes for people with pain in their region.

Improving systems in BC

- Partnered with Pathways BC to design and promote a resource for BC-based primary care providers to support them to better provide best-practice care to people living with pain, and to make appropriate specialist referral when needed.
- Provided advice and support to Pain Care BC, the Provincial Health Services Authority's health improvement network for pain, including recruiting and convening its new advisory committee of people living with pain.

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

1,559 meeting registrations

97% felt supported and safe

93% improved their quality of life

Coaching for Health

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

104 clients served over **661** sessions

89% improved self-compassion

91% 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

2,082 sessions delivered to **487** individuals

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

269 attendees participated in **46** groups

97% felt safe and supported

96% learned new skills and strategies

Harnessing the dedication of volunteers

 **123** Volunteers

 **3,877** 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

Moving Through Pain

Our free, self-paced online program for health care providers who want to support people living with pain to move with more ease.

547
registrations

97% said they understood how to apply an integrated biopsychosocial approach

100% said they plan to make changes in their practice

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.

390 registrants
8 sessions

89% said the program created a safe, supportive place for shared learning

92% 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

Thank you to our dedicated community of donors who are fueling our mission to enhance the well-being of all of people with pain.

annualreport.painbc.ca