

Partnering for Pain: The Project

Kids and teens with chronic pain and their families are experts on what it's like to live with pain, but until now, research has not asked what issues they care about most.

With this in mind, we set out to identify the **top 10 most important things we still need to learn about chronic pain during childhood** - according to people who have had chronic pain while they were a child or teen, their families, and healthcare providers.



The project team overseeing the process included youth, parents, healthcare providers, and researchers.

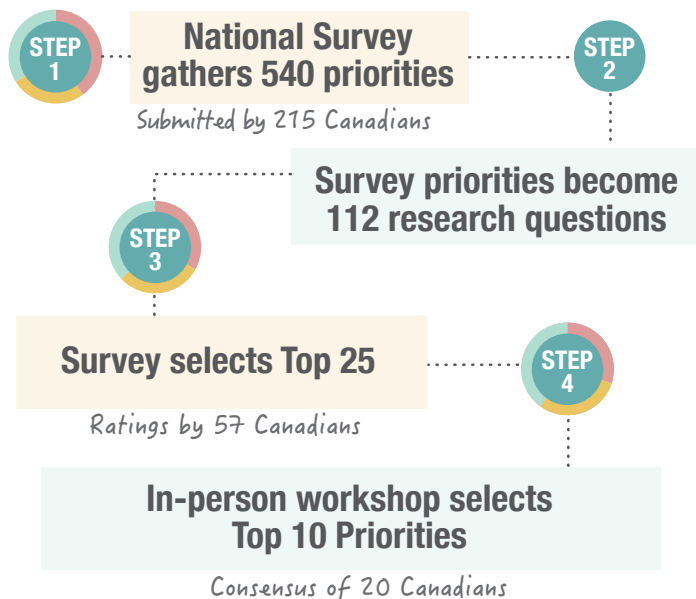
Chronic pain affects 1 in 5 of children and teens.

This means that 1-3 million Canadian youth often deal with pain lasting months to years. This pain can get in the way of being active, sleeping, going to school, and getting along with friends and family.

4 steps guided our priority-setting partnership:

Each step included Canadians who have had chronic pain during childhood, their families, and healthcare providers. This group included people who have personal/lived experience with chronic pain during childhood - some of who are still children and some of whom are now adults.

Health Care Providers Patients Families



Partnering for Pain

Shaping pain research & care for kids, together.

#PartneringForPain #PartenairesPourLaDouleur

Success!

Top 10 Research Priorities in pediatric chronic pain in Canada.

- 1 What treatments or strategies effectively **prevent acute pain from becoming chronic**.
- 2 What is the impact of living with chronic pain on children's and adolescents' **academic performance** and **educational attainment**, and what strategies best support **vocational planning**.
- 3 What **physical and psychological treatments** are effective for improving pain and functional outcomes such as quality of life, depression, fatigue, sleep, acceptance, concentration, resilience, coping, self-management in children and adolescents with chronic pain?
- 4 What strategies improve **access and delivery of evidence-based treatments**, and **coordination of care**, for all Canadian children and adolescents with chronic pain, and their families, with a view to **reduce disparities**?
- 5 What strategies effectively increase **healthcare providers training**, knowledge, recognition, beliefs, attitudes, and communication about the validity and risk of chronic pain with children and adolescents, and its evidence-based treatments?
- 6 What strategies effectively **increase government and healthcare organization financial support** for evidence-based pediatric chronic pain care in Canada?
- 7 What strategies for **educating school personnel** about pediatric chronic pain effectively increase their awareness, understanding, and recognition of the validity, impact, and treatment of pediatric chronic pain?
- 8 What **interventions** are effective for **managing acute pain flares** in children and adolescents with chronic pain?
- 9 What is the **interaction between chronic pain and mental health symptoms** in children and adolescents, and when and how can co-occurring chronic pain and mental health symptoms be most effectively diagnosed and treated?
- 10 **When are treatments** for chronic pain in children and adolescents **most effective** (for example, after medical investigation is complete, or variation by type of treatment modality, or readiness of child/adolescent or family to engage in treatment)?

The final top 10 list has questions about how to better prevent and care for all kids and teens with chronic pain.

These priorities make sure that future research focuses on what is most important to people who will use it in their everyday lives.

