

ACCESS TO LOW BACK PAIN CARE: THE SASKATCHEWAN LANDSCAPE

2023 Event Summary

The goal of these dual virtual and in-person events was to bring together diverse perspectives and stakeholders around the issue of improving access to chronic back pain care in Saskatchewan.



Elder TJ Roy presenting. Panel left to right: Dr. Katie Crockett, Bertha Carnegie, Dr. Stacey Lovv



Dr. Katie Crockett presenting to participants

- 57 participants took part in the events and represented a wide range of professional, organizational, and geographical areas
- Research on interviews with over 40 people with chronic low back pain and health care providers, as well as a survey of nearly 400 Saskatchewan residents with chronic low back pain was presented
- We also had panel presentations from both people with lived experience of back pain and health care providers.
- The second portion of our events was an interactive World Café facilitated discussion that guided collaborative knowledge exchange and creation. Please see full report [here](#) for more in-depth event descriptions and World Café findings.



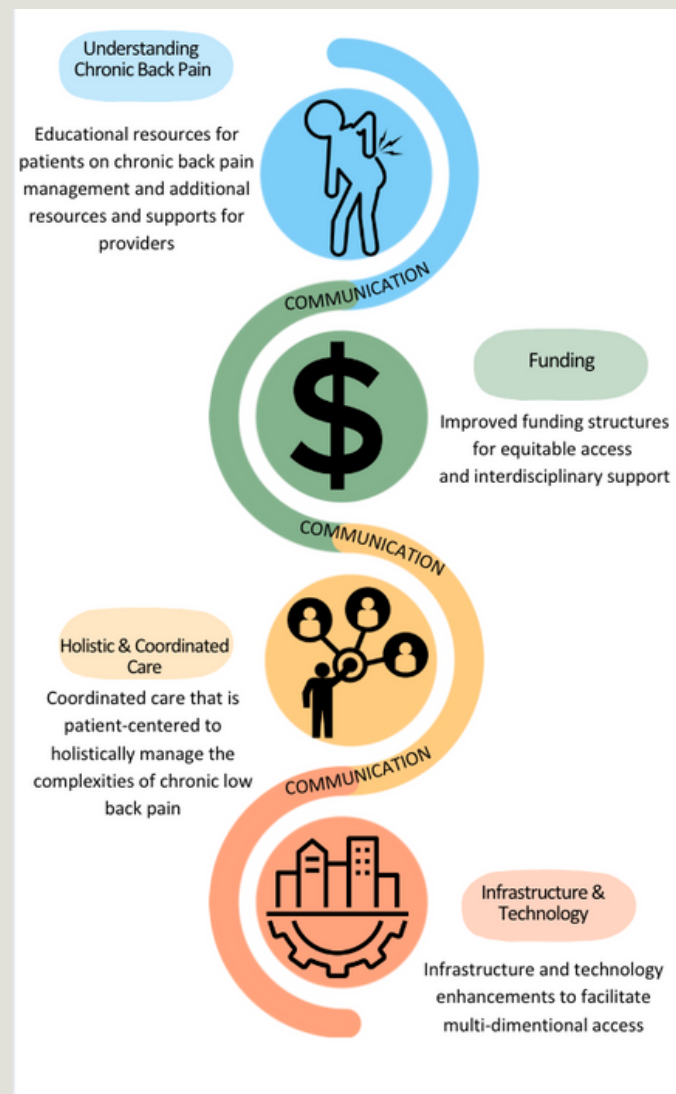
Dr. Terrence McDonald presenting to participants



Health care provider panel. Dr. Veronica McKinney presenting. Panel left to right: Dr. Katie Crockett, Travis Eveleigh, Dr. Terrence McDonald

WORLD CAFÉ FINDINGS

There were four main themes that developed out of our World Café facilitated discussions that should be contextualized by patient realities and social determinants.



Understanding Chronic Back Pain

Back pain is often complex and those suffering often have challenges in navigating care. Patient empowerment through education as well as advanced education and resources for providers were top recommendations.

Funding

Funding models influence how and what care is provided. Funding models should be informed by patient perspectives and developed with providers and decision-makers to ensure responsive, timely, and appropriate care.

Holistic and Coordinated Care

Team-based care that includes multi-level coordination among providers, administration, inter-regional supports and systems as well as community specific needs are required for appropriate patient-centred management plans and supporting those working in isolated areas.

Infrastructure and Technology

Technology, including virtual care, has a lot to offer in addressing the major barriers in accessing care for low back pain. Ensuring equitable in-community support for changes and advancements in infrastructure were two identified considerations.



World Café discussion

Thank you: Métis Elder TJ Roy from Île-à-la-Croix for opening the in-person event in a good way and Bertha Carnegie, a member of our research team, for sharing her perspectives of living with chronic back pain. Many thanks also to our research team and the events planning committee. Funding to support this research and events was provided by the Canadian Institute of Health Research (CIHR) and the Saskatchewan Health Research Foundation (SHRF).