



# Meaningful Partnerships, Measurable Impact



Report to the Community



**We respectfully acknowledge** that the Administrative Centre for Solutions for Kids in Pain is located in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq. As an organization with national reach, we honour all Indigenous Peoples (First Nations, Inuit and Métis) from coast to coast to coast. We strive for respectful partnerships with Indigenous Peoples on a path towards healing, reconciliation, and self-determination.



Members of our network are invited to learn about and reflect upon the Indigenous Peoples whose traditional territories they reside on.



# Healthier Canadians through better pain management for children

**Solutions for Kids in Pain (SKIP) is a national knowledge mobilization network working to improve children's pain management by sharing evidence-based solutions through coordination and collaboration.**



Based out of Dalhousie University and co-directed by Children's Healthcare Canada, our network spans the country, allowing us to work with many people and organizations and support children and families where they are.



**“Organizations like SKIP are very impactful due to the focus on implementation and knowledge mobilization.”**

- Michelle Wan, Parent Partner

# Shining light on urgent issues

## A message from the Chair

**This past year, knowledge mobilization for children's pain research was more important than ever.** With the roll-out of COVID-19 vaccination for school-age children and adolescents, parents, policy makers, healthcare professionals and the public needed trusted, evidence-based, and culturally relevant information and resources to immunize children with confidence.

SKIP saw the need and did what SKIP does best. We collaborated with our diverse network of hubs and committed partners, helping mobilize evidence to reduce needle pain and fear. SKIP worked with a wide range of groups to co-develop and promote more resources than ever before, including Indigenous and Francophone resources. And we were able to get information and tools into the hands of millions, thanks to features in major national and international media outlets, participation in public awareness campaigns, pop-up conferences and virtual public talks.

At the same time, SKIP continued to shine light on other urgent issues related to children's pain, including acute pain management, barriers to evidence-based information, and more. And we took the next step in establishing a national standard for pediatric pain management in Canada that will have a significant and wide-spread impact on ensuring consistent, evidence-based care for children in pain.



*All of these activities have been propelled by the energy and enthusiasm of SKIP's network of partners.*

Their commitment has enabled our collective response to both long-standing, and newly emerging needs. It has allowed us to reach people where they are, by moving evidence off the shelf and into hospitals, vaccine clinics, parenting magazines, podcasts, and policy documents.

The work isn't over. Behind the scenes, SKIP has continued to collaborate with our partners to advance conversations and formalize targeted initiatives that we are excited to share in the year ahead. Stay tuned for what new and exciting projects will be launched in our fourth year. A big thank you to the members across the SKIP team for their vision and dedication, and we thank SKIP's many partners and funders for their continued trust and support.

Sincerely,

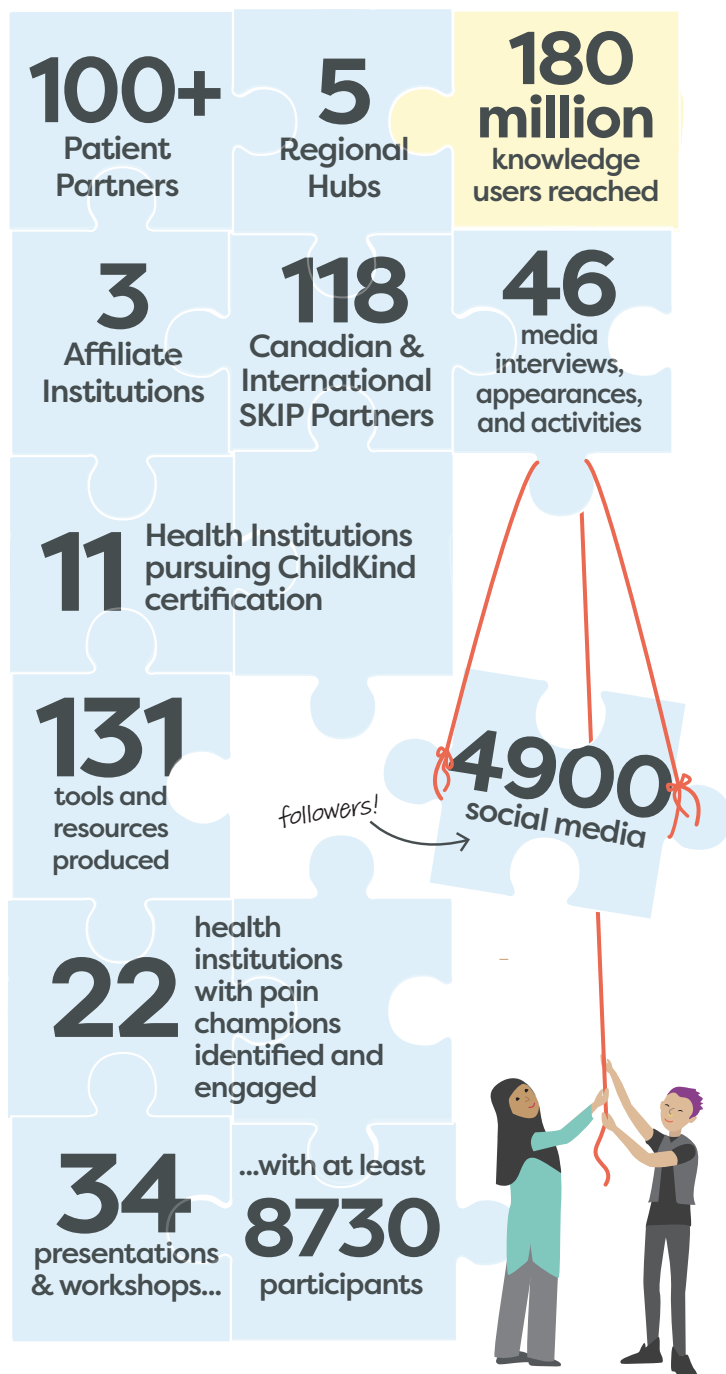
A handwritten signature in black ink that reads "Judith Hall".



