



BUILDING ON OUR MOMENTUM



REPORT TO THE COMMUNITY | 2020



OUR MISSION

Solutions for Kids in Pain (SKIP) is on a mission to improve children's pain management by mobilizing Canada's evidence-based solutions through coordination and collaboration.

SKIP is a knowledge mobilization network based at Dalhousie University and co-directed by Children's Healthcare Canada, and funded by the Networks of Centres of Excellence (NCE).



2/3 of children in hospitals experience painful procedures **without any pain management**



75% of parents say that they **don't know** how to manage their children's pain



Veterinarians get **5x more training** in pain than people doctors do



Only 2 Canadian Health Institutions have made a **certified commitment** to pain management

Healthier Canadians through better pain management for children.

OUR VISION

Canada is a world leader in children's pain research, but new knowledge and effective treatments for pain aren't consistently put into practice in our hospitals and clinics. As a result, Canadian children suffer from undertreated and preventable pain that leads to negative immediate and long-term consequences.

SKIP is addressing identified challenges faced by children, caregivers, health professionals, administrators, and policy makers.

BUILDING ON OUR MOMENTUM

Message from the Chair



On behalf of the SKIP team, it is with enthusiasm and gratitude that we present our inaugural report to our community. With cross-Canadian collaboration and a singular vision to improve pain management for children, together, we have achieved many significant milestones.

We have raised awareness about children's pain through numerous activities, including four high-profile launch events across Canada and a lobby day on Parliament Hill in Ottawa. These events set in motion a national conversation about children's pain and a growing understanding of the need for sharing and adopting evidence that will improve care. That conversation has continued on social media, with more than 3,000 voices from the child health community connecting with SKIP across our platforms.

Our community engagement is rooted in our commitment to the Patients Included Charter. Our newly formed group of Patient Partners, along with our Patient Engagement Coordinator who brings lived

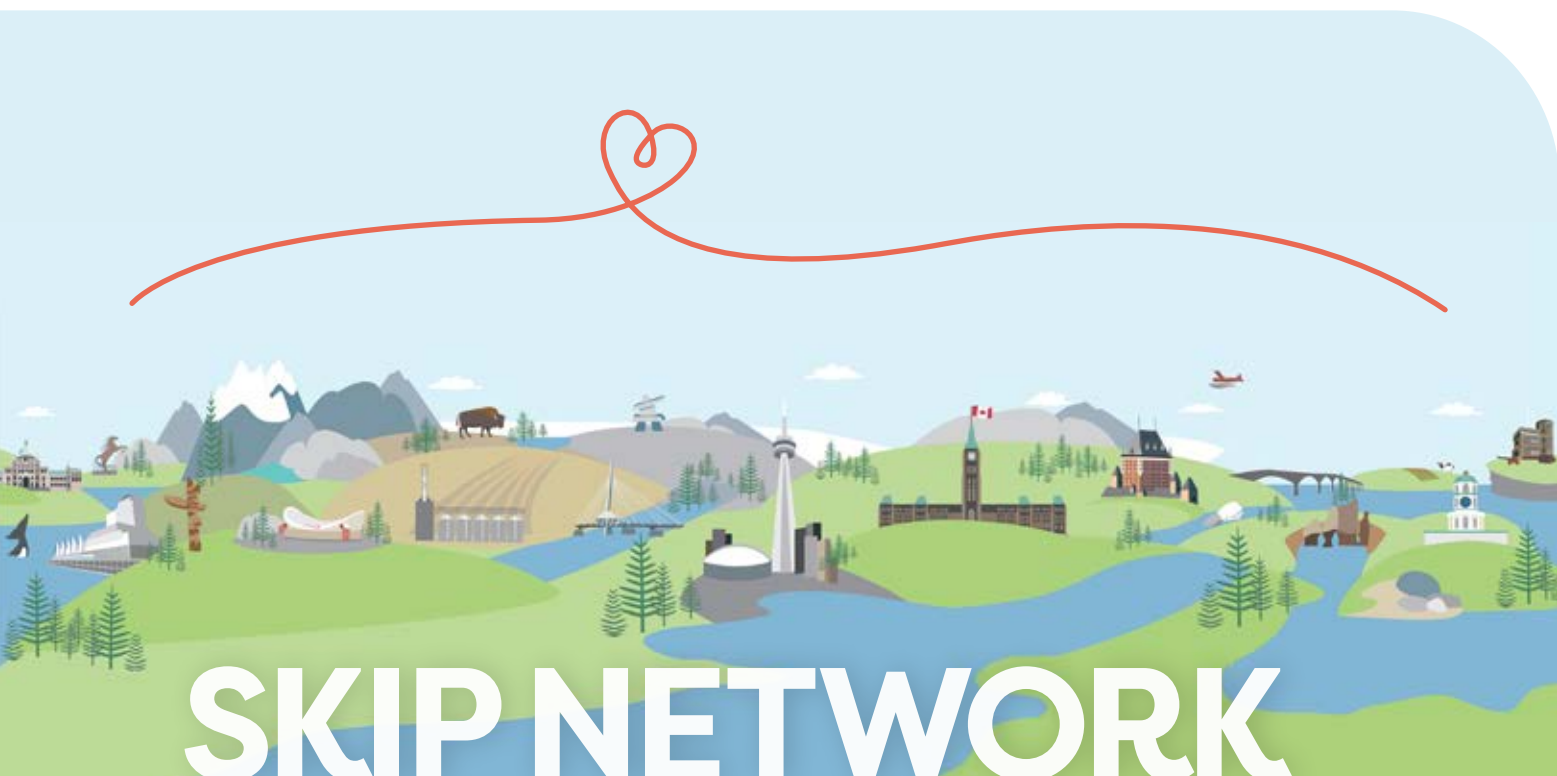
experience with pediatric pain to the SKIP team, have meaningfully informed SKIP's activities to ensure we align with the needs of patients and caregivers.

