



**CANADIAN ACADEMY
OF PAIN MANAGEMENT**
EXCELLENCE IN INTERDISCIPLINARY EDUCATION

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JULY 2026 BULLETIN

ARTICLE

Social Determinants of Health in Pain and Pain Management: A "Landmark" Paper

CAPM is working to build a community of clinicians who appreciate the broad contexts of the patient's experience of pain and provision of excellent and thorough care. We are very aware of the "biopsychosocial" model of pain management and yet, this article opens us up to the idea that we may have been focusing more on the biopsychosocial and less on the social factors that impact pain. In light of this, this month's topic is Social Determinants of Health and impact on pain and pain management expanding on the topic identified earlier this month in the CAPM LinkedIn post.

I asked Google how many papers have been written about the social determinants of health and chronic pain and the answer was: *There is no exact number as thousands of broad and overlapping studies exist across databases like PubMed and ScienceDirect.* Google suggests that the following paper is a "landmark" paper directly addressing the Social Determinants of Health and pain.

Kapos FP, Craig KD, Anderson SR, Bernardes SF, Hirsh AT, Karos K, Keogh E, Reynolds Losin EA, McParland JL, Moore DJ, Ashton-James CE. Social Determinants and Consequences of Pain: Toward Multilevel, Intersectional, and Life Course Perspectives. *J Pain*. 2024 Oct;25(10):104608. doi: 10.1016/j.jpain.2024.104608. Epub 2024 Jun 17. PMID: 38897311; PMCID: PMC11402600.

<https://pubmed.ncbi.nlm.nih.gov/38897311/> Accessed July 28, 2026

The article points out that this is not a new concept and the authors provide a summary of the multiple levels of social determinants of pain. They summarize 3 levels of social determinants as follows:

1) at the interpersonal level, the roles of social comparison, social relatedness, social support, social exclusion, empathy, and interpersonal conflict;

2) at the group or community level, the roles of intimacy groups, task groups, social categories, and loose associations; and

3) at the societal level, the roles of political, economic, and cultural systems, as well as their policies and practices.

They propose a theoretical approach that considers the interactions of these multiple levels of the social systems and impact on pain experience, expression and pain management. I have included their "Multilevel Consequences of Pain" Figure 2 in the article. There is a lengthy explanation that I have not copied here.

