



Press Release

PAIN RESEARCH : ENLIGNED WITH THE QUEBEC CHRONIC PAIN MANAGEMENT ACTION PLAN

2022. *Data collected by the Quebec Back Pain Consortium from more than 5 500 participants with low back pain are now available to further contribute to the chronic pain research.*

The Quebec Back Pain Consortium, an initiative of the Quebec Pain Research Network (QPRN), is a multidisciplinary consortium with 16 members including researchers from the seven main universities in Québec, patient partners, clinical experts, student representatives as well as partners, collaborators and sponsors. The consortium objective is to study the risk factors associated with the transition from acute to persistent low back pain. The consortium identified three main priorities: 1) to evaluate the neurological, biomechanical and genetic factors that may be involved in the persistence of low back pain, 2) to identify relevant and useful biomarkers for clinicians, and 3) to develop individualized treatments. These priorities are directly related to the Quebec Chronic Pain Management Action Plan introduced by Mr. Christian Dubé, Minister of Health and Social Services of the Government of Québec, who also submitted on December 3, 2021 a bill to facilitate the access to Quebecers' medical information by researchers. As Mr. Dubé said, 'The chronic pain management is complex and requires an interdisciplinary approach.' The consortium will help to better understand and manage chronic pain, as well as improve care of patients from an interdisciplinary perspective.

Since 2018, a permanent and standardized recruitment and data collection platform, the backpainconsortium.ca, has been designed to track the trajectory of people living with low back pain and accelerate scientific discoveries and knowledge transfer. The platform optimizes the recruitment and data collection efforts of over 20 research projects across the province of Quebec. Standardized and anonymized data from more than 5 500 people suffering from low back pain are now available to scientists in order to conduct new projects and expand the understanding of chronic low back pain.

'Facilitating access to such a large amount of quality data represents an unique opportunity to advance knowledge on low back pain,' said Prof. Pascal Tétrault, who recently received a research grant from The Arthritis Society to study the role of brain in chronic low back pain.

'Collaborating in this research brings hope for personalized care in the near future and also helps to overcome the isolation too often associated with persistent pain.' Yolande Major, patient partner at the CRCHUS and the *Université de Sherbrooke*.

Participants living with recent low back pain (less than 3 months) or chronic pain are still invited to register to this research project on MyBackHurts.ca.

- [Quebec Back Pain Consortium progress](#)
- [Services available by the Quebec Back Pain Consortium](#)
- [Research participation](#)

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