



In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

Featured article:

Craig, K.D., Holmes, C., Hudspith, M., Moore, G., Moosa-Mitha, M., Varcoe, C., & Wallace, B.. **Pain in Persons Who Are Marginalized by Social Conditions.** Pain. 2020;161(2):261-265.
DOI: 10.1097/j.pain.0000000000001719

Key insights from the study:

- **Understanding Vulnerability:** The study highlights the unique pain management needs of individuals marginalized by socioeconomic and cultural factors, demonstrating how these factors exacerbate pain experiences.
- **Biopsychosocial Approach:** By integrating biological, psychological, and social factors, the research advocates for a comprehensive approach to pain management that considers the broader context of an individual's life circumstances.
- **Health Equity Focus:** Emphasizes the importance of addressing systemic barriers in healthcare access and treatment for marginalized populations, advocating for health equity in pain management.

What happened?

This topical review systematically explores the prevalence and intensity of pain among various socially marginalized groups, including Indigenous Peoples, newcomers, and individuals with mental health or substance use challenges. It discusses the compounded difficulties these groups face in accessing adequate pain management due to systemic discrimination and biases within healthcare systems.

Why is it important?

The article underscores the critical need for healthcare systems to adapt and respond to the complexities of treating pain in marginalized populations. It calls for a shift in pain management strategies to ensure that all individuals, regardless of their social conditions, receive appropriate and effective care.

What now?

Moving forward, the study advocates for policy changes and healthcare practices that prioritize the inclusion of social determinants of health in pain management strategies. This involves training healthcare providers to recognize and mitigate biases and ensure culturally safe care, thereby improving health outcomes for marginalized groups.