



ABOUT PAIN BC

Pain BC is a collaborative non-profit organization comprised of people in pain, clinicians, researchers, and other supporters. Founded in 2008, our mission is to improve the lives of people in pain through empowerment, education, and innovation. Partnerships are the cornerstone of our work – we collaborate with health authorities, regulatory bodies, the Ministry of Health, other NGOs, health professional associations, and businesses to achieve our mission.

OUR GOALS

- Promote prevention and early intervention in chronic pain
- Educate, promote skill development, and build hope and confidence among people living with pain and their families
- Empower health care providers with the education, tools, and skills they need to improve the lives of people living with pain
- Facilitate planning, action, evaluation, and innovation in order to improve the health care system for people in pain
- Raise awareness of chronic pain and reduce the stigma associated with it
- Foster and encourage pain and pain-related disability research

OUR WORK

Pain BC aims to transform the way pain is understood and treated in our province. This can't be done without changing the systems that people in pain rely on to live well. How do we do that?

- Advocating to government to create a provincial pain action plan and working with them to create it
- Mobilizing people in pain to take action - for their own well-being and as champions for others who live with chronic pain
- Improving pain assessment and treatment by providing training and support to health care providers
- Working with rural and remote communities to build innovative new programs that make a difference in the lives of people in pain
- Taking action to address the overdose crisis and the role pain plays in it

Pain BC also provides direct support to people with pain through the following programs:

- [Pain Support Line](#): A free, phone-based service that provides a listening ear and resources for people in pain.
- [Coaching for Health](#): A free telephone or video conference coaching program designed to help people living with pain learn self-management skills, regain function and improve their quality of life.
- [Live Plan Be](#): A free online self-management and education tool for people living with chronic pain.
- [My Care Path](#): A free online resource for kids and teens living with chronic pain.

ABOUT CHRONIC PAIN

Chronic pain is pain that last 3 months or more. It can come about after an acute injury or illness or be a result of other health conditions.

PREVALENCE OF CHRONIC PAIN

- Current research estimates that 1 in 5 Canadian adults suffer from chronic pain (roughly 7 million individuals) (Moulin, Clark et al., 2002; Schopflocher, Jovey et al., 2011)

PAIN AND WELLBEING

- Chronic pain is associated with the worst quality of life as compared with other chronic diseases such as chronic lung or heart disease. (Leadly et al., 2014).
- Individuals with chronic pain were found to be at least twice as likely to report suicidal behaviours or to complete suicide (Racine, 2017)
- The comorbidities associated with chronic pain often exacerbate pain symptoms and add to the burden of patients and families. These commonly include depression, anxiety, catastrophizing, disability, poor social relationships and financial hardship (Khalid & Tubbs, 2017; Dinakar & Stillman, 2016; Mao, 2017)

HEALTH CARE COSTS & UTILIZATION FOR CHRONIC PAIN

- In Canada, the costs associated with chronic pain total more than those of cancer, heart disease, and HIV combined, with direct health care costs reaching more than \$6 billion per

year, and productivity costs related to job loss and sick days at \$37 billion per year. (Nelson, Simmons, et al., 2017; Lynch, 2011)

MEDIA CONTACTS

Pain BC Executive Director Maria Hudspith is an experienced public speaker and media resource. To speak with Maria, please contact our communications team.

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