Values in motion

2022/23 Report to the Community
This report covers the period from April 1, 2022 to March 31, 2023
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.
A message from the Chair

On behalf of SKIP’s Board of Directors, I am delighted to present SKIP’s year in review, highlighting the past year’s remarkable progress and achievements. SKIP continues to deliver on its vision of healthier Canadians through better pain management for children by mobilizing evidence-based solutions through coordination and collaboration. At the core of its initiatives, SKIP partners with a strong community of patients, caregivers, families, advocates and health professionals.

We are proud of SKIP’s impact towards our desired long-term outcome of improved children’s pain management in Canadian health institutions. The focus of SKIP’s current year is on deepening our impact and celebrating our successes, while continuing to transition and work towards sustainability. SKIP remains committed to furthering knowledge mobilization and advocacy efforts, focusing on quality, equity, inclusivity, and reducing disparities in pediatric pain care.

We are excited to embark on another year of collaboration and progress in our shared goal of ensuring that every child in pain receives the care they need.

Sincerely,

Julia Hanigsberg
Chair, SKIP Board of Directors

Photo: Back Row: Kevin Bly (Board Member), Scott Comber (Faculty, Dalhousie Rowe School of Business), Julie Drury (Board Member), Christine Chambers (Scientific Director), Jaris Swidrovich (Board Member), April Stroink (Board Member), Front Row: Bonnie Stevens (Board Member), Katie Birnie (Associate Scientific Director), Emily Gruenwaldt (Knowledge User Director), Ubaka Ogboagu (Past Board Member), Julia Hanigsberg (Board Chair), Manon Choinière (Board Member). Not Pictured: Judith Hall (Past Board Chair), Justina Marianayagam (Board Member)
Guided by the Patients Included™ Charter, SKIP collaborates with more than 100 Patient Partners who help ensure that our work drives meaningful impact.

From our Board of Directors and staff, to working groups and event collaborations, from one-time activities to ongoing commitments, Patient Partners are central to all levels of SKIP’s work.

This year we continued to meaningfully partner with patients in all activities and events, expanding our Patient and Caregiver Advisory Committee (PCAC), and refining our patient partnership processes to ensure that the voices of children and families are heard, and their needs are addressed effectively, with a focus on greater representation of racialized, 2SLGBTQIA+, disabled, and rural/remote Patient Partners.

“\nThe SKIP team are passionate, respectful and truly engage and listen to the health care teams and the families.”
~ Knowledge User
Our Values

Identifying and filling gaps
SKIP works with partners to identify gaps and organize current resources and evidence to address the needs of patients, families, health professionals, administrators, and policy makers.

Producing and promoting knowledge mobilization tools
SKIP collaborates with partners to co-produce and promote tools for patients, families, health professionals, administrators, and policy makers.

Facilitating institutional change
SKIP engages its network of 6 hubs to support implementation of evidence-based solutions for pediatric pain management across Canada. SKIP continues to collaborate with ChildKind International and others to identify pain champions and support institutions with implementation of quality, equitable pain care.

Increasing awareness
SKIP continues to expand its audience across media platforms through engaging and informative outreach and partnerships. SKIP’s presence at various in-person and virtual conferences and workshops sparks dialogue and spreads the word.

SKIP has provided a ton of great resources for our health care provider audience with relation to pain management. Those resources still live in our network for health care providers to access whenever they need it.” ~ Partner Organization
In Motion

**SKIP embodies our values through collaboration and coordination.**

We are pleased to highlight some of SKIP’s many exciting initiatives.

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**We Grew!**

Now with 6 Hubs across Canada—Welcome to our Strategic Initiatives Hub based at the University of Calgary!