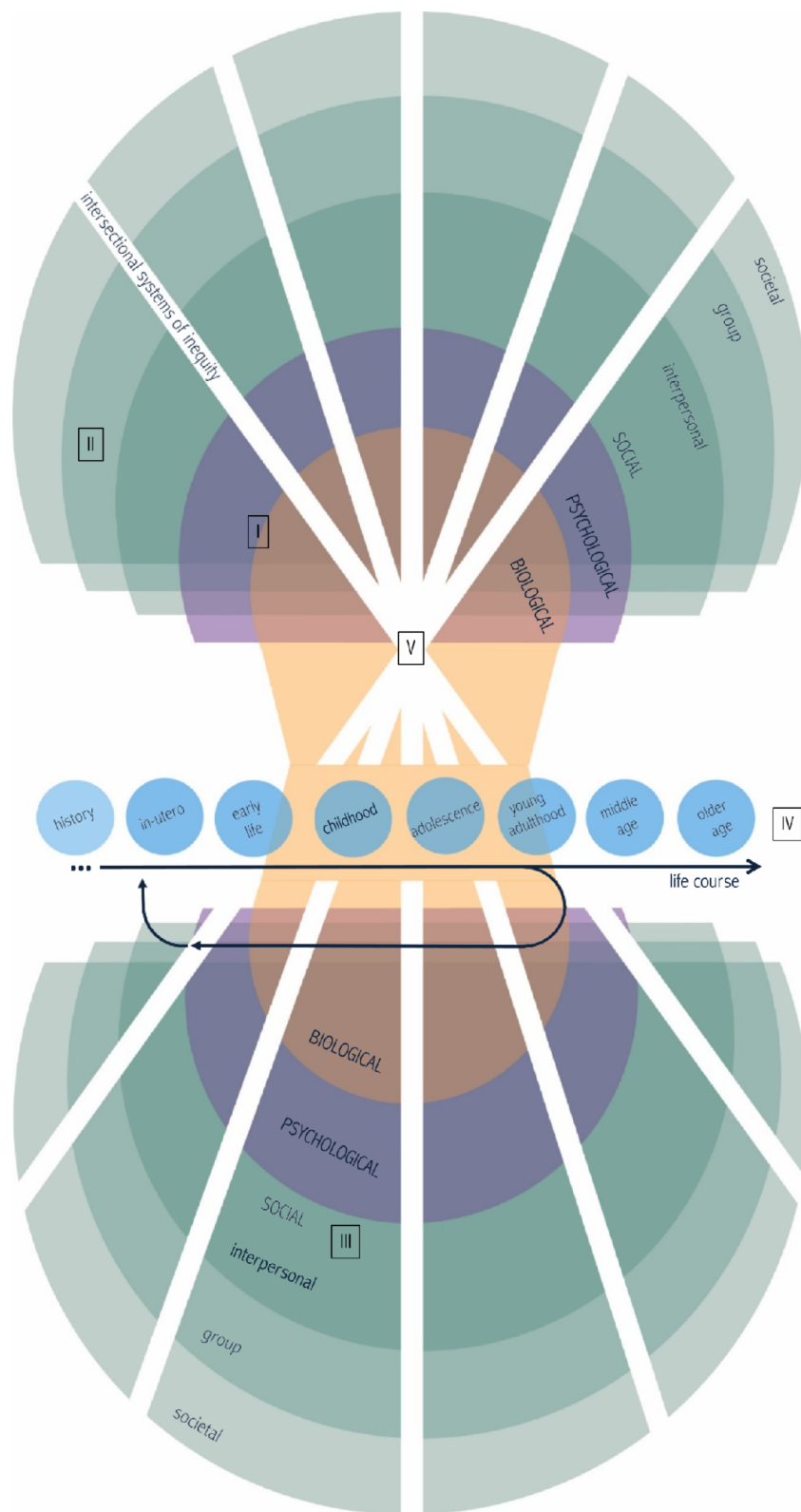


Figure 2 – page 4

The article summarizes research to date on the different levels described. For example, the impact of stress on the HPA axis, the social impacts on pain cognitions and behaviours along with concepts such as the impact of injustice on the pain experience. Interpersonal factors such as social relatedness, social comparison and social supports and the helpful or less helpful impacts these can have. Stereotypes of different social groups (gender, economic and more) and racism are discussed along with the societal higher level such as policies that shape resources and opportunities for well-being, education, nutrition, finances.

The authors summarize: *"While presented separately for didactic purposes, these different levels are also interrelated. Higher-level consequences (e.g., societal) depend on the consequences that occur at lower levels but may be "more than the sum of its parts,"*

potentially becoming part of the inequitable systems that influence pain. Conversely, while individual-level consequences may seem isolated at first look, they contribute to reinforcing higher-level social consequences of pain too."

The authors theorize that the focus on biological and psychological factors may be due, in part, to the fact that pain has long been defined as a sensory and affective experience which then largely omits explicit recognition of its social aspects.

The authors suggest ways we need to *support pain research to advance past merely describing social gradients in pain as if they were natural, inevitable, or nonmodifiable*. Moving towards a more direct focus on the multiple levels of social determinants of health is theorized to potentially open up more avenues for assessment and interventions not yet considered.

I think that at CAPM, each of us as specialized clinicians providing excellence and care to those living with chronic pain could at minimum begin to consider in what way can add focus on any of these social determinants of health in our practices.

Martha Bauer, BSc, OT
Editor

REGISTRATION IS NOW OPEN: VIRTUAL FALL CREDENTIALING COURSE

Registration is now open for the Canadian Academy of Pain Management Virtual Fall Credentialing Course!

If you've been planning to complete your credentialing or enhance your expertise in pain management, this is your opportunity to join us for four interactive virtual evenings of learning.

