

# Wait times for chronic pain and the impact on quality of life

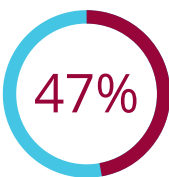


**Wait times** for Canadians living with chronic pain to access specialist care have been excessive for more than two decades.

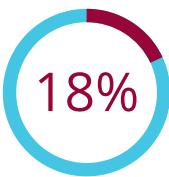
How do long wait times affect the lives of people living with chronic pain? To find out, we surveyed **493 adults** and **100 children** waiting for appointments at six chronic pain clinics across Canada.



Guideline-recommended wait time:  
**6 months**



Nearly half of adult patients waited longer than six months for their pain clinic appointment.



One in five pediatric patients waited longer than six months.

**9%** of adults and **1%** of children waited over **two years** after referral to see a pain specialist.

## Other healthcare professionals seen while waiting:

### Adults

- Primary care provider: 22%
- Medical specialist: 16%
- Physiotherapist: 15%
- Pharmacist: 13%
- Chiropractor: 8%

### Children

- Physiotherapist: 21%
- Medical specialist: 21%
- Primary care provider: 17%
- Psychologist/psychotherapist: 10%
- Pharmacist: 10%

## Impact on quality of life:



**62% of adults** and **42% of children** said **normal daily activities** were affected.



**63% of adults** and **48% of children** said **social or recreational activities** were affected.

## In their own words:

"As I was told many times it's impossible that I'm in this much pain, well I live it everyday and the pain is real."

"I can't sleep, I can't work, I'm in so much pain. I can't get medication that I need. I feel devalued as a human and I feel like a junkie."

**Long wait times** to access specialist care = severe impacts on quality of life for people living with chronic pain



**The eConsultBASE™ service** improves access to specialist care for patients, facilitating efficient and secure electronic communication between Primary Care Providers (PCPs) and specialists.