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

# Canada-wide Impact

SKIP's innovative hub and spoke structure has created a strong network that amplifies local work on a national level; mobilizing critical knowledge. We are thrilled to highlight some of the many exciting initiatives that have come out of the SKIP network this past year.



“ SKIP has wonderful resources for healthcare professionals living and practicing all over the world.”

– Dr. Tonia C. Onyeka, Physician

## Global spotlight on vaccine pain and fear

SKIP worked to raise awareness and share evidence-based information about vaccine pain and needle fear. We partnered with **Children's Healthcare Canada** to support their **Immunizing Children with Confidence initiative** and shared information through major national and international media outlets.

## Advancing equitable access to evidence-based pain management for children

We have been working with the Health Standards Organization to establish **Canada's first ever National Standard for Pediatric Pain Management**. In 2021-22 we completed an important stage of the process. This standard will support consistent, effective pain management practices in institutions across Canada.

## Engaging diverse voices

Guided by the **Patients Included™ Charter**, SKIP engages with our network of 100+ Patient Partners who help ensure that our work drives meaningful impact. Thanks to dedicated funding from the Dalhousie Medical Research Foundation's Molly Appeal, we continue to prioritize reconciliation, equity, diversity, and inclusion for children in pain.

## Recognized as a leader in pain awareness

SKIP received the **Canadian Pain Society's 2022 Pain Awareness Award** in recognition of our role in raising awareness and finding solutions for the problem of undermanaged pain in Canada!

# Understanding and addressing needs

SKIP connected with patients, caregivers, health professionals, administrators, and policy makers to understand pre-existing and pandemic-related needs, including vaccine pain and fear, and key issues around acute and chronic pain. Over the past year, we have organized the latest resources and evidence to help address those needs.

“Every day we saw stressed parents and scared children come through the clinic. Every day we saw the materials SKIP provided help families to ease their fears and have more positive outcomes to the experience.”

– Sarah Grant, IWK Health Centre

## An emergent need for evidence-based information to manage vaccinations with confidence



SKIP responded quickly to emerging need for support navigating vaccination for children by organizing an up-to-date, **bilingual resource sheet** that provided information and links to more than 15 key evidence-based tools for managing needle pain and anxiety.

#1 most downloaded resource from the SKIP website this year!

## Barriers to evidence about children's pain



SKIP conducted a study to identify the shared and unique needs and barriers for children's pain across three stakeholder groups: patient partners (patients, caregivers, and family members), knowledge users (i.e., health professionals, administrators, policymakers, educators), and researchers (including trainees). Our findings were shared at national and international pain conferences.

Our findings were published in the **Canadian Journal of Pain!**

## Acute Pain Management

SKIP's Central Hub met with Emergency Physician Leaders of Ontario and helped create a repository of resources tailored to the specific needs of emergency room doctors managing acute pain.

“SKIP is a leader in children's pain management emerging at just the right time to help navigate through the pandemic.”

