



## Grant recipient

Dr Jo Nunnerley  
Burwood Academy  
Knowledge Translation

jo.nunnerley@burwood.org.nz  
021 1872651  
Office 8, Portocom A, Burwood Hospital  
Private bag 4708 Burwood, Christchurch  
8083

## Grant details

GRANT TYPE	Grant in Aid	FUNDING ROUND	2020 Grant In Aid
GRANT REFERENCE	GIA2020-3	GRANT AMOUNT	\$5,000

## Final report

### 1. Scientific Assessing Committee report

## Co-designing Pain Services for People with SCI

### Background of Grant

Pain is commonly experienced by people with SCI, and they frequently report that pain management health services are not meeting their needs.

The aim of this study was to explore how people with SCI would like to receive pain services, the best delivery method, and on what platform.

### Outcome of Grant

Data collection was delayed following Covid-19 restrictions to allow in person attendance at the Christchurch based workshop. However, our lived experience advisors recommended removing the geographical restrictions on recruitment to get the views of people living throughout the country, so we also hosted online workshops. Four key themes were identified, which will be used to guide the development of a pain service.

1. Choice and personal empowerment
2. Partnership with health professionals and mentors
3. Timely Access
4. Clear Navigation

### Recommendations for a Pain service for SCI

People living with SCI identified the need for specialist pain education along the continuum from acute care to community, and identified a range of ways to receive, navigate and access pain management services.

Further work to promote understanding of and responsiveness to SCI pain among non-specialist health providers and funders is needed.

Professional Value

The project provided the opportunity to complete valuable pilot work to gain insight into the types of supports and foundations needed for pain management services for people with SCI. This will support work towards grant applications for further research, design of a pain management package and service implementation.



Next steps:

Develop a pain information package and referral pathway for local trial

#### 4. Feedback

Thank you for funding this research

### Publication

**Date**

01/05/2021