



Saskatchewan Registered
Nurses' Association
2066 Retallack Street
Regina, Saskatchewan,



Regina, June 4, 2014 – Daniel's Ride: Conquering Pain for Canadians One Kilometer at a Time

Daniel Fugère is riding across Canada to raise awareness about the need for pain management resources in the health-care sector and to raise funds for the pain awareness and education initiatives of the Canadian Pain Coalition.

"Conversations have been taking place with key stakeholders about the need to manage pain for all patients across the lifespan, and across the continuum of care, and momentum is building" commented Glen-mary Christopher, RN, President of the SRNA Pain Management Professional Practice Group. "Daniel's ride reinforces our message of the need for a pain management strategy in Saskatchewan."

Daniel Fugère's five-day ride through Saskatchewan with stops in Melville, Regina, Chaplin, and Gull Lake, is June 12 – 17, 2014. He left Halifax on May 6, 2014 and plans to finish in Vancouver on July 1, 2014.

Daniel commented, "My father is a doctor who specializes in treating patients with chronic pain, and throughout his many years of practice, I have seen how debilitating and serious this condition can be. I noticed that this issue is not widely discussed among the medical field, nor is it well recognized by the media, by social institutions, and by the general public. I told myself, if there is a way I could help benefit people with pain, this is it - to challenge myself and dedicate this to individuals suffering from pain for most of their lives."

The SRNA Pain Management Professional Practice Group (PPG) has been working to raise awareness within the health regions of the need for appropriate pain management resources for all patients across the lifespan, and across the continuum of care – from Primary Health Care to specialist care. In Saskatchewan, 18.2% of women and 11.8% of men over 25 years of age struggle with chronic pain. At this time Saskatchewan lacks healthcare professionals working in dedicated pain positions, and lacks pain services. One awareness strategy is promoting the *Saskatchewan Citizens' Charter of Rights for Pain Management* – a set of nine pain management expectations that patients should have of all their health care providers and healthcare facilities. The PPG has held four provincial pain conferences to provide education on pain management best practices, and the 5th conference is scheduled for November 7 and 8, 2014 in Saskatoon.

For more information about the Canadian Pain Coalition or to make a donation go to: www.canadianpaincoalition.ca

Follow Daniel's Ride: [Schedule for Daniel's ride](#)
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The Canadian Pain Coalition (CPC), incorporated as a not-for-profit in 2004, is a partnership of pain consumer organizations, individuals living with pain, health professionals treating pain and scientists studying more effective ways of managing pain. The goals of the CPC are to: (i) promote sustained improvement in the understanding, treatment, management and prevention of all types of pain in Canada; (ii) promote awareness of pain issues among the general public; (iii) provide educational information about pain conditions and management to people living with pain; and, (iv) to be the “National Voice of People with Pain” in discussions with government and policy makers.

CPC accomplishes these goals through its education and awareness programs in conjunction with advocating for improved access to multi-disciplinary pain management within Canada’s health systems and participating in research that improves the lives of all Canadians living with pain.

For more information contact:

For more information or to get involved contact:

Glen-mary Christopher, RN, President, SRNA Pain Management

PPG Glen.Mary.Christopher@shr.sk.ca (Melville/Yorkton event)

Karen Juckes, RN, Member-at-large, SRNA Pain Management PPG Karen.juckes@usask.ca (Regina event)