Over the last year, we connected with our community to understand gaps and build capacity for effective knowledge mobilization, both within SKIP and across our community. We also expanded our network of partners to include more than 100 active collaborators across Canada and beyond, and welcomed three new children's health institutions as official SKIP Affiliates.

One year into our mission, the momentum is continuing to build. We thank the SKIP Board of Directors, leadership and staff for their vision and commitment to this important work. We also thank our many partners who have helped lay a strong foundation for better children's pain management in Canada. Together, let's keep harnessing our momentum to mobilize knowledge and implement solutions for kids in pain.

Judith

**Judith Hall, BA, MSc, MD, OC, FRSC, FCAHS, DSc honoris causa
Chair, SKIP Board of Directors**



SKIP NETWORK

SKIP is hosted at Dalhousie University in Halifax and co-led by Children's Healthcare Canada in Ottawa. Our network connects us with the children's health community across Canada.

SKIP is led by two co-Directors and an Assistant Scientific Director. A talented team based in SKIP's administrative centre in Halifax works together with our hubs across the country to support, strengthen, and expand SKIP's national network.



Dr. Christine Chambers
Scientific Director, SKIP



Doug Maynard
Knowledge User Director, SKIP
April 2019 - December 2020



Dr. Katie Birnie
Assistant Director, SKIP

SKIP HUBS: DRIVING CHANGE ACROSS CANADA

Our four Regional Hubs play a vital role in mobilizing research and evidence-based clinical practices, facilitating institutional change, increasing awareness, and fostering a sense of urgency.

The Hubs are based in Halifax (IWK Health Centre, Eastern Canada), Toronto (SickKids, Central Canada), Edmonton (Stollery Children's Hospital, Western Canada), and Ottawa (Children's Healthcare Canada).

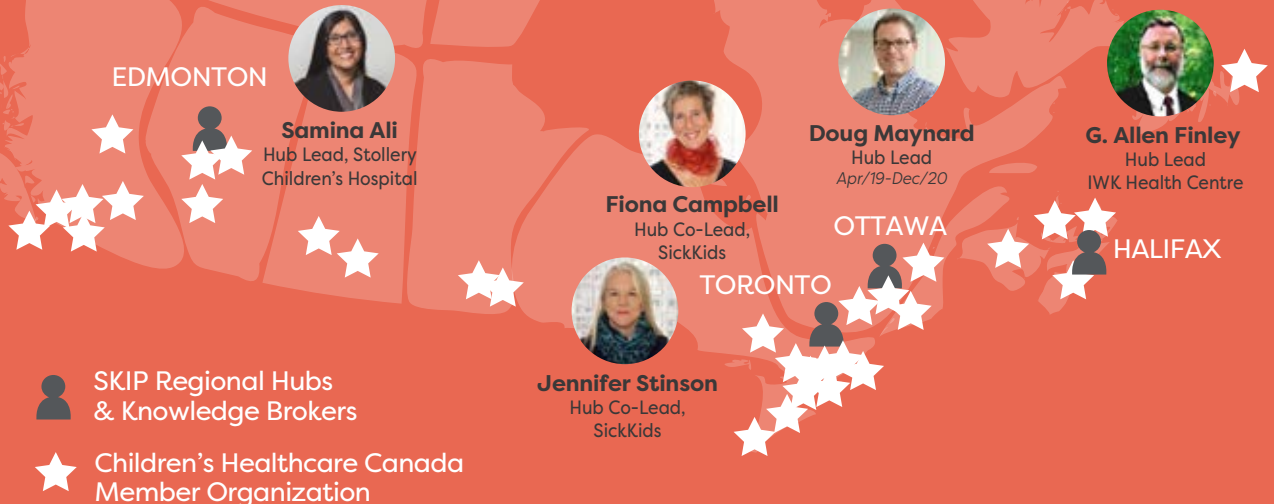
At each Hub, Hub Leads and Knowledge Brokers work together to advance children's pain management in their own institutions and support SKIP Affiliates and other children's healthcare institutions in their regions and across the country.



