



In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

Featured article:

Killackey, T., Soltani, S., Noel, M., Birnie, K. A., Choinière, M., Pagé, M. G., Dassieu, L., Lacasse, A., Lalloo, C., Poulin, P., Ali, S., Baerg, K., Battaglia, M., Campbell, F., Mohabir, V., Nishat, F., Kelly, R., Lund, T., Isaac-Bertrand, A., Benayon, M., Jordan, I., & Stinson, J. (2023).

“We survived the pandemic together”: The impact of the COVID-19 pandemic on Canadian families living with chronic pain. *Canadian Journal of Pain*, 7(2), 2157251.
<https://doi.org/10.1080/24740527.2022.2157251>

Key insights from the study:

- **Family Resilience:** The study highlights the resilience of Canadian families living with chronic pain during the COVID-19 pandemic, emphasizing their ability to adapt and support each other.
- **Challenges Faced:** Families experienced increased stress and anxiety, financial difficulties, and disruptions to daily routines and care plans.
- **Support Systems:** Access to community and healthcare support was crucial, with virtual care playing a significant role in maintaining healthcare connections.

What happened?

Researchers conducted a qualitative study involving in-depth interviews with 21 Canadian families living with chronic pain. These interviews were conducted to explore the experiences and challenges faced by these families during the COVID-19 pandemic. The interviews focused on their coping mechanisms, the role of support systems, and the impact on their daily lives. The data were analyzed to identify common themes and insights.

Why is it important?

This study provides valuable insights into the lived experiences of families dealing with chronic pain during a global crisis. Understanding their challenges and resilience can help inform future support strategies and healthcare policies to better assist families in similar situations.

What now?

The research suggests the need for ongoing support for families living with chronic pain, particularly during crises. This includes improving access to virtual care, enhancing community support networks, and addressing financial and psychological challenges. By learning from these experiences, healthcare providers and policymakers can develop more effective strategies to support families in times of crisis and beyond.

