THANK YOU.

Every day, SickKids works towards improving the lives of children, and our success depends on the generosity of donors like you. Your commitment to the SickKids Pain Centre ensures that we can continue to offer the best possible health outcomes for children suffering from pain.

Thank you for your remarkable generosity.

DR. RUSKIN’S OFFICE IS HERE. BUT HER REACH IS EVERYWHERE.

PAIN CENTRE
2019 IMPACT REPORT

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ABOUTKIDSHEALTH LAUNCHES NEW PAIN LEARNING HUB

NOW, WITH A FEW MOUSE CLICKS, a dad in Alberta can learn how to better parent his daughter with chronic pain. A teenage in Nunavut can read about using guided imagery and breathing techniques to ease his hurt. And a paediatrician in Texas can scan SickKids-approved advice on reducing the pain of needle pokes. That's thanks to the newly launched Pain Learning Hub, which lives on AboutKidsHealth.ca, our health education site home to over 3,500 articles, visited by millions each month.

The sheer breadth and volume of information on the Pain Learning Hub is dizzying. There are guides to acute pain and chronic pain and pain relief, with subsections for infants and kids and teenagers. There’s even an opioids explainer outlining the benefits and dangers of pain medications like fentanyl and oxycodone. But if all that sounds intimidating, it shouldn’t. Like everything AboutKidsHealth does, the Pain Learning Hub is as easy to read as it is to navigate. But creating it was hard. In fact, it took many years—and many revisions.

Sitting in her small, ninth-floor office, Dr. Danielle Ruskin, the Clinical and Health Psychologist in the Chronic Pain Clinic and Executive Member of the Pain Centre, explains that there were already pain-related articles on AboutKidsHealth when they started. But the material was nearly a decade old and desperately in need of a revamp. Plus SickKids was behind the curve.

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"Other hospitals were producing patient-friendly, family-friendly PDF documents that you could just print off after a healthcare visit," says Dr. Ruskin. "Other hospitals were producing patient-friendly, family-friendly PDF documents that you could just print off after a healthcare visit," says Dr. Ruskin.

So, the Pain Centre decided it was time for an upgrade. The goal was more current, user-friendly information. Dr. Ruskin would lead chronic pain. York University’s Dr. Rebecca Pillai Riddell would handle acute pain.

And yet, even with the extensive expertise between the two of them, Drs. Ruskin and Riddell wanted more. The result: “an expert consensus meeting group” of physicians, nurses, physiotherapists, psychologists and basic scientists. Together, they shaped the material you now see online. Every bullet point reflects their expertise: every pearl of wisdom is gleaned from their decades of combined experience.

That alone took years of work and hard labour, but even once the material had been written and revised, it still needed to be user-tested. So the team enlisted families and patient advocates for feedback. Asking questions like: Is the material helpful? What do you wish you knew at the beginning of your journey? Is the material helpful? What do you wish you knew at the beginning of your journey?

Dr. Ruskin insists their work isn’t over. It’s the hub for chronic pain; York University’s Dr. Rebecca Pillai Riddell would handle acute pain. And yet, even with the extensive expertise between the two of them, Drs. Ruskin and Riddell wanted more. The result: “an expert consensus meeting group” of physicians, nurses, physiotherapists, psychologists and basic scientists. Together, they shaped the material you now see online. Every bullet point reflects their expertise: every pearl of wisdom is gleaned from their decades of combined experience.

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