



# RISING TO THE CHALLENGE

REPORT TO THE COMMUNITY | 2020-2021



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# RISING TO THE CHALLENGE

## ‘Pain is subjective, but it is real’

Moncton woman uses history with chronic pain to help children

SARAH SEELEY  
TIMES & TRANSCRIPT

Mylène Pinet loves working with kids in what she calls her “dream job.”

As communications coordinator for Solutions for Kids in Pain, Pinet helps to get them answers to what’s causing their chronic pain - answers she wishes she’d had when she was younger and also battling chronic pain - and solutions to help them live with it.

“I was one of those sick kids,” said Pinet, 28. “It’s because I had the opportunity to learn those solutions so young that I can live the life I have now.”

But before Pinet was diagnosed with Ehlers-Danlos syndrome, she and her family were left wondering why she was always in pain.

Growing up in Moncton, she says she was around six or seven when she began telling her parents that her legs and feet hurt.

“I was always tired and kind of lethargic,” she said, noting that most days it was a struggle to get out of bed because of the pain.

Eventually, the pain spread to her hips, hands, stomach and head, sometimes causing severe migraines. Pinet



## This year was both challenging and rewarding

Solutions for Kids in Pain (SKIP) found opportunities to keep children’s pain a priority during the pandemic. We adapted the way we work to build, maintain, and strengthen our ever-growing network of pain champions.

Our national knowledge mobilization network, made up of regional hubs, organizational partners, as well as patients and caregivers, rose to the challenges posed by the pandemic to get both existing and new evidence-based information to people who need it most, just in time.

## WHAT IS A PAIN CHAMPION?

Just by reading this report, you have established yourself as a pain champion! A pain champion is anyone who cares about improving pain management, wants to learn about how this can be achieved, and is willing to spread the word about evidence-based pain management solutions.

[Click here](#) to find a way to get involved that suits your interests!



# READY FOR THIS

## Message from the Chair

In the midst of every difficulty, there is always opportunity to learn and grow, which I believe we witnessed this year more than any other. Dazzling scientific progress was made, deeply rooted inequities in our society were further exposed, and incredible shifts in technology and culture prompted us to reimagine the ways in which we work, socialize, and learn. It was a privilege to watch SKIP as it adapted, innovated, and dug deeper, but it was also obvious that SKIP was ready for this.

As an organization with exceptional Regional Hubs and partners across the country, SKIP was well-positioned to shift to a mostly virtual environment. SKIP was also well-equipped to identify and address barriers to quality pain management for children during the pandemic, due in large part to its strong collaborations with researchers, and its dedication to confirming the needs of those who benefit from and use research findings.

SKIP's expertise in improving pain and needle fear during immunizations meant the organization was able to hit the ground running in preparation for the COVID-19 vaccines.

Our impact does not end here! We look forward to continuing to make life better for kids in pain.

*Judith*

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

## 2020 2021 HIGH- LIGHTS

- Welcomed new hub
- Launched new website
- Organized vaccine pain & needle fear resources
- Completed draft of new Pediatric Pain Management Standard
- Identified innovations in virtual care
- 1.4 million knowledge users reached
- [Click here](#) to learn more about what SKIP has been up to this year!

# BRINGING OUR VISION TO LIFE



**Dr. Christine Chambers**, Scientific Director

"What a year! We are constantly discovering new opportunities to achieve SKIP's goals and bring our vision – healthier Canadians through better pain management for children – to life, transforming challenging times into ones rich with growth and a deeper understanding of the people whose lives we are working to improve."



**Emily Gruenwoldt**, Knowledge User Director

"What I found most rewarding about this year was the increased connectedness. During a time when we couldn't be physically together, we pivoted and made events and discussions more accessible than ever. SKIP's audience grew and strengthened because we adapted to a new, more virtual world."



**Dr. Katie Birnie**, Associate Scientific Director

"Over the last year, there were huge changes in how healthcare is delivered and a rapid increase in new evidence about children's pain in response to the COVID-19 pandemic. We collaborated with partners to quickly identify innovators and their innovations in virtual care from across the country to support kids in pain. This community created energy and enthusiasm during challenging times."