Children's
Healthcare
Canada

Santé
des enfants
Canada

SickKids



SKIP AFFILIATES

SKIP Affiliates are designated institutions that have demonstrated leadership and a commitment to mobilizing evidence to improve children's pain management. This year, we were proud to welcome BC Children's Hospital, Alberta Children's Hospital, and the Children's Hospital of Winnipeg as official members of our national network under this new designation.

BC Children's Hospital



Alberta Children's Hospital



Children's Hospital of Winnipeg



Year 1 Impact



“This year was foundational for SKIP in establishing operations and network connections, building a strong team, including our Board, Regional Hubs and administrative team, and setting the pace of activities for the coming years.

Since launching SKIP across Canada, we have been generating national engagement and making exciting progress toward our four strategic goals. We're grateful to our community for their energy, inspiration and support in helping us achieve these milestones in our first year.”

Dr. Christine Chambers,
Scientific Director, SKIP

2019-2020

SNAPSHOT

4 REGIONAL
HUBS

3 AFFILIATE
INSTITUTIONS

70+ PATIENT
PARTNERS

2000

SOCIAL
MEDIA
followers

39
TOOLS &
RESOURCES

100+
Canadian and
International
SKIP Partners

27 Institutions with pain
champions identified
and engaged

27

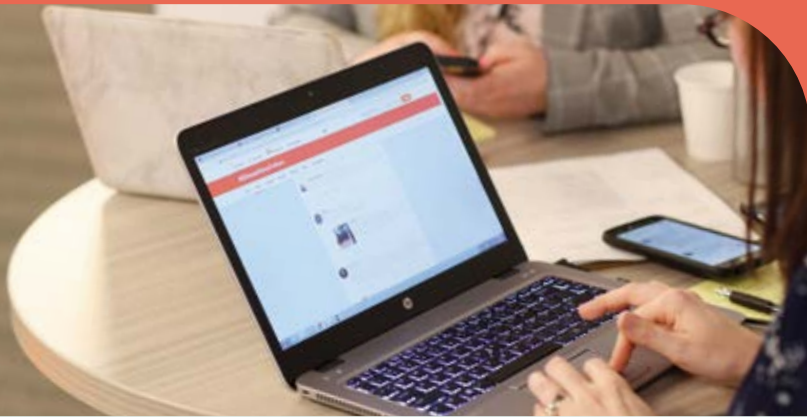
Media
engagements

4 Institutions
pursuing ChildKind
certification

34 CONFERENCES AND
WORKSHOPS

27,000

KNOWLEDGE
USERS
REACHED



Identifying and Filling the Gaps

An essential part of our work is confirming the needs of those who benefit from and use research findings. After our first year, we are moving forward with a strong understanding of needs and are organizing resources to meet them.

Needs Assessment Survey

Our needs assessment survey received more than 700 responses from diverse stakeholders across Canada and internationally. The results are informing SKIP's priorities, resources, tools, consultations and other activities.

Assessing Readiness for Change

SKIP Knowledge Brokers are assessing current practices and readiness in institutions that have voiced interest in improving children's pain management.

Collaborating with Patient Partners

Our call for Patient Partners resulted in more than 70 patients, parents and other caregivers signing up to contribute to SKIP's activities.