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**We Made Friends!**

- 27 health institutions with **Pain Champions** engaged
- ~40,300 **Knowledge Users** engaged
- 33,700+ website page views
- 5,500+ social media followers

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**We Collaborated!**

- 100+ Patient Partners
- 100+ Organizational Partners
- 3 Affiliate Institutions

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**We Supported Change!**

- 82 consultations provided including recurring meetings with hospitals, health centres, a children’s health network, and a hospice
- 11 Canadian institutions pursuing **ChildKind** certification
- 4 Canadian institutions secured ChildKind certification

*Congratulations to BC Children's Hospital and Canuck Place Children's Hospice for achieving ChildKind certification this year!*

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**We Spread the Word!**

- 90 knowledge mobilization resources and activities including blog posts, booklets, events, podcasts, videos, and more
- 47 presentations & workshops with a reach of at least 64,300 people
- 22 media interviews, appearances, and activities

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**GOOD TO KNOW**

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.

**Knowledge Users** means anyone who needs evidence-based information about pediatric pain, this includes patients, caregivers, health professionals, administrators, policy makers, and more.

**ChildKind International** works to reduce pain in children by evaluating and recognizing healthcare facilities that have developed standardized, institution-wide, collaborative approaches to the prevention and treatment of pediatric pain. Institutions that show evidence of meeting the 5 principles of ChildKind receive ChildKind certification.
The world’s first national Pediatric Pain Management Standard

SKIP published the world’s first national Pediatric Pain Management standard developed in partnership with the Health Standards Organization.


The Standard outlines 34 specific criteria detailing how organizational leaders and health care teams can deliver equitable, evidence-informed, and person-centered pain care based on the needs, goals, abilities, and preferences of children and their families. The standard will facilitate the uptake, use, and implementation of pain research and knowledge, to the benefit of children and their families.

“As a parent and member of the Standard’s working group, I look forward to how this Standard will impact pain care for children. The criterion within this standard emphasizes children and families as equal members of the health care team, a shift that will transform the hospital experiences of children in pain.”

~ Stephanie Paravan, Family Partner and Pediatric Pain Management standard Working Group member

“SKIP continues to be at the forefront of building and translating the necessary evidence into practice to support the implementation of the Action Plan for Pain in Canada. The Pediatric Pain Management Standard is another example of SKIP’s leadership that contributes to improve the way pain is being prevented and managed amongst our pediatric population.”

~ Jean-François Leroux, Manager of the Chronic Pain Policy Team, Health Canada

Advisors: Laura Gibson, BA, MA; Paula Robeson, RN, MScN

Patients / Family: Justina Marianayagam, MD, BHSc; Natasha Murji; Stephanie Paravan, Policy Makers / Product Users: Samina Ali, MD, FRCP; Randi Dovland Andersen, RN, MScN, PhD; Sandy Baggott, CCLS; Kathryn Birnie, PhD, RPsysC (Chair); Fiona Campbell, BSc, MD, FRCA; G. Allen Finley, MD, FRCP; FAA; Renee C.B. Manworren, PhD, RN-BC, APRN, PCNS-BC, AP-PMN, FAAN; Tim Oberlander, MD, FRCP; Kelly Thorstad-Cullen, MSc(A)N, PHCNP; Susan M. Tupper, PT, PhD.

Equity, Diversity, Inclusion Consultants: Alison Gerlach, PhD; Courtney Pennell, RN (BScN), MScN; Kassia Johnson, MD, FRCP; Margot Latimer, PhD, RN; Sharon Smile, MSc, MBBS, MD (Pediatrics).

Canadian Press (by Laura Osman) was picked up by 97 publications, including, but not limited to:
Youth in Pain: Solutions for Effective Opioid Use

Responding to the call from Health Canada’s “Action Plan for Pain in Canada”, the Youth in Pain: Solutions for Effective Opioid Use project is helping to develop better approaches to opioid prescribing and use for acute and chronic pain in youth.