– Dr. Christine Hampson, The Sandbox Project



# Producing and promoting knowledge mobilization tools

This year we produced 131 knowledge mobilization tools with a wide variety of focuses, that reached nearly 680,000 people! SKIP coordinated with many partners to get evidence into the hands of knowledge users.

## Sharing tools on needle pain and anxiety for parents and caregivers



SKIP co-produced and mobilized tools on needle pain and anxiety for parents and caregivers via **YMC.ca** and a range of virtual platforms.

Our tools reached more than 400,000 people in just 3 months!

## Indigenous-led resources for vaccine pain and needle fear

We collaborated to co-produce and promote Indigenous-led, culturally relevant resources to help Indigenous children and families feel safe when receiving a vaccine. These resources included illustrated vaccination stories like ***Little Reah***, that were even featured on the ***Moment of Truth*** podcast.

***All About Me*** booklet -SKIP's #2 most downloaded resource!

## Collaborating to promoting evidence-based practices

SKIP engaged in knowledge mobilization activities including: **3 *Spark Live* webinars** with Children's Healthcare Canada; **2 *Ask-Me-Anything* events** with The Rounds; **1 *Conquering the Hurt* conference** with our Central Canada Hub; and **1 new online learning module** ("***Pediatric Pain in Low to Middle-Income Countries***").

“Excellent work, love all the resources, relevant for me as a parent and my work as a massage therapist. Thank you!”

– Sarah MacAulay, Parent and Registered Massage Therapist

## Jump in with SKIP

SKIP continued to partner with researchers across Canada to help build knowledge mobilization into their projects. This year, ***Jump in with SKIP*** engaged 20 researchers/ groups and produced 25 tailored letters of support for grant applications.



## Immunizing Children with Confidence

Led by Children's Healthcare Canada, SKIP was a key partner in building this evidence-based initiative to support parents, vaccine communicators and providers. Collaborative activities included: **8 webinars; a pop-up mini conference; videos with Dr. Theresa Tam, Canada's Chief Public Health Officer**, and an **online resource hub**.

# Facilitating institutional change

Together with our five regional hubs, including our new Francophone hub, SKIP collaborated to engage pain champions, advance ChildKind certifications and implement evidence-based solutions for pain management in health institutions across Canada.

## Public review of Canada's first National Standard for Pediatric Pain Management



Effective treatments for children's pain aren't consistently put into practice in Canadian health institutions. As a result, children suffer from undertreated and preventable pain that can lead to many immediate and long-term problems.

In partnership with the Health Standards Organization, SKIP is working to ensure equitable access to the best available pain management practices for children.

This year, we completed a public review phase of Canada's first-ever **National Standard for Pediatric Pain Management**. Once approved, the Standard - set to be published in early 2023 - will apply to all hospitals in Canada that provide pediatric care.

## ChildKind Certification



SKIP worked closely with ChildKind International to support Canadian health institutions move towards ChildKind certification, which recognizes best practices in pediatric pain management. Currently, there are two Canadian children's hospitals that have achieved ChildKind certification and 11 others actively working towards ChildKind certification.

2 Canadian children's hospitals are **ChildKind** certified

childkind

## Mobilizing knowledge across Canada

SKIP's five regional hubs connected with health institutions, child health networks, hospices, and others, to deepen relationships and support the spread and scale of programs related to emerging child pain priorities, including minimizing pain and anxiety related to needle procedures.

**“We have always been committed to improved pain management and just working with SKIP is one way to show it.”**

– Carol Schadelbauer, Burness



# Raising awareness and sparking conversation

With low vaccination coverage rates among children in Canada, compared to adults, SKIP stepped up to the plate. We coordinated and collaborated to raise awareness about solutions for minimizing needle pain and vaccine hesitancy, while maintaining a strong public dialogue about other urgent issues facing children in pain.

“We finally started taking needle pain and the fear of needles (trypanophobia) seriously thanks to online initiatives such as **#ItDoesntHaveToHurt**, a social-media campaign to reduce vaccine pain and fear in kids that has gone viral.”

– André Picard, Columnist, *The Globe and Mail*

## International media coverage on vaccine pain

Throughout the roll-out of COVID-19 vaccination for school-aged children, members of SKIP's network participated in regional, national and international media activities related to vaccine pain and fear. SKIP and its resources were featured in high-profile outlets including:



The New York Times



The Washington Post



CBC NEWS

Forbes



BC Radio-Canada

## National Pain Awareness Week

SKIP co-developed a social media campaign for National Pain Awareness Week in partnership with Pain BC for the second year, with 1,399 participating individuals and organizations. SKIP Hubs joined in the week's activities with local events and hand-outs provided to vaccination clinics.

