



# In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

## Featured article:

Wallace, B., Varcoe, C., Holmes, C., Moosa-Mitha, M., Moor, G., Hudspith, M., & Craig, K.

**D. Towards Health Equity for People Experiencing Chronic Pain and Social Marginalization.** *International Journal for Equity in Health*, 2021, 20:53.

A study exploring the intersection of chronic pain with social inequities and structural violence, advocating for equity-oriented healthcare responses tailored to marginalized populations.

## Key insights from the study:

- **Intersecting Challenges:** The research highlights how chronic pain is intricately linked with social marginalization, necessitating a healthcare approach that considers social determinants of health.
- **Equity-Oriented Healthcare:** Emphasizes the need for healthcare practices that are trauma- and violence-informed, culturally safe, and incorporate harm reduction to effectively address the complex needs of marginalized populations.
- **Community-Based Participatory Research:** This study utilized community-based participatory research methods to deeply engage with marginalized groups, ensuring their voices and experiences directly inform healthcare strategies and interventions.

## What happened?

Using a community-based qualitative study approach, the research engaged with 36 individuals through four focus groups representing Indigenous, 2SLGBTQ+, and refugee communities. These discussions revealed how experiences of discrimination, stigma, and systemic barriers significantly shape the pain experiences of these groups, highlighting the inadequacy of current healthcare responses.

## Why is it important?

This study underscores the importance of integrating social justice into healthcare responses to chronic pain. By addressing the broader social and structural determinants of health, healthcare systems can move towards more equitable and effective care for all, particularly those marginalized by existing systems.

## What now?

The findings call for a shift towards equity-oriented healthcare practices that are informed by the lived experiences of marginalized populations. This involves continuous engagement with these communities to develop and implement healthcare strategies that are not only inclusive but also responsive to their unique needs and circumstances.