Funded by Health Canada’s Substance Use and Addictions Program, SKIP is working with youth and caregiver partners, health professionals, decision-makers, and organizational partners to develop new resources, share information, build capacity, and launch a narrative change campaign focused on effective, safe, and equitable medical use of opioids for pain management. We have brought together diverse perspectives on pain for this project in a National Advisory Group, with representation from pediatric pain experts, youth and caregivers with lived experience, healthcare professionals, pharmacists, Indigenous health specialists, dental associations, policymakers, and substance use and addiction specialists.

We are committed to addressing the overdose crisis and providing people with the tools they need to effectively manage their pain. Our government is pleased to support organizations like Solutions for Kids in Pain (SKIP) for their tremendous work and dedication in providing children and kids the resources and guidance, including around providing the necessary medication to manage their pain. By supporting evidence-based initiatives like this one, we can save lives, improve capacity for healthcare providers, and build a better healthcare system that provides people with the fulsome and compassionate medical services and supports they need.”

~ The Honourable Ya’ara Saks Federal Minister of Mental Health and Addictions and Associate Minister of Health

I shouldn’t have to be ashamed of needing opioids as someone with a chronic illness, and it makes me sad that it’s looked down upon when it makes such a difference in my life. Opioids are sometimes the difference between me lying in bed, wishing I could live a normal life - and me living a normal life.”

~ Youth Patient Partner

On April 11th, 2023, SKIP had the privilege of hosting the Honourable Carolyn Bennett, Minister of Mental Health and Addictions and Associate Minister of Health, at Dalhousie University. At this event, Minister Bennett announced nearly $4 million in federal funding for 9 projects across the Atlantic region, including an exciting initiative led by SKIP, through Health Canada’s Substance Use and Addictions Program (SUAP)
Pain management needs for patients with sickle cell disease

SKIP’s Francophone Hub, in collaboration with the DrépaNoPain group, led work to identify the pain management needs of patients with sickle cell disease, their caregivers, health professionals and administrators, to inform a new pain management tool. The hub also created a resource, in collaboration with the Canadian Paediatric Society, to guide emergency department physicians in treating children and youth with sickle cell disease who present with a pain crisis.

Promoting evidence-based practices and tools

This year SKIP promoted evidence-based practices and tools in a variety of ways including: An “Ask Me Anything” online event on the topic of pain in children with disabilities with our partner The Rounds that reached 1,955 physicians/health professionals; and 3 webinars co-hosted with Children’s Healthcare Canada’s SPARK: Live series, reaching more than 390 attendees. Topics included: prioritizing vaccination pain and fear management, increasing vaccine confidence, and missed routine immunizations.

Responding to emergent issues

Amidst a children’s medicine shortage, SKIP co-hosted with YMC.ca a Facebook Live event for parents in partnership with Ehm & Co and Children’s Healthcare Canada, “Surviving Flu & Virus Season while Hospitals are in Crisis.” The aim was to provide advice for parents during the rise in pediatric flu, RSV and COVID cases (the “tripledemic”). The event reached more than 41,300 individuals with more than 15,000 views of the event’s recording.
Influencing policy development

 SKIP submitted a brief to the House of Commons’ Standing Committee on Health’s “Children’s Health study,” and co-led a public statement with Children’s Healthcare Canada on the national shortage of children’s analgesics. Our Eastern Hub collaborated with the MacEachen Institute for Public Policy to host an in-person policy roundtable to help lead to a Nova Scotia provincial pain strategy. Attendees included 28 patient partners, leaders, and health professionals.

Institutional change in French speaking community hospitals

The Francophone Hub is facilitating institutional change in French speaking community hospitals by providing more than 200 health professionals with teaching and tools. More than 40 centres have contacted the Francophone Hub requesting resources and advice for their procedural pain improvement projects!