**Aimee White**, Managing Director

"Not only has our reach and output increased despite the pandemic, but we also made important strides this year when it came to building our team. An organizational review helped us focus our efforts, new staff members and positions have pushed us in new and exciting directions, and processes have been put in place to support and empower our amazing network."

# 2020-2021 Impact

**SKIP has established a reputation regionally, nationally, and internationally. This year, we strengthened local ties, worked to change policy, and crossed a couple of oceans with our engagement efforts!**

## International

SKIP was highlighted in *Delivering transformative action in paediatric pain: a Lancet Child & Adolescent Health Commission*, and was delighted that four of its twenty esteemed contributors were part of the SKIP network. The commission brought together stakeholders to enable transformative change in pediatric pain management, establishing four goals: to make pain matter, make pain understood, make pain visible, and make pain better.

## National

In the spring of 2021, the Canadian Pain Task Force released its final report, *An action plan for pain in Canada*. Contributors included Dr. Jaris Swidrovich, a member of our Board of Directors, and Dr. Fiona Campbell, one of our Central Canada Hub Co-Leads, who served as Co-Chair of the Task Force.

## Regional

We were honoured to be a finalist for the Halifax Chamber of Commerce's Not-for-Profit Business of the Year alongside several other extremely impactful organizations. SKIP's Western Canada Hub received the 2020-2021 Cooperation, Collaboration & Teamwork Award from the University of Alberta's Department of Pediatrics.



Contributors included Katie Birnie, SKIP's Associate Scientific Director, Zachary Jordan, one of SKIP's patient partners, Isabel Jordan, one of SKIP's Patient and Caregiver Advisory Committee Co-Chairs, and Christine Chambers, SKIP's Scientific Director.

"Connecting with SKIP has been an incredibly valuable experience on multiple levels. From the beginning, I've felt respected, appreciated and like I was entering a mutually beneficial collaboration. SKIP's team is warm, friendly, and enjoyable to collaborate with. Above all, SKIP's team members are passionate about what they're doing, and that shines through. There is an authenticity to this organization, their mission, and work that is very unique." - Melissa, International collaborator



2020-2021

# SNAPSHOT

**5** REGIONAL  
HUBS

**3** AFFILIATE  
INSTITUTIONS

**100+** PATIENT  
PARTNERS

**3800**

SOCIAL  
MEDIA  
followers

**97**  
TOOLS &  
RESOURCES

**100+**  
Canadian and  
International  
SKIP Partners

**27** Institutions with pain  
champions identified  
and engaged

**48**

Media  
engagements

**9** Institutions  
pursuing ChildKind  
certification

**18** CONFERENCES AND  
WORKSHOPS

...more than  
**1,942**  
participants!

**1.4 million** KNOWLEDGE  
USERS REACHED



# Identifying & Filling the Gaps

Confirming the needs of those who most need research findings is foundational in guiding SKIP's efforts. We identified and responded to gaps that emerged during the pandemic.

## BY THE NUMBERS...

**10** Resources, repositories, environmental scans, and asset maps produced or maintained

**1** New needs assessment completed

**7** Evidence summaries completed

**50** formal readiness assessments conducted at 4 institutions

### Call for Innovations

A Call for Innovations was launched in partnership with Healthcare Excellence Canada to identify established and emerging innovations in virtual care to support youth with chronic pain and their families. The Call for Innovations Merit Review Panel chose eight innovations and awarded two the top established and top emerging innovations.

### Vaccine Pain and Needle Fear Survey

SKIP and Healthcare Excellence Canada conducted a national online survey to explore contributors to vaccine hesitancy in the context of the COVID-19 pandemic.

*[Read about the survey's findings here.](#)*



# Producing & Promoting Valuable Tools

Science-backed tools are an essential part of knowledge mobilization. We partner with groups across the country and beyond to develop and widely share resources that increase understanding of how to prevent and manage pain.

BY THE NUMBERS...