Opioids and Our Kids

After co-hosting a national meeting with the Canadian Foundation for Healthcare Improvement on Opioids and our Kids, we co-led an environmental scan and produced an evidence summary to inform best practices in care.

"In exploring best practices and needs in the field of pain, a recurring point of consensus is the importance of models and infrastructure that support research to action and knowledge mobilization. SKIP is a prime example of an initiative filling this important gap."

- Andrew Taylor, Secretariat with the Canadian Pain Task Force, Health Canada

Producing and Promoting Valuable Tools

We collaborate with our partners to produce and promote evidence-based tools to ensure solutions get into the hands of people who can put them into practice.

Health Standards Organizations

We initiated a partnership with the Health Standards Organization to begin development on a new standard for pediatric pain management in Canadian healthcare institutions. The working group includes pediatric pain health professionals and people with lived experience from across the country.

Jump in with SKIP

We launched the Jump in with SKIP pilot program in January 2020 to help researchers develop knowledge mobilization plans that will more quickly and meaningfully move their evidence into practice. We have completed ten consultations, resulting in 20 tailored letters of support for grant applications that include SKIP partnership.

Promoting Tools & Best Practices

We've worked with groups across Canada to get evidence-based tools and best practices into the hands of diverse knowledge users. These are just some examples:

A sampling of these activities:

- "Ask Me Anything" series launched in partnership with The Rounds, a social networking and collaboration platform for physicians
- Cultural Safety webinar in Indigenous Health Care, Co-hosted with Children's Welfare League of Canada
- Leading of the revision of the Online Pediatric Pain Curriculum modules and supporting development of two new modules

"Since partnering in the Fall of 2019, Health Standards Organization and SKIP have collaborated to develop a Pediatric Pain Management standard. This outstanding partnership brought together an impressive group of subject matter experts, all of whom should be commended for their passion, knowledge, and commitment to people- and population-centred care."

- Leslee Thompson
CEO, Health Standards Organization

"By initiating the dialogue with our members through The Rounds platform, SKIP has encouraged others to speak up and share their experience, resources, or identify further needs to continue the conversation on this important topic."

- Alex Erb, Strategic Partnerships
Manager, Boondoc Technologies



Facilitating Institutional Change

SKIP is committed to helping Canadian healthcare institutions put evidence into practice to improve care for kids in pain. We're working with a wide range of partners to connect with institutions across the country and facilitate the adoption of best practices.

ChildKind International Certification

ChildKind certification is a global standard of institutional commitment to pediatric pain management. SKIP is working in partnership with ChildKind International to assist children's healthcare institutions in moving towards ChildKind certification. To date, we have helped four Canadian children's hospitals get started.

Welcoming New SKIP Affiliates

We created an Affiliate designation for institutions wishing to demonstrate leadership and committed resources to knowledge mobilization in children's pain management. This year, we welcomed three new Affiliates: BC Children's Hospital, Alberta Children's Hospital, and the Children's Hospital of Winnipeg.

Knowledge Mobilization Workshops

We hosted events to help health professionals enhance knowledge mobilization within their organizations, including a two-day workshop in Toronto led by SKIP and a series of events in partnership with the Canadian Foundation for Healthcare Improvement to promote, scale and spread evidence-based children's pain management programs for health professionals and institutions.

"Having SKIP here at the Stollery has been like hitting the refresh button on pain management for children. It gives me hope and a fresh vision that we can become a children's hospital of excellence when it comes to managing pain in children."

– Louisa Smith,
Registered Nurse, Acute Pain Service
Stollery Children's Hospital

Raising Awareness and Kickstarting Conversation

SKIP is increasing awareness and fostering a sense of urgency among the general public about children's pain by hosting and participating in events and media activities, and generating engagement and dialogue across our digital platforms.

Join the conversation online with
#ItDoesntHaveToHurt



"Honourable colleagues, I rise today to share an example of the sort of creativity, innovation and determination needed to reliably transform state-of-the-art knowledge into standard practice. This is called knowledge mobilization. It is surprisingly hard to do, and we need to get better at it because we can't afford to have our best ideas locked away in research papers or scientists' brains"

The Honourable Senator Colin Deacon
during his address to the Senate on April 30th, 2019

OUR WORK IN ACTION

SKIP's innovative hub-and-spoke model has quickly created an ever-expanding community of champions.