Minding Pain Conference

The annual conference hosted by SickKids Pain Centre, titled "Minding Pain," was a Patients Included hybrid (virtual/in-person) event held in partnership with SKIP and the Garry Hurvitz Centre for Brain and Mental Health. Drawing 217 attendees from 22 countries, including 87 individuals from low-to-middle income countries, and 41 people with lived experience of pain, the conference dove into pertinent and emergent themes of mental health and pain, knowledge mobilization, health equity, and pain in the developing brain.
Connecting the national SKIP network

We hosted an in-person SKIP Network Strategy meeting in Halifax in June 2022 to discuss continuing and emerging strategic priorities in children’s pain management in response to the pandemic. We continued to connect our SKIP Knowledge Brokers with liaisons at Children’s Healthcare Canada’s member organizations to further develop relationships and support change within these institutions.

Immunizing Children with Confidence

We developed new activities in partnership with Children’s Healthcare Canada on the “Immunizing Children with Confidence” project funded by the Public Health Agency of Canada’s “Immunization Partnership Fund”. Key activities included developing a new procedural pain toolkit for health professionals, a rapid review of factors and recommendations to support equitable vaccination in children and youth with medical vulnerability, and incorporating evidence-based solutions for pediatric pain management in: 2 Immunizing Children with Confidence pop-up events, and the national Kids and Vaccines Day Town Hall (#KidsVaccineDay).

Advancing equity, diversity, and inclusion (EDI) as it relates to pain in children

SKIP is engaging with experts to lead an environmental scan to create an EDI framework for SKIP to build on its commitment and actions to advance EDI for pain in children. We are working together to develop measurement tools and strategies for equitable engagement in SKIP’s knowledge mobilization, and proposing mechanisms for building and sustaining equity within all SKIP’s processes and activities.
Meeting to promote change

We co-hosted a leadership hive about the new national Pediatric Pain Management Standard with the Health Standards Organization (HSO) at the Children's Healthcare Canada annual conference in December; 27 pain champions attended from health institutions across the country (Newfoundland, Nova Scotia, Québec, Ontario, Saskatchewan, Alberta, British Columbia).

Mobilizing valuable resources

SKIP vastly surpassed our goals for resource mobilization, with many new tools produced and promoted, and existing tools promoted and translated. We organized and shared bilingual resources including “Needle Pain & Anxiety Management for Vaccination Under 5,” that provides information and links to over 15 evidence-based tools as part of the COVID-19 vaccine roll-out in young children. SKIP collaborated with Science Up First and Dr. Becca Pillai Riddell on videos to build on this resource. Our #1 most downloaded resource!

#PainPuzzle

We hosted our most successful social media campaign to date, #PainPuzzle, during National Pain Awareness Week 2022, with a reach of more than 1.5M individuals, engaging partners across the country and internationally.
Our hubs connect us.

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

Western Hub

SKIP Western Hub is based at the Stollery Children’s Hospital in Edmonton, Alberta. Among many accomplishments this past year, the Western Hub secured funding to support ChildKind certification for the Stollery Children’s Hospital through hiring a full-time clinical nurse specialist to drive the changes required to achieve certification. This hub was also approved by the Stollery to send text messages as a “welcome packet” to families arriving in the emergency department which includes information on pain management.

Central Hub

SKIP’s Central 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! This year the Central Hub coordinated the Patients Included conference, titled “Minding Pain.” They also have begun the development of two new education modules within the Online Paediatric Pain Curriculum for health professionals on the use of opioids in children for acute and chronic pain, as part of the Youth in Pain: Solutions for Effective Opioid Use project.

Strategic Initiatives Hub

With the partnership of the University of Calgary and Alberta Children’s Hospital, we are thrilled to add the Strategic Initiatives Hub as SKIP’s 6th Hub in the network! While also based in Alberta, this SKIP hub leads network-wide strategic initiatives like our Health Canada-funded “Youth in Pain: Solutions for Effective Opioid Use” project and partnership on the Public Health Agency of Canada-funded “Immunizing Children with Confidence” project led by Children’s Healthcare Canada.
Children’s Healthcare Canada is SKIP’s co-directing organization and hosts SKIP’s National Hub. This year they announced Children’s Healthcare Canada’s new Pediatric Pain Management Practice and Policy Network. The launch of this new network is part of Children’s Healthcare Canada’s continued commitment to make sure that pain management remains a priority for their organization and will support implementation of the new Pediatric Pain Management standard. Children’s Healthcare Canada’s Practice Networks are designed to be multidisciplinary and inclusive of members across the continuum of care. These Networks are driven by Children’s Healthcare Canada priorities and guided by a project charter that will advance strategic goals of achieving an integrated approach to delivering services for children and youth.

