



Solutions for Kids in Pain (SKIP)

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The Problem / Le problème



Canada is a world leader in children's pain research... but this knowledge isn't being put into practice.

Le Canada est un chef de file dans la recherche sur la douleur pédiatrique, mais le transfert des nouvelles connaissances et l'application des traitements efficaces ne sont pas toujours assurés et n'aboutissent pas toujours à l'adoption de politiques.

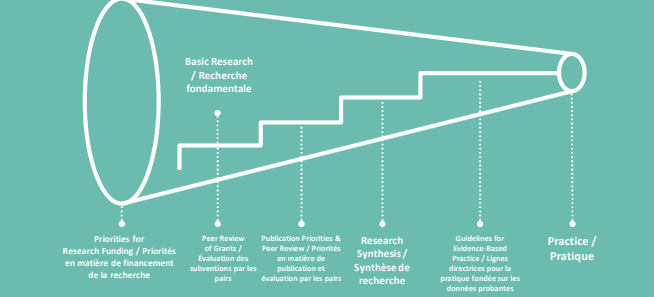
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The 17-Year Odyssey / Le périple de 17 ans



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Our Vision / Notre vision

Healthier Canadians through better pain management for children.

Des Canadiens en meilleure santé grâce à une meilleure gestion de la douleur pour les enfants.



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The Solution / La solution



SKIP's mission is to improve children's pain management by mobilizing evidence-based solutions through coordination and collaboration.

SKIP a pour mission de contribuer à l'amélioration de la gestion de la douleur chez les enfants en rassemblant les données probantes par la coordination et la collaboration.

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SKIP's Outcome / Objectif de SKIP

To improve children's pain management in Canadian health institutions.

Améliorer la gestion de la douleur chez les enfants dans les établissements de santé canadiens.



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SKIP's Impact / Impact de SKIP

- Less suffering for children and families
- Less avoidance of necessary healthcare
- Lower risk of addiction and chronic pain in adulthood
- Less financial burden on people and the health system
- Canada is the leader in use of knowledge about children's pain



- Moins de souffrance pour les enfants et les familles.
- Moins d'évitement des soins de santé essentiels.
- Moins de risque de dépendance aux médicaments et de douleur chronique à l'âge adulte.
- Allègement du fardeau financier pour la population et le système de santé.

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Networks of Centres of Excellence (NCE) / Réseaux de centres d'excellence (RCE)

NCE Knowledge Mobilization Initiative

Knowledge that sits on a shelf helps no one. The NCE Knowledge Mobilization (NCE-KM) initiative connects those who generate knowledge with those who put it into practice. As part of the Networks of Centres of Excellence program, it supports collaborations between academia, industry, government and not-for-profit organizations across many sectors and disciplines.

Initiative de Mobilisation des connaissances (RCE)

Les connaissances ne sont d'aucune utilité si elles ne sont pas mises en application. L'initiative de Mobilisation des connaissances de RCE (MC-RCE) établit des liens entre ceux qui génèrent les connaissances et ceux qui peuvent les mettre en application. Dans le cadre du Programme des réseaux de centres d'excellence, l'initiative soutient la collaboration dans de nombreux secteurs et disciplines entre le milieu universitaire, l'industrie, les gouvernements et les organismes sans but lucratif.




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SKIP is a national mobilization network that uses a hub-and-spoke model to create, build up, and leverage connections across Canada.

SKIP est un réseau national de mobilisation qui utilise un modèle de réseau en étoile pour créer, bâtir et mobiliser des contacts et connexions partout au Canada.



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Leadership & Administrative Centre Staff / Direction et personnel du centre administratif



 CHRISTINE CHAMBERS Scientific Director / Directrice scientifique	 Emily Gruenwoldt Knowledge User Director / Directrice, utilisateurs de connaissances	 KATIE BIRNIE Associate Scientific Director / Directrice Scientifique associée
 AIMÉE WHITE Managing Director / Directrice principale	 QAISER HAROON Operations Manager / Directeur des opérations	 SHERRY BROWN Communications Specialist / Spécialiste en communications
 MYLÈNE PINET Communications Coordinator / Coordonnatrice des communications	 LIANA HAND Administrative Assistant / Adjointe administrative	

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Dr. Samina Ali
STOLLERY CHILDREN'S HOSPITAL FOUNDATION

Dr. Allen Finley
WK Health Centre

Dr. Marie-Joëlle Doré-Bergeron
Children's Healthcare Canada Member Organizations

Dr. Fiona Campbell & Dr. Jennifer Stinson
SickKids

Emily Gruenwoldt
Children's Healthcare Canada / Santé des enfants Canada

Dr. Evelyne D. Trottier
CHU Sainte-Justine

Edmonton, Ottawa, Halifax

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Dr. Elise Reiter
STOLLERY CHILDREN'S HOSPITAL FOUNDATION

Laura Gibson
WK Health Centre

Chad Larabie
SickKids

Paula Robeson
Children's Healthcare Canada / Santé des enfants Canada

Sarah Loemba
CHU Sainte-Justine

Edmonton, Ottawa, Toronto, Halifax

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Patients Included / Organisme axé sur les patients

PATIENTS-INCLUDED COMMITMENT

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Partners: Health Canada, SickKids, PICH2GO, child:kind, Meg Foundation, DALHOUSIE UNIVERSITY, etc.