Through our four regional hubs, partners and affiliates are being equipped with resources to improve pediatric pain management, and leveraging their own partnerships to raise awareness and mobilize knowledge. Here are a few examples of how SKIP's regional hubs are fulfilling each of SKIP's knowledge mobilization goals:



Elise Reiter
SKIP Knowledge Broker
Western Canada Hub



Identifying and Filling the Gaps

"We worked with the Stollery Pediatric Pain Committee to identify existing pain resources within the hospital and found that, with the introduction of a new electronic health records system, a number of resources were no longer accessible to patients and families. To fill this gap, we're collaborating with patient and parent partners and policy makers to ensure resources in the electronic health records system provide evidence-based information that families find useful in managing their child's painful conditions."



Paula Robeson
SKIP Knowledge Broker
Children's Healthcare Canada



Producing and Promoting Valuable Tools

"We worked with SKIP to co-host three pediatric pain-related webinars as part of our Spark: Live webinar series. Topics ranged from managing pain in children undergoing procedures, to priorities for pediatric pain, to managing diagnostic uncertainty in youth with chronic pain. These events were well received and broadened the reach of both organizations. We plan to co-host up to ten webinars on children's pain annually moving forward."



Erin Aubrey
SKIP Knowledge Broker
Eastern Canada Hub



Facilitating Institutional Change

"SKIP's Eastern Hub held a strategic planning day to build a road map towards ChildKind certification at the IWK Health Centre. As a member of the IWK Pain Committee, I facilitated consultations with a diverse group representing nursing, Child Life, the blood lab, diagnostic imaging, our Family Leadership Council and others to review current practices, identify barriers and develop a plan to improve pain management. This has helped ensure we are taking a community-based approach to adoption."



Chad Larabie
SKIP Knowledge Broker
Central Canada Hub



Raising Awareness and Kickstarting Conversation

"Pain Awareness Week 2019 was a great success! Between social media campaigns, infographics, email blasts, in-person events, presentations and collaborations with Solutions for Kids in Pain (SKIP), AboutKidsHealth (AKH), SickKids Hospital, the SickKids Pain Centre and others, we were able to generate conversations and reach thousands of patients, families, health professionals, researchers and more. We're looking forward to making Pain Awareness Week 2020 even bigger and better!"

Collaboration – It's our Foundation!



“Collaboration is the cornerstone of our work at SKIP. Through Children’s Healthcare Canada, SKIP has a direct pathway to gather and share evidence, tools and resources with our 48 member hospitals and institutions, including all of the children’s hospitals in Canada.”

Doug Maynard,
Knowledge User Director, SKIP
April 2019 - December 2020

SKIP is informed by close collaboration with over eighty patient partners as well as the Patient and Caregiver Advisory Committee (PCAC), led by co-chairs Isabel Jordan and Dawn Richards.

These partnerships ensure every step we take is aligned with the insight of people with lived experience.



Isabel Jordan, B.Sc.(H)
Co-Chair, Patient Caregiver
Advisory Committee (PCAC)



Dawn Richards, PhD
Co-Chair, Patient Caregiver
Advisory Committee (PCAC)



Patients Included

As a Patients Included organization, we're committed to meaningfully engage with children and youth who live with pain, parents and other caregivers across all of SKIP's activities.



In our first year, we launched a call for Patient Partners and created a staff position for a Patient Engagement Coordinator filled by a person with lived experience with pediatric pain.

We know that Patient Partner activities fit into busy life and work schedules. Our Patient and Caregiver Advisory Committee developed and introduced compensation guidelines and processes to ensure equitable inclusion and respectful recognition of the time, efforts and valuable contributions of our Patient Partners.

We thank all of our Patient Partners for their support and input that has helped steer our first year of activities.

"Providing me with the opportunity to speak to the patient experience shows SKIP's dedication to including the patient voice, which is not only important but needed to improve children's pain management in Canada."

Delane, Patient Partner



"For us, having practical tools and information readily available was part of the "secret sauce" for success in managing our children's pain."

Colleen, Patient Partner

OUR TEAM

A Hub Lead (or Co-Leads) and a full time Knowledge Broker support SKIP Affiliate and non-Affiliate children's healthcare institutions in their regional areas and across the country.

