



## ABOUT PAIN BC

Pain BC is a registered charity comprised of people in pain, health care providers, researchers and other supporters. Founded in 2008, our mission is to improve the lives of people in pain through empowerment, care, education and innovation. Partnerships are the cornerstone of our work; we catalyze strategic alliances with other non-profits, governments, health authorities, patient groups, research institutions and the business sector in order to advance our mission.

## OUR GOALS

- Prevent persistent pain and intervene early to reduce its impacts
- Empower people who live with pain to enhance well-being
- Educate health care providers to better assess and manage pain
- Improve the systems that impact people in pain, communities and society
- Combat stigma and its negative effects
- Foster research on pain and pain-related disability

## OUR WORK

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

- Advocate to government to create a provincial pain action plan and working with them to create it
- Mobilize people in pain to take action – for their own well-being and as champions for others who live with chronic pain
- Improve pain assessment and treatment by providing training and support to health care providers
- Implement Calls to Action of the Truth and Reconciliation Commission of Canada by developing support for Indigenous people with pain in a manner that combats effects of racism and colonialism
- Take action to address the overdose crisis and the role pain plays in it
- Integrate a trauma-informed and equity-promoting approach to our work

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

- [Pain Support Line](#): A free, phone-based service that provides information, emotional support and resource connection to empower people living with pain and their loved ones to improve well-being and advocate for themselves.
- [Pain Support and Wellness Groups](#): Free online support groups that provide an opportunity for people in pain to meet regularly and build a community of support while learning about pain, pain management and coping strategies.
- [Coaching for Health](#): A free telephone coaching program designed to help people living with pain learn self-management skills, regain function and improve their quality of life.
- [LivePlanBe](#): A free online library of evidence-based resources on pain and pain self-management.
- [LivePlanBe+](#): A free online program that helps people living with pain make small changes that add up to big improvements in well-being.
- [MyCarePath](#): A free online resource for kids and teens living with chronic pain.

## ABOUT CHRONIC PAIN

Chronic pain is pain that persists for three months or longer. It can result from an acute injury, surgery or from other underlying health conditions. Recently, chronic pain has also become recognized [as a disease in its own right](#).

## 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 WELL-BEING

- 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's 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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