97

Knowledge mobilization tools produced and promoted

9

new platforms with 20 promotion activities implemented

At least

7,165

knowledge users engaged with SKIP's knowledge mobilization tools and...

at least

1,407,524

people reached

## Digital Engagement with Parents

SKIP and Ehm & Co. co-produced and mobilized tools related to vaccine pain, needle fears, and virtual care for parents and caregivers on [YMC.ca](#). Together, the [Facebook Live event](#), two articles ([More Than Ever Vaccines Are Crucial But My Daughter Is Terrified of Needles](#), [Why Virtual Doctor Visits Are The Gift That Keeps On Giving For My Family](#)), two videos ([Mom Hack: When Kids Are Afraid of Needles](#), [How To Get The Most Out Of Your Virtual Doctor Visits](#)), one interactive quiz, and an e-blast to over 50,000 parents had over 1.3 million impressions online.

## Spark: Live webinars

In partnership with Children's Healthcare Canada, SKIP co-hosted seven Spark: Live webinars, hosted by SKIP Knowledge Broker Paula Robeson. These included [Championing pain within your organization in the time of COVID](#) featuring SKIP Patient Partner Jenny Sun, and [Comfort in pediatric critical care: a challenging new priority in the management of pediatric critical illness](#) featuring SKIP Patient Partner Marie-Claire Shanahan.

## The Rounds "Ask Me Anything"

In partnership with The Rounds, SKIP hosted four "Ask Me Anything" virtual events: [Opioids, Pain, and Teens: Minimizing Risk, Maximizing Benefits](#), [Harnessing Digital Technologies to Improve Pain Care in Children](#), [The broader context of pain: Bridging the gap between physical and mental health](#), and [Making Immunizations Comfortable for Children and Parents](#). Together, these events reached almost 9,500 health professionals, and the posts were viewed almost 13,000 times on The Rounds internal platform.

## Conquering the Hurt Conference

During the Conquering the Hurt conference hosted by our Central Canada Hub at SickKids, SKIP led a panel session on "Inflicting and treating pain: A discussion of contexts that produce and exacerbate pain in children." The conference gathered more than 300 attendees including health professionals and people with lived or living experience with pain.

## Pulse Knowledge Mobilization Challenge

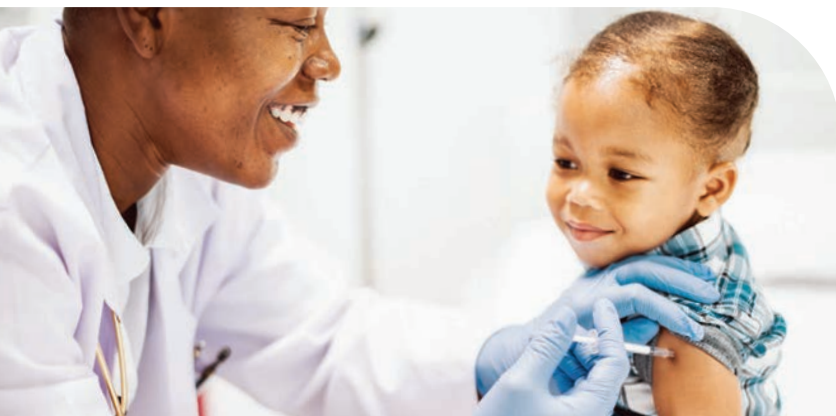
SKIP collaborated with Dalhousie University's Pulse Health Innovation Sandbox Knowledge Mobilization training program. We engaged 31 undergraduate and graduate students in three key pediatric pain areas: helping children with pain in school, using numbing cream during needle pokes, and engaging Pain Champions across Canada. Read about the challenge [here!](#)

## Webinar with the Canada FASD Research Network

SKIP partnered with CanFASD to host a webinar titled "Pain as Experienced by People with fetal alcohol spectrum disorder (FASD)". [Click here](#) to watch the recording!

## Jump in with SKIP

We continued to deepen knowledge mobilization capacity among researchers with our [Jump in with SKIP](#) program by providing 21 consultations and 34 tailored letters of support for various research grants that support improving children's pain management.