Hub Leads & Knowledge Brokers



G. Allen Finley,
MD FRCPC FAAP
Hub Lead,
IWK Health Centre



Fiona Campbell,
BSc, MD, FRCA(UK)
Hub Co-Lead,
SickKids



Jennifer Stinson,
PhD, RN-EC, CPNP, FAAN
Hub Co-Lead,
SickKids



Doug Maynard,
BSc, MBA
Hub Lead,
April 2019 - December 2020



Samina Ali,
MCDM, FRCP (PEM)
Hub Lead, Stollery
Children's Hospital



Erin Aubrey,
MSc
Knowledge Broker
IWK Health Centre



Chad Larabie,
MSc
Knowledge Broker
SickKids



Paula Robeson,
RN, MScN
Knowledge Broker, Children's
Healthcare Canada



Elise Reiter,
PhD
Knowledge Broker
Stollery Children's Hospital

SKIP Administrative Centre



Jo Parker, MA
MANAGING DIRECTOR
NOV. 2019 - NOV. 2020



Kristen Duplessis, MBA
ADMINISTRATIVE MANAGER



Aimée White, MA
DIRECTOR OF PEOPLE
AND PARTNERSHIPS



Katherine Dib
PATIENT ENGAGEMENT
COORDINATOR



Erin Aubrey, MSc
STRATEGIC LEAD,
PARTNERSHIPS



Sherry Brown, HBA
COMMUNICATIONS
SPECIALIST



Mylène Pinet, BA
COMMUNICATIONS,
COORDINATOR

OUR TEAM

Our talented Board of Directors is composed of visionaries with experience from a wide range of professional backgrounds.

Board of Directors



Judith Hall, BA, MSc, MD, OC, FRSC, FCAHS, and DSc honoris causa
BOARD CHAIR
Professor Emerita, Departments of Medical Genetics and Pediatrics, University of British Columbia



Alice B. Aiken, BSc, BScPT, MSc, PhD, CD
Vice President, Research & Innovation at Dalhousie University



Kevin Bly, MA
President and Founder, JIT Industrial Supply and Distribution



Timothy Caufield, BSc, LLB, LLM
Research Director, Health Law Institute, University of Alberta



Manon Choinière, BSc, MA, PhD
Professor, Department of Anesthesiology and Pain Medicine, University of Montreal



Julie Drury, BSc (HON)
Patient & Family Advisor



Julia Hanigsberg, LLB, BCL, LLM
President & CEO, Holland Bloorview Kids Rehabilitation Hospital



Celeste Johnston, RN DEd
Professor Emeritus, Ingram School of Nursing, McGill University; Scientist, IWK Health Centre



Justina Marianayagam, BHSc
Medical Student and Canadian Pain Task Force Member



April Stroink, RHU, EPC, PFP
Financial Advisor and Founder of Money Fix



Dr. Jaris Swidrovich, BSP, PharmD, PhD(c)
Assistant Professor, College of Pharmacy and Nutrition, University of Saskatchewan

Leadership



Christine Chambers, PhD, RPsych

SCIENTIFIC DIRECTOR, SKIP,
Canada Research Chair in Children's Pain;
Killam Professor, Departments of Pediatric
and Psychology & Neuroscience,
Dalhousie University



Doug Maynard, BSc, MBA

KNOWLEDGE USER DIRECTOR, SKIP,
April 2019 - December 2020



Katie Birnie, PhD, RPsych

ASSISTANT SCIENTIFIC DIRECTOR, SKIP,
Assistant Professor, Department of
Anesthesiology, Perioperative and Pain
Medicine, University of Calgary; Clinical
Psychologist, Alberta Children's Hospital

Special Thanks



Bonnie Stevens, RN, PhD, FCAHS, FAAN, FCAN
Former Hub Lead



Joeline Huber, MD, PhD, FRCPC
Former Board Member



John Sylliboy, BA, MaED
Former Board Member



Julia Rivard, BRec, BComm
Former Board Member

Committee Chairs



Stefan Friedrichsdorf, MD, FAAP
Chair, International Advisory Committee (IAC)



Krista Connell, MSc
Chair, Evaluation Panel



Doug Maynard, BSc, MBA
Chair, Partner Advisory Committee
Co-Chair, Hub Management Committee
April 2019 – December 2020



Ivan Joseph, PhD
Chair, Equity, Diversity, and Inclusion Panel



Isabel Jordan, B.Sc.(H)
Co-Chair, Patient Caregiver Advisory Committee (PCAC)



Katie Birnie, PhD, RPsych
Co-Chair, Hub Management Committee



Dawn Richards, PhD
Co-Chair, Patient Caregiver Advisory Committee (PCAC)



Christine Chambers, PhD, RPsych
Co-Chair, Hub Management Committee

Thank you Partners!