Campaign reached at least 2.7M people with 8.9M impressions!

## #ItDoesntHaveToHurt

SKIP's hashtag has increased in average monthly impressions from 2M to 4.7M over the past year, with participation increasing by 50%. Verified social media influencers continue to share SKIP's content and use the **#ItDoesntHaveToHurt** hashtag to spread evidence-based messages about children's pain to broader audiences.

## Raising awareness through public talks



SKIP delivered presentations and engaged with health professionals, patients, caregivers, administrator, and policymakers at 34 virtual conferences and workshops, with partners including the *Canadian Paediatric Society*, *Canadian Pain Society*, *Science Up First*, *National Kids & Vaccines Day*, *International Knowledge Translation Conference in Rehabilitation*. These presentations reached nearly 9,000 participants.

# Hub highlights

## Our Hubs connect us.

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

Our Regional Hubs are equipping partners with resources to improve pediatric pain management and leveraging their own partnerships to raise awareness and mobilize knowledge.

SKIP's five hubs all work and collaborate on a diverse range of initiatives supporting children's pain management, both within the institutions where they are housed, across their regions, and throughout the SKIP network.

Each hub is engaged in a wide range of work depending on the specialities that exist on the team. Read through their stories for a window into some of the critical ways they champion children's pain management across the country.

## Western



SKIP Western Canada Hub is based at the **Stollery Children's Hospital in Edmonton**. During 2021 National Pain Awareness Week, SKIP's Western Canada Hub hosted an event where patient partners/ advocates, and health professionals painted a clear picture of pain in Canada, and a powerful reflection of the policies and practices that need to change to improve pain management for children. This event is just one of the many ways SKIP's Western Canada Hub is working towards institutional education and change.

“This event gave me the opportunity to share my story as a caregiver to a child who experiences pain on a daily basis. As parents and caregivers, we know how to advocate for our children and how to interpret their pain best.”

- Rebecca Liedtke, Parent Partner

[Read the full story here](#)

## Central



SKIP's Central Canada Hub, based at Toronto's SickKids Hospital, has a dynamic approach to sharing knowledge with their varied audiences, offering free learning modules, developing a YouTube channel, and actively engaging in communities on Twitter!

“Engaging videos are another way we can translate information about pain from a source folks can trust. This idea came from children, teens, and caregivers - and it's exciting to see the impact of listening, learning, and creating with people with lived experience. We hope these videos will engage and empower Canadian kids, teens, and families on their pain management journey”

- Vina Mohabir, Patient Partner

[Read the full story here](#)

## National



Children's Healthcare Canada co-directs SKIP. Our hub is **housed in this national association** that enables local improvements and contributes to system-wide change by building communities across the full continuum of care. When Children's Healthcare Canada approached SKIP to be a partner on their Immunizing Children with Confidence campaign, it was a resounding 'yes!'

“After years of struggle with my daughter's severe needle phobia, I have often dreaded flu season. Even a conversation around vaccinations for my child gave me so much anxiety. But after implementing all the strategies and suggestions from SKIP, my child is now comfortable with receiving her vaccines, and it is no longer an issue for our family to keep safe and healthy in this way! Thank you SKIP!”

- Deb Balino, Parent Partner

[Read the full story here](#)

## Francophone



SKIP's Francophone Hub, based at the **CHU Sainte-Justine, in Montreal**, is helping families and health professionals reduce procedural pain and anxiety by supporting the initiative Tout Doux, a multi-disciplinary, comprehensive approach to procedural pain management.

“Partnering, collaborating with families is one of the four core values of the CHU Sainte-Justine, so it is natural to have families on board since the very beginning of Tout Doux. By providing health professionals and families with appropriate tools and techniques to reduce pain and related anxiety, Tout Doux has an immediate positive impact on the quality of patient care: children suffer less during procedures, they feel better and, consequently, so do their parents.”

- Marie-France Langlet, Parent Partner

[Read the full story here](#)

## Eastern



SKIP's Eastern Canada Hub is based at the **IWK Health Centre, in Halifax** and works on everything from policy change to education events. This hub worked with the Janeway Children's Health and Rehabilitation Centre to develop a three-day education event for the hospital's team that is working to start up a new multidisciplinary pediatric pain clinic.