# Facilitating Institutional Change

We want to improve pain management at every level, and from the inside out. SKIP partners with institutions to help them put evidence into practice, conducting assessments and making recommendations on how to move forward sustainably and effectively.

## BY THE NUMBERS...

**1** New Francophone Regional Hub established

**5** new institutions with identified champions engaged, and 11 engaged in discussion about implementing initiatives toward children's pain management

**9** institutions supported in pursuing or progressing toward ChildKind certification

## National Standard for Pediatric Pain Management

A working group of SKIP Hub Leads, other subject matter experts, and partners conducted a literature review to inform the first draft of a new national standard for pediatric pain management with the Health Standards Organization. We look forward to the release of the final Pediatric Pain Management Standard.

## ChildKind International

SKIP collaborates with ChildKind International and others to identify pain champions and support institutions with implementation efforts. Nine institutions were supported in pursuing or progressing toward ChildKind certification.

## Regional Hubs

SKIP's Hub Leads and Knowledge Brokers work together to advance children's pain management in their own institutions.

# Raising Awareness & Kickstarting Conversation

An important part of knowledge mobilization is to make research easily accessible and usable by diverse groups. SKIP connects with patients, caregivers, health professionals, administrators, and policy makers using many different avenues of communication to amplify research and foster a sense of urgency around improving pain management for children.

BY THE NUMBERS...

Engaged in **15** media activities

**33** media articles

**17** presentations and 1 workshop delivered, reaching at least **2000** participants

at least **1,192,000** impressions on Social Media

## New Website Launch

We launched an expanded SKIP bilingual website! Visitors can now learn about SKIP, our team, and what we do, access evidence-based pain management resources, and so much more – in both English and French!

## Social Media Presence

It was a big year for @KidsInPain! Our social media networks, including Twitter, Instagram, Facebook, LinkedIn, and YouTube, now has a following of over 4,000, and #ItDoesntHaveToHurt, a social media hashtag used to generate conversation online about pain management, reached over 20M people. Follow us online @KidsInPain to join the conversation!

## The Conversation Canada

SKIP partnered with The Conversation Canada for four articles:

***Fear of needles: 5 simple ways to ease vaccination pain for your child (and yourself)***

***6 tips to prepare your child for easy COVID-19 testing***

***The power of parents: 3 ways you can reduce your baby's pain during medical procedures***

***Disney, Pixar and Netflix are teaching your children the wrong messages about pain***

## Globe and Mail Vaccine Town Hall

In February 2021, in response to an influx of questions about the COVID-19 vaccines, SKIP's Scientific Director, Dr. Christine Chambers,

participated in a panel hosted by the Globe and Mail and moderated by André Picard. Click here to watch the full recording!

## The Molly Appeal in the Media

This past spring, all proceeds from Dalhousie Medical Research Foundation's Molly Appeal campaign went to SKIP! SKIP's Communications and Engagement Coordinator Mylène Pinet, a person with lived pain experience, spoke to CBC Radio, The Times & Transcript, and SaltWire about pain in children and how donations to the Molly Appeal helped SKIP's mission to improve the lives of patients and their families.

## Children's Healthcare Canada Annual Conference

During the 2020 Children's Healthcare Canada annual conference, SKIP hosted a panel session called "Updates from 2020: It's been a big year in children's pain," in which 90 live participants were a part of the North American launch of the Lancet Commission.

## National Pain Awareness Week - #NPAW2020

SKIP partnered with Pain BC to lead a national social media campaign for National Pain Awareness Week from November 1-7, 2020. More than 125 organizations participated in the campaign reaching over 200,000 people and amplifying awareness and urgency of the issue of pain in children, alongside national efforts to improve pain for all people living in Canada.

# Impact Story Snapshots



One of SKIP's partners, the *Institute for Safe Medication Practices Canada*, is proving that improving children's pain care is exciting work! [Click here](#) to find out how a surprise musical performance led to a valuable collaboration for children's health.