Francophone Hub

The Francophone Hub continues with their institutional project, Tout doux, to procedural pain management at CHU Sainte-Justine. More than 1,000 health professionals at CHU Sainte-Justine have been trained on the “4Ps” approach to reduce procedural pain, including prevention of pain and distress, and the use of psychological, physical and pharmacological strategies. The Francophone Hub is focusing on improving pain management for children and youth with sickle cell disease and has created tools for parents to help their children with vaccinations that are now housed on the Province of Quebec’s website.

Eastern Hub

SKIP’s Eastern Hub is based at the IWK Health Centre in Halifax, Nova Scotia, and works on diverse activities including policy change and education events. A highlight from this past year was co-hosting a “Policy Roundtable: Towards a Provincial Pain Strategy for Nova Scotia” with The MacEachen Institute for Public Policy. This was an invitation-only, Patients Included policy roundtable to discuss short-term actionable strategies that could help lead to a provincial pain strategy in Nova Scotia.
Friends of SKIP

Our approach to knowledge mobilization hinges on collaboration and coordination with our engaged network of more than 130 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. Thank you for being part of the SKIP community!

Aboriginal Children’s Hurt and Healing Initiative
Accomplice Content Supply Co.
Ann & Robert H. Lucie Children’s Hospital of Chicago
Alberta Children’s Hospital (ACH)
Alberta Health Services
Alberta SPOR Support Unit
Alberta SPOR Support Unit - KTU
Archipel Research and Consulting Inc.
Arthritis Society of Canada
Association of Child Life Professionals
Australian Pain Society
Boondoc Technologies Inc.
Bright by Design
British Columbia Children’s Hospital
Brown University
Burness Communications
Canadian Agency for Drugs and Technologies in Health
Canadian Association of Child Life Leaders
Canadian Autism Spectrum Disorders Alliance
Canadian Centre for Substance Use and Addiction
Canadian Childhood
Cannabinoid Clinical Trials
Canadian Dental Association
Canadian Nurses Association
Canadian Pain Society
Canadian Pain Task Force (Health Canada)
Canadian Paediatric Society
Canadian Physiotherapy Association
Canadian Premature Babies Foundation
Canadian Psychological Association
Canadian Public Health Association
Canadian Society of Hospital Pharmacists
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Children’s Healthcare Canada
Children’s Hospital of Eastern Ontario
Choosing Wisely Canada
Chronic Pain Network
Comfort Promise
Crohn’s and Colitis Canada
Go To Grandma
Dalhousie Medical Research Foundation
Dalhousie University - Faculty of Health
Dalhousie University - School of Nursing
Dalhousie University - Faculty of Medicine
Dalhousie University - Faculty of Science
Dalhousie University - Office of VPRI
Down Syndrome Resource Foundation
Ehm & Co.
Empowered Kids Ontario
Families Canada
Fondation du CHU Sainte-Justine
Halifax Chamber of Commerce
Health Canada
HELPInKids&Adults
Healthcare Excellence Canada (formerly Canadian Foundation for Healthcare Improvement - CFHI)
Health Standards Organization
iMD
Immunize Canada
Impact Canada
International Association for the Study of Pain (IASP)
Institute for Safe Medication Practices (ISMP)
International Children’s Palliative Care Network
International Headache Society
Our funders sustain us.