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Solutions for Kids in Pain / pour la douleur chez les enfants

Logic Model

MISSION: To improve children's pain management by mobilizing evidence-based solutions through cooperation and collaboration.

INPUTS	1	2	3	4
KM GOALS Confirm knowledge user (KUs) needs (patients, parents, providers, etc.) Produce and promote knowledge mobilization (KM) tools to address diverse KUs needs	KM ACTIVITIES Needs assessment Assess readiness for change Create asset map Identify resource needs Identify resource access Evidence summaries	KM ACTIVITIES Patient needs Health professional tools Administrator & policy maker tools Evidence summaries	KM ACTIVITIES Facilitate institutional change by assisting KUs to access, adapt, and implement evidence Identify champions Control in education Support implementation Enable ChildKind certification	KM ACTIVITIES Increase awareness and foster a sense of urgency among the general public to prevent and treat pain in children Establish communications plan, website and social media Deliver presentations and webinars Media outreach activities
KM OUTPUTS Needs assessment report Readiness needs assessment Asset map List of resources Evidence summaries	KM OUTPUTS For all KUs/Groups # of KUs/Groups # of KUs supported with implementation # of institutions pursuing ChildKind certification	SHORT-TERM OUTCOMES Increased understanding of KUs needs, assets, and gaps Increased access to evidence-based pain management tools for diverse KUs	SHORT-TERM OUTCOMES Improved institutional capacity to implement evidence-based pain management Improved institutional commitment to pain management	SHORT-TERM OUTCOMES Improved public understanding about pain in children and its consequences Increased public support and expectation for evidence-based pain management
MEDIUM-TERM OUTCOMES A user-informed approach to KM that meets the needs of diverse KUs	MEDIUM-TERM OUTCOMES Best evidence in children's pain management applied in practice	MEDIUM-TERM OUTCOMES Improved institutional commitment to pain management	MEDIUM-TERM OUTCOMES Increased public support and expectation for evidence-based pain management	
LONG-TERM OUTCOME Improved children's pain management in Canadian health institutions				

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Partners: Pain Science, Virtual Hospice, SickKids, PICH2GO, child:kind, Meg Foundation, DALHOUSIE UNIVERSITY, etc.

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2019-2020 SNAPSHOT

- 70+ PATIENT PARTNERS
- 3 AFFILIATE INSTITUTIONS
- 4 REGIONAL HUBS
- 100+ Canadian and International SKIP Partners
- 2000 SOCIAL MEDIA followers
- 27 Media engagements
- 39 TOOLS & RESOURCES
- 34 CONFERENCES AND WORKSHOPS
- 4 Institutions pursuing ChildKind certification
- 27,000 KNOWLEDGE USERS REACHED
- 27 Institutions with pain champions identified and engaged

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CMAJ GUIDELINES CME

Reducing pain during vaccine injections: clinical practice guideline

*Focused on recommendations for children 3-12 years old

Procedural	Physical	Pharmacological	Process	Psychological
<ul style="list-style-type: none"> No aspiration Inject most painful vaccine last Suggest against simultaneous injection 	<ul style="list-style-type: none"> Sitting up External vibrating device with cold Muscle tension for those with hx of fainting No manual tactile stimulation Do not warm vaccine 	<ul style="list-style-type: none"> Topical anesthetics Suggest against popocoolants No acetaminophen or ibuprofen before 	<ul style="list-style-type: none"> Education about pain management for immunizers, parents, and child being immunized Parent(s) present for children 10 years & younger 	<ul style="list-style-type: none"> Verbal signal of procedure Distraction (verbal, video, music, breathing with toy) Avoid false suggestion Avoid reassurance Suggest against breathing (cough)

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Exposure-based Interventions for the management of individuals with high levels of needle fear across the lifespan: a clinical practice guideline and call for further research

COGNITIVE BEHAVIOUR THERAPY, 2016 VOL. 45, NO. 3, 217-235 <http://dx.doi.org/10.1080/16000703.2016.1157294>

Table 1. Interventions for reducing fear and/or fainting in individuals with high levels of needle fear.