Did you know there are simple and accessible ways to reduce pain and distress during medical procedures, immunizations, and blood collection? [Click here](#) to find out how *Alberta Children's Hospital* is making their patients' healthcare experiences as comfortable as possible.



Not all heroes wear capes – some wear Pain Champion badges! *Scott Thieu* knows that accessible, evidence-based information can empower patients and their families, no matter the type of pain they are experiencing. [Click here](#) to learn more!



At SKIP, we know that patient partnership isn't just a nice thing to do – it's the right thing to do. Click here to find out how *Vina Mohabir*, a member of our *Patient Caregiver Advisory Committee* helps ensure all SKIP patient engagement activities are aligned with the insight of people with lived experience.



Empowering youth  
with chronic illness

Living with a chronic disease can make everyday activities challenging, especially as a young person. One of the recipients of SKIP and Healthcare Excellence Canada's *Share Your #VirtualCare grant*, *Dr. Sara Ahola Kohut*, is working to help youth navigate these waters alongside peers who share similar experiences.

Click [here](#) to access all of SKIP's impact stories at [www.kidsinpain.ca](http://www.kidsinpain.ca)!



# We are a Patients Included organization!



**We believe in meaningful inclusion and engagement of patient partners and make sure they are involved in our governance and all our activities. This year, SKIP continued to build capacity within different levels of the organization for people with lived/living experience with childhood pain. The Patient Engagement Coordinator role is held by a person with living experience.**

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.

## **Have you heard about SKIP's Patient Partner database?**

Last year, our database grew to over 100 patients, parents, and other caregivers with diverse experiences who have signed up to contribute to SKIP's activities.

The COVID-19 pandemic was challenging for children and youth with pain and their families. We know patient engagement is a critical aspect of healthcare and healthcare research, and we value patient partner expertise. See our [\*Patient Partner Compensation Guidelines\*](#).

**Want to make a difference?** *Patients, parents, and caregivers are welcome!* We are seeking to engage with people with diverse lived experiences, including gender-diverse perspectives and racialized groups.

Click [\*here\*](#) to sign up to become a patient partner today!

"SKIP took the initiative to reach out, mobilize, inform caregivers, patients, and healthcare providers on managing pain during the COVID-19 pandemic."

- Prab, Patient Partner

# OUR WORK IN ACTION!



**Elise Reiter**

*SKIP Knowledge Broker  
Western Canada Hub*



**“Being a knowledge broker is about understanding the on-the-ground needs of patients, families, and healthcare professionals and co-developing meaningful initiatives to address those needs.”**

**Special interest:** Collaborating with people with lived experience on knowledge translation tools, safe opioid use, and implementation processes.

**Highlight:** Reviewing information on painful pediatric conditions available on My Health Alberta and updating them to be more inclusive and reflect current best evidence together with healthcare professionals and people with lived experience.

**Looking forward to:** Reimplementing Commitment to Comfort in the Stollery Emergency Department



**Paula Robeson**

*SKIP Knowledge Broker  
Children's Healthcare  
Canada*



**“I bring tailored credible Canadian evidence and resources related to pediatric pain management to a national audience of children's healthcare institutions, their staff, research institutes, and family partners.”**

**Special interests/expertise:** Leveraging Children's Healthcare Canada's SPARK Knowledge Mobilization Program, we deliver pediatric pain management content via webinars, podcasts, newsletter articles, social media, conference posters and workshops.

**Highlights:** Despite challenges faced during the pandemic, SKIP engaged and convened a working group of SKIP Hub Leads, other subject matter experts, and partners to conduct a review of the literature to inform the development of a draft Health Standards Organization standard related to Pediatric Pain Management.

**Looking forward to:** Continuing our important work on the Pediatric Pain Management Standard and will co-develop (Children's Healthcare Canada and SKIP) an updated Pediatric Pain Toolkit and other resources.



**Laura Gibson**

*SKIP Knowledge Broker  
Eastern Canada Hub*



**Introducing Laura Gibson, SKIP's Eastern Canada Knowledge Broker at the IWK Health Centre!**

“I'm looking forward to developing relationships with key stakeholders at the IWK and across Eastern Canada to move pain management forward in the region. I'm also pleased to be part of the developing of the Pediatric Pain Management Standard.”