Course Schedule

- October 6, 2026
- October 8, 2026
- October 13, 2026
- October 15, 2026

Time: 6:00 p.m. – 10:00 p.m. (ET) each evening

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 16 Mainpro+ Credits.

Designed for healthcare professionals committed to excellence in pain management, this course provides valuable education while helping you advance your professional credentials.

[Register Now!](#)

We encourage you to register as soon as possible to reserve your place in the course.

We look forward to learning with you this October!

2026 FALL WEBINAR SERIES

Registration is now open for the Canadian Academy of Pain Management (CAPM) Fall Webinar Series, featuring expert-led sessions on key topics in pain management.

These engaging webinars are designed for healthcare professionals seeking practical insights and current perspectives to enhance patient care and professional practice.

Upcoming Webinars

September 16, 2026 | 1:00 PM

Individualized Pacing Strategies for Client-Centered Care
Speaker: Martha Bauer

October 23, 2026 | 1:00 PM

Interventional Pain Medicine
Speaker: Dr. Hamid Khadim

November 10, 2026 | 10:00 AM

Mediolegal & Insurance Dimensions
Speakers: Dr. Michael Boucher

December 11, 2026 | 1:00 PM

Pain Management in the Frail and Elderly
Speaker: Dr. Lydia Hatcher

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 6 Mainpro+ Credits.

We look forward to welcoming you to these informative sessions and fostering meaningful discussion among pain management professionals across Canada.

Register Now!

UPCOMING PAIN EDUCATION EVENTS AND CONFERENCES

Upcoming pain management educational courses and major conferences for late 2026 include **PAINWeek 2026**, the **IASP 2026 World Congress on Pain**, and the **Canadian Academy of Pain Management** virtual series. [1, 2, 3]

Major Conferences & In-Person Meetings

- **PAINWeek 2026 National Conference:** September 8–11, 2026. Dimensions of Care: Weaving the threads of Pain Management. Las Vegas.
 - <https://www.painweek.org/>
- **Pain Society of Alberta 2026 Symposium:** October 17-18, 2026. Pain Symposium & Workshops. University of Alberta, Edmonton, AB
 - [2026 Pain Symposium | Pain Society of AB](#)
- **IASP 2026 World Congress on Pain:** October 26–30, 2026. Bangkok Thailand. The International Association for the Study of Pain global meeting bringing together worldwide researchers and clinicians.
 - <https://www.iasp-pain.org/event/iasp-2026-world-congress-on-pain/>
- **The International Pain and Spine Intervention Society (IPSIS) Annual Meeting:** September 23–26, 2026 Washington DC. Focused on interventional spine and pain procedures and CME credits.
 - <https://www.ipsismed.org/page/annualmeeting>

Virtual Courses & Canadian-Focused Programs

- **Canadian Academy of Pain Management Fall Credentialing Course:** October 6–15, 2026. A virtual training program geared toward multidisciplinary Canadian practitioners. [1]

- **Canadian Academy of Pain Management Webinar Series:** Running from September 16 through December 11, 2026. Includes online modules such as *Individualized Pacing Strategies* (September 16) and *Pain Management in the Frail and Elderly* (December 11). [1]
- **Pain Canada Online Education:** Ongoing self-paced programs including *Managing Pain Before and After Surgery* and the virtual *Empowered Relief* practitioner sessions. [1]

Relevant 2026 Pain Dates:

- September 2026: **Pain Awareness Month.**
- October 17, 2026: **World Day Against Pain.**

STAY CONNECTED FOLLOW CAPM ON LINKEDIN

We're excited to invite all members of the Canadian Academy of Pain Management to follow us on LinkedIn! Our LinkedIn page is a great way to stay up to date with the latest news, educational insights, professional development opportunities, and community highlights from CAPM. Following us will help you stay connected with your peers and engage with content that supports excellence in pain management care and education.

Follow CAPM on LinkedIn: <https://ca.linkedin.com/company/canadian-academy-of-pain-management>

Thank you for being part of our community. We look forward to connecting with you online!

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