Partnerships underpin the work we do at SKIP.

More than 100 partners have committed to supporting our mission and that number continues to grow. We're grateful for our many and diverse partners across Canada and internationally.

Aboriginal Children's Hurt and Healing Initiative
About Kids Health
Accomplice Content Supply Co.
Alberta Children's Hospital
Alberta Health Services
Alberta SPOR Support Unit
Alberta SPOR Support Unit - KTU
Association of Child Life Professionals
Atlantic Live Stream
The Australian Pain Society
Autism Nova Scotia
BC Children's Hospital
BioNova
Boondoc Technologies Inc.
BRIC NS
Bright By Design Inc
Burness Communications
The C17 Council
Canadian Agency for Drugs and Technologies in Health
Canadian Association of Child Life Leaders
Children's Healthcare Canada
Canadian Autism Spectrum Disorders Alliance
Canadian Dental Association
Canadian Family Advisory Network
Canadian Foundation for Healthcare Improvement
Canadian Hospice Palliative Care Association
Canadian Nurses Association
Canadian Paediatric Society
Canadian Pain Society
Canadian Patient Safety Institute
Canadian Physiotherapy Association
Canadian Premature Babies Foundation
Canadian Psychological Association
Canadian Public Health Association
Canadian Society of Hospital Pharmacists
Canadian Virtual Hospice
CanChild
Cassie and Friends
Child Bright
ChildKind

Child Welfare League of Canada
Choosing Wisely Canada
Chronic Pain Network
Cochrane Canada
Cochrane Child Health
Code + Mortar
The Comfort Ability
ComfortPromise
Creative Healing for Youth in Pain
Crohn's and Colitis Canada
Dalhousie Faculty of Computer Science
Dalhousie Faculty of Dentistry
Dalhousie Faculty of Engineering
Dalhousie Faculty of Health
Dalhousie Faculty of Medicine
Dalhousie Faculty of Nursing
Dalhousie Medical Research Foundation
Dalhousie University Research Services
Down Syndrome Resource Foundation
Ehm & Co. (YMC)
Empowered Kids Ontario (formerly Ontario Association of Children's Rehabilitation Services)
Families Canada
Halifax Chamber of Commerce
Halifax Convention Centre
Health Canada
Health Standards Organization
HELPinKids&Adults
BM (Canadian Healthcare Team)
iMD
Immunize Canada
International Children's Palliative Care Network
International Headache Society
IWK Health Centre
KidsBrainHealth
Louise and Alan Edwards Foundation
Maternal Infant Child Youth Research Network
Maritime SPOR Support Unit
The MayDay Fund
McInnes Cooper

Meg Foundation
Morneau Shepell
NATIONAL PR
Nova Scotia Health Authority
Ontario Brain Institute
Ontario Ministry of Health and Long-Term Care
Ontario SUPPORT Unit
OPENPediatrics
Paediatric Chairs of Canada
Pain BC
Pain in Childhood (IASP)
Pain Research Forum
Parents Canada Magazine
Patient Advisors Network
Patient Commando
Patient Critical Co-op
PEARL
Proactive Pain Solutions
Quebec Pain Research Network
Rare Disease Foundation
Research Nova Scotia
Shared Health Manitoba, Children's Hospital
SickKids
Society for Pediatric Pain Medicine
Special Interest Group on Pain in Childhood (IASP)
Springboard Atlantic
Standish Foundation
St. John Ambulance
Sunlife/Lumino
Tactica Interactive
The Conversation Canada
The ILC Foundation
The Sandbox Project
Volta
White Point Beach Resort
Wiley Journal Pediatric and Neonatal Pain
Women and Children's Health Research Institute
Work Wellness and Disability Prevention Institute

As a community, we've accomplished a lot and we aren't stopping now.

Help us build on our momentum by raising awareness and sharing knowledge to improve care for kids in pain.



Visit our website at
kidsinpain.ca



Subscribe to
our newsletter.



Learn how to
get involved.

Join the conversation
on social media!

#ItDoesntHaveToHurt

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DALHOUSIE
UNIVERSITY

Solutions for Kids in Pain (SKIP) is a Networks for Centres of Excellence (NCE) national knowledge mobilization network based at Dalhousie University in Halifax, Nova Scotia and co-directed by Children's Healthcare Canada in Ottawa, Ontario.

SKIP is funded by the Networks of Centres of Excellence (NCE) and other partners.