**Chad Larabie**

*SKIP Knowledge Broker  
Central Canada Hub*



**“Turning knowledge into action is not possible without knowledge translation. Discovering great things in research means absolutely nothing if it's not implemented.”**

**Special interest:** With misinformation being more powerful than ever, it's important for the pediatric pain community to be handed knowledge that is accurate, timely, and relevant to their needs.

**Highlight:** The 2020 Conquering the Hurt Conference attracted more than 300 attendees from over 11 countries. It is a patients-included conference, where people with lived pain experience can attend for free.

**Looking forward to:** Continuing to translate research into useful, pragmatic information that can be used by other researchers, healthcare professionals, and patients and their families.

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

Through our five regional hubs, partners and affiliates are equipped with resources to improve pediatric pain management, and leveraging their own partnerships to raise awareness and mobilize knowledge.

## **This year, we were thrilled to introduce our new Francophone Hub.**

Located in Montreal, the Centre hospitalier universitaire Sainte-Justine (CHU Sainte-Justine) is a leading institution in pediatric pain care in Canada.

### **Tout doux?**

Interested in learning about CHU Ste-Justine's pain management initiative, Tout doux?

[Click here](#) to watch their official launch video.



**Marie-Joëlle  
Doré-Bergeron,**  
MD, FRCPC  
Hub Co-Lead



**Evelyn D. Trottier,**  
MD, FRCPC  
Hub Co-Lead



**Sarah Loemba, BA**  
Knowledge  
Broker

# OUR TEAM

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



**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



**Jaris Swidrovich**, BSP, PharmD, PhD(c)  
Assistant Professor, Leslie Dan Faculty of Pharmacy, University of Toronto

## Board of Directors

## Leadership



**Christine Chambers**,  
PhD, RPsych

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



**Emily Gruenwoldt**

KNOWLEDGE USER DIRECTOR,  
SKIP, CEO Children's Healthcare  
Canada, Executive Director  
Pediatric Chairs of Canada



**Katie Birnie**,  
PhD, RPsych

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



**Aimée White**  
MA

MANAGING DIRECTOR,  
SKIP, CPHR Candidate



# REGIONAL HUBS

Hub Leads and Knowledge Brokers support children's healthcare institutions and others in their regional areas and across the country.

## Eastern Canada



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



**Laura Gibson**  
MA  
SKIP Knowledge Broker  
IWK Health Centre



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



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



**Chad Larabie**  
MSc  
Knowledge Broker  
SickKids

## Central Canada



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



**Elise Reiter**  
PhD  
Knowledge Broker  
Stollery Children's Hospital



**Megan MacNeil**  
MPH  
Knowledge Broker  
2020-2021

## Children's Healthcare Canada



**Emily Gruenwoldt**  
Hub Lead  
Children's Healthcare Canada



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



**Marie-Joëlle  
Doré-Bergeron**  
MD, FRCPC  
Hub Co-Lead  
CHU Ste-Justine



**Evelyne D. Trottier**  
MD, FRCPC  
Hub Co-Lead  
CHU Ste-Justine



**Sarah Loemba**  
BA  
Knowledge Broker  
CHU Ste-Justine

## Francophone

# Committee Chairs



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



**Krista Connell, MSc**  
Chair, Evaluation Panel



**Emily Gruenwoldt**  
Chair, Partner Advisory Committee



**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)  
2019 – 2021



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

# SKIP Administrative Centre



**Aimée White**  
MA  
Managing Director



**Qaiser Haroon**  
BBA  
Operations Manager



**Sherry Brown**  
HBA  
Communications Specialist



**Mylène Pinet**  
BPR  
Communications & Engagement Coordinator



**Liana Nand**  
MLIS  
Administrative Assistant

## Special Thanks



**Kristen Duplessis**  
MBA



**Erin Aubrey**  
MSc



**Katherine Dib**

# Thank you Partners!

## Partnerships underpin the work we do at SKIP.

“The SKIP team’s expertise in pediatric pain allowed us to broaden our past National Pain Awareness Week materials to better represent the challenges of pain across the lifespan. SKIP’s partnership helped to grow the campaign significantly from previous years by engaging many children’s pain-related organizations across Canada, and adding credibility as a leading voice on the issue of child and adolescent pain. We’re grateful for the insight, skill, and collaborative spirit that SKIP brought to the project.” - Kathryn, Organizational Partner