“As we plan the launch of our new pain clinic, we are committed to establishing best practices for children's pain management right from the start and are so glad to have been able to connect with SKIP's network of multi-disciplinary pain experts to inform this work and share knowledge with our team.”

- Shawna Sparkes, Physiotherapist

[Read the full story here](#)





# Propelled by Partners



Our approach to knowledge mobilization hinges on collaboration and coordination with our engaged network of more than 100 diverse organizational partners. They expand our reach and our impact, ensure a diversity of perspectives and evidence, and support activities through the contribution of important resources, knowledge, and services.

19 to Zero • Aboriginal Children's Hurt and Healing Initiative • Accomplice Content Supply Co • Alberta Health Services • Arthritis Society of Canada • Australian Pain Society • Boondoc Technologies Inc • Bright by Design Inc • Burness Communications • Canadian Agency for Drugs and Technologies in Health • Canadian Association of Child Life Leaders • Canadian Autism Spectrum Disorders Alliance • Canadian Childhood Cannabinoid Clinical Trials • Canadian Dental Association • Canadian Nurses Association • Canadian Pain Society • Canadian Pain Task Force (Health Canada) • Canadian Pediatric Society • Canadian Physiotherapy Association • Canadian Premature Babies Foundation • Canadian Psychological Association • Canadian Public Health Association • Canadian Society of Hospital Pharmacists • Canadian Virtual Hospice • CanChild • CanFASD • Cassie and Friends • Centre for Healthcare Innovation • Child Bright • ChildKind • Children's Hospital of Eastern Ontario • Choosing Wisely Canada • Chronic Pain Network • Cochrane Canada • Cochrane Child Health • Code & Mortar • Comfort Promise • COVID Vaccine Facts • Crohn's and Colitis Canada • Dalhousie University - Pulse Health Innovation Sandbox • Down Syndrome Resource Foundation • Ehm & Co. • Empowered Kids Ontario • Events East • Families Canada • Halifax Chamber of Commerce • Health Canada • HELPinKids&Adults • Healthcare Excellence Canada

# We are a Patients Included Organization!

SKIP's 100+ Patient Partners inform and guide our work at all levels, from our Board of Directors to working groups to planning and taking part in events. We also prioritize hiring people with lived experience of childhood pain into staff roles. Thanks to our Patient Partners for their generous time and perspective.



• Health Standards Organization • IBM (Canadian Healthcare Team) • iMD • Immunize Canada • International Association for the Study of Pain (IASP) • Institute for Safe Medication Practices (ISMP) • International Children's Palliative Care Network • International Headache Society • Kids Brain Health • LifeWorks • Lung Health Foundation • Maritime SPOR Support Unit • Maternal Infant Child Youth Research Network • Nova Scotia Health Authority • Ontario Brain Institute • Ontario Association of Children's Aid Societies • Ontario Association of Children's Rehabilitation Services • Ontario SPOR SUPPORT Unit • OPENPediatrics • Pain BC • Pain in Childhood Special Interest Group (IASP) • Pain Research Forum/RELIEF • Pandemic Parenting • Parents Canada • Patient Advisors Network • Patient Commando • Patient Critical Co-op • PEARL • Pedia Pain Focus Podcast • Pediatric Chairs of Canada • Preterm Birth Network • Proactive Pain Solutions • Quebec Pain Research Network • Rare Disease Foundation • Sanford Group • The Sandbox Project • Saskatchewan Health Authority • Science Up First • SimplyCast • Society for Pediatric Pain Medicine • Standish Foundation • St. John Ambulance • Sunlife/Lumino • The C17 Council • The Comfort Ability • The Conversation Canada • The Discovery Centre • The ILC Foundation • The Meg Foundation • TREKK • University of Montreal - Faculty of Medicine • Volta • White Point Beach Resort • **Thank you for your support!**

## Our funders sustain us.



# The SKIP Team

## Board of Directors



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We thank our incredible team for their insights and energy, their compassion and advocacy, and their shared belief that together we can improve pain management for kids in Canada.

## National Hub

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**Prab Ajrawat, H.BKin, MSc**  
Member, Patient Caregiver  
Advisory Committee



# Connect with SKIP

It is thanks to many partners and diverse voices that we can mobilize knowledge and motivate change to make a difference for children in pain.

We need your voice, too! Share SKIP resources with your community, advocate on social media, donate, or join our growing community of partners and pain champions.

Get involved with SKIP!



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.

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## Find us on Social!

#ItDoesntHaveToHurt

@kidsinpain



Thank  
you  
friends!