Treatment	Recommendation	Strength	Children (7-12 yr)	Adolescents (12-17 yr)	Adults (≥18 yr)	Confidence
Exposure-based therapy	We recommend an also exposure-based therapy (vs. no treatment)	Strong	✓	✓	✓	Very low
	If in vivo exposure-based therapy is not used, we recommend non-in vivo exposure-based therapy (vs. no treatment)	Strong	✓	✓	✓	Very low
	If in vivo exposure-based therapy is used, we suggest a single session rather than multiple sessions	Weak	✓	✓	✓	Very low
Applied tension (muscle tension and exposure)	We suggest applied tension in individuals with fainting (vs. exposure alone)	Weak	✓	✓	✓	Very low

*Described in online supplementary material only.

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SKIP's Knowledge Mobilization Activities for Vaccines
Activités de mobilisation des connaissances

Tool Production & Promotion

Facilitation of Change

Awareness & Urgency

Readiness, Resources & Evidence

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Government of Canada / Gouvernement du Canada, Department of Health, Services à la santé, Children's Healthcare Canada / Santé des enfants, Dalhousie University / Université Dalhousie

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Knowledge Mobilization Activities
Activités de mobilisation des connaissances

Readiness, Resources & Evidence
État de préparation, ressources et données probantes

COVID-19 Vaccine Hesitancy and Needle Fear Survey
EXÉCUTIVE SUMMARY
June 2021

Enquête sur la réticence à la vaccination contre la COVID-19 et la peur des injections
SOMMAIRE EXÉCUTIF
juin 2021

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Knowledge Mobilization Activities
Activités de mobilisation des connaissances

Tool Production & Promotion / Production et promotion d'outils

the rounds

Children's Healthcare Canada

Supporting Vaccine Public Through the Recognition and Active Practice of Pain and Fear

Making Immunizations Comfortable for Children and Parents
AM Highlights & Resources

Spark

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

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Knowledge Mobilization Activities
Activités de mobilisation des connaissances

Facilitation of Change / Facilitation du changement

Public Health Agency of Canada / Agence de la santé publique du Canada

HSO

NERVOUS ABOUT GETTING NEEDLES?
Use the CAD system to have a more positive vaccination experience.

COMFORT: Practice to be comfortable.

ASK: Ask questions to be prepared.

RELAX: Practice relaxed breathing.

DISTRACT: Bring your attention to something else.

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Knowledge Mobilization Activities
Activités de mobilisation des connaissances

Awareness & Urgency / Sensibilisation et urgence

CBC NEWS

How to conquer the fear of needles in time for COVID-19 vaccine

Forbes

How Can You Make Your Child's Covid-19 Vaccination Hurt Less?

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Knowledge Mobilization Activities
Activités de mobilisation des connaissances

Children's Healthcare Canada / Santé des enfants Canada

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Immunizing Children with Confidence

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Knowledge Mobilization Activities Activités de mobilisation des connaissances

SKIP has a lot of momentum, and we want to leverage our engagement, partnerships, capacity, and donor relationships to:

- Close gaps in inequitable access to quality pain care for children.
- Get better pain management practices into not just pediatric hospitals, but also regional, general hospitals, community health centres, professional organizations, etc.



SKIP a le vent dans les voiles et nous voulons mobiliser notre capacité d'engagement, nos partenariats et nos relations avec les donateurs pour réaliser les objectifs suivants :

- réduire les inégalités en matière d'accès à des soins de qualité pour la douleur chez les enfants;
- favoriser la mise en application de meilleures pratiques de gestion de la douleur non seulement dans les hôpitaux pédiatriques, mais aussi les hôpitaux régionaux, les hôpitaux généraux, les centres de santé communautaires, les organismes professionnels, etc.

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Logos: skip, Government of Canada, Department of Health, Health Services, Health Canada, Santé Canada, DALHOUSIE UNIVERSITY

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Get Involved

Anyone can be a champion for kids in pain!

Visit www.kidsinpain.ca

Follow [@kidsinpain](https://twitter.com/kidsinpain) to join the conversation!

Jump in with SKIP!
Email contact@kidsinpain.ca to learn more about knowledge mobilization consultations for researchers

Sign up for the SKIP newsletter to stay "In the Loop" by visiting tinyurl.com/SKIPsignup

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Logos: skip, Government of Canada, Department of Health, Health Services, Health Canada, Santé Canada, DALHOUSIE UNIVERSITY

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Impliquez-vous

Tout le monde peut faire quelque chose pour améliorer la gestion de la douleur des enfants

www.kidsinpain.ca

[@kidsinpain](https://twitter.com/kidsinpain)

Faites équipe avec SKIP!
Écrivez à contact@kidsinpain.ca pour en savoir plus sur les consultations en mobilisation de connaissances pour les chercheurs.

Inscrivez-vous sur la liste d'envoi du bulletin mensuel de SKIP « Au courant » en consultant tinyurl.com/SKIPsignup.

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Logos: skip, Government of Canada, Department of Health, Health Services, Health Canada, Santé Canada, DALHOUSIE UNIVERSITY

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