IWK Health Centre
Kids Brain Health
L'Association d'anémie falciforme du Québec
LifeWorks, formerly known as Morneau Shepell
Louise & Alan Edwards Foundation
MacEachen Institute for Public Policy and Governance
Maritime SPOR Support Unit
Maternal Infant Child Youth Research Network
McInnes Cooper
Melanie Barwick Consulting
Nova Scotia Health Authority
Nova Scotia Department of Labour and Advanced Education
Ontario Brain Institute
Ontario Association of Children's Aid Societies
Ontario Association of Children's Rehabilitation Services
Ontario SUPPORT Unit
OPENPediatics
Pain BC
Pain Canada
Pain in Childhood Special Interest Group (IASP)

Pain Research Forum/RELIEF
Parents Canada
Partnership for the Engagement of Patients in Pain Research (PEPR)
Patient Advisors Network
Patient Commando
Patient Critical Co-op
PEARL
Pedia Pain Focus Podcast
Pediatric Chairs of Canada
Preterm Birth Network
Pride at Work
Proactive Pain Solutions
Public Health Agency of Canada (PHAC)
Quebec Pain Research Network
Rare Disease Foundation
Research Nova Scotia
The Sandbox Project
Saskatchewan Health Authority
Science Up First
Sickle Cell Awareness Group of Ontario
SickKids Pain Centre
SimplyCast

Society for Pediatric Pain Medicine
Standish Foundation
St. John Ambulance
Sunlife/Lumino
Shriners Hospital for Children
Take a Pain Check
The C17 Council
The Comfort Ability
The Conversation Canada
The Discovery Centre
The ILC Foundation
The Mayday Fund
The Meg Foundation
TREKK
University of Alberta
University of Calgary
University of Montreal - Faculty of Medicine
University of Oslo
University of Toronto
Volta
Women and Children's Health Research Institute (WCHRI)
White Point Beach Resort
The SKIP Team

We thank our incredible board members, leadership, hub leads, knowledge brokers, members of our advisory panels and committees, and SKIP administrative centre team for their insights and energy, their compassion and advocacy, and their shared belief that together we can improve pain management for children in Canada.

**Board of Directors 2022/23**

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  Project Coordinator

- **Isabel Jordan, B. Sc(H)**  
  Patient Partnership Advisor

- **Pars Atasoy, B. Sc(H)**  
  Engagement and Impact Coordinator

- **Anna Leaper**  
  Communications Assistant
Eastern Canada Hub

Allen Finley, MD FRCP FAAP
Hub Lead, IWK Health Centre

Laura Gibson, MA
Knowledge Broker, IWK Health Centre

Central Canada Hub

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

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

Chadwick Larabie, MSc
Knowledge Broker, SickKids

National Hub

Emily Gruenwoldt
Hub Lead, Children’s Healthcare Canada

Catherine Riddell
Knowledge Broker, Children’s Healthcare Canada

Francophone Hub

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

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

Sarah Loemba, BA
Knowledge Broker, CHU Ste-Justine

Strategic Initiatives Hub

Katie Birnie, PhD, RPsych
Hub Lead, University of Calgary

Raad Fadaak, MA, PhD
Knowledge Broker, University of Calgary

Megan MacNeil, MPH
Knowledge Broker, University of Calgary

Western Canada Hub

Samina Ali, MCDM, FRCP (PEM)
Hub Co-Lead, Stollery Children’s Hospital

Hayley Turnbull
Hub Co-Lead, Stollery Children’s Hospital

Elise Kammerer, PhD
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Prab Ajrawat, MSc
Member

Amanda Doherty-Kirby, PhD
Member

Jaime Winkler
Member

Tommy Akinnawonu
Member
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!

SKIP Administrative Centre

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

Contact SKIP
1-902-494-4216
contact@kidsinpain.ca
www.kidsinpain.ca

Find us on Social!
#ItDoesntHaveToHurt
@kidsinpain

Thank you to Dalhousie University for continuing to serve as SKIP’s host institution.

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.