Aboriginal Children's Hurt and Healing Initiative

About Kids Health

Accomplice Content Supply Co.

Alberta Children's Hospital

Alberta Health Services

Association of Child Life Professionals

Australian Pain Society

BC Children's Hospital

Boondoc Technologies Inc.

Bright by Design Inc

Burness Communications

The C17 Council

Canadian Agency for Drugs and Technology in Health

Canadian Association of Child Life Leaders

Canadian Nurses Association

Canadian Pain Society

Canadian Pediatric Society

Canadian Premature Babies Foundation

Canadian Psychological Association

Canadian Virtual Hospice

CanFASD

Cassie and Friends

Child Bright

ChildKind

Children's Healthcare Canada

The Children's Hospital of Winnipeg

Choosing Wisely Canada

Chronic Pain Network

Cochrane Child Health

The Comfort Ability

Comfort Promise

The Conversation Canada

Crohn's and Colitis Canada

Dalhousie Medical Research Foundation

Dalhousie University - Faculty of Health & School of Nursing

Dalhousie University - Faculty of Medicine

Dalhousie University - Faculty of Science

Dalhousie University - Human Resources

Dalhousie University - Office of VPRI

Dalhousie University - Pulse Health Innovation Sandbox

The Discovery Centre

Ehm & Co.

Empowered Kids Ontario

Halifax Chamber of Commerce

Health Canada

Healthcare Excellence Canada (formerly Canadian Foundation for Healthcare Improvement - CFHI)

Health Standards Organization

Help in Kids & Adults

The ILC Foundation

iMD

Immunize Canada

ISMP

IWK Health Centre

Louise & Alan Edwards Foundation

Lumino Health

Maritime SPOR Support Unit

Maternal Infant Child Youth Research Network

The Mayday Fund

McInnes Cooper

The Meg Foundation

MICYRN

Pain BC

Pain in Childhood (IASP)

Pain Research Forum/RELIEF

Parents Canada

PEARL

Pediatric Chairs of Canada

PICH2GO

Proactive Pain Solutions

Quebec Pain Research Network

Rare Disease Foundation

Research Nova Scotia

The Sandbox Project

SickKids

SimplyCast

Society for Pediatric Pain Medicine

Standish Foundation

TREKK

University of Alberta - Department of Pediatrics

University of Toronto - Faculty of Social Work

Women and Children's Health Research Institute

# There are many ways to become a champion for children in pain.

No matter who you are, we have a way for you to get involved to improve children's pain management in Canada and beyond!



Are you a researcher?



Are you a member of the press?



Are you a patient or caregiver?



Interested in donating?



Want to improve pain management in your institution?



Want regular updates on advances in pain management for kids?



Looking for an easy way to spread the word?



Is your organization interested in making the world a better place for kids with pain?



Want to join our team?



Want to get in touch?

Visit [www.kidsinpain.ca](http://www.kidsinpain.ca) to learn more about SKIP's work and to find out how you can make a difference!

**Solutions for Kids in Pain (SKIP)**  
Collaborative Health Education Building  
Dalhousie University  
5793 University Ave, Suite 520  
Halifax, NS, B3H 4R2



**#ItDoesntHaveToHurt**

1-902-494-4216 | [contact@kidsinpain.ca](mailto:contact@kidsinpain.ca)



Government of Canada  
Networks of Centres  
of Excellence

Gouvernement du Canada  
Réseaux de centres  
d'excellence



Children's  
Healthcare  
Canada

Santé  
des enfants  
Canada



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.

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