

Making persistent pain management practical and personal

Sarah Brush shares the process behind a new toolkit, designed by and for people with ongoing pain



Have you ever wondered what goes into creating tools and resources available for patients, care delivery partners, and the public? ACT Center research support specialist Sarah Brush shares a behind-the-scenes look at how the Integrated Pain Management (IPM) project team worked together to create their newest resource: the [Toolkit for Managing Persistent Pain](#). The project team includes researchers and four patient partners – Kaiser Permanente Washington members who live with ongoing pain – that co-design the project and resources like the toolkit, patient education materials, and tools for health care teams. [READ MORE](#).

Scholars and mentors strengthen bridge between research and care delivery

New paper shows mentorship boosts evidence-based, patient-centered care



What if inspiring early-career health researchers while also benefiting from their expertise was a part of everyday life in learning health systems? This is happening now in Learning Health System training programs like the [CATALyST K12 — Early-Career Scientist Training Program](#).

In [a special issue of *Learning Health Systems*](#), a paper by CATALyST co-director [Dr. Paula Lozano](#) and 10 other K12 training program directors discusses what makes the programs unique and what's needed in the future to support the success of early-career scientists and learning health systems. [READ MORE](#).

A call for stronger focus on health equity in learning health systems training

Early-career scientists provide attainable, thoughtful steps to a more equitable future



In the same special issue of *Learning Health Systems*, scholars from Kaiser Permanente Washington Health Research Institute's learning health system

training program, [CATALyST](#), call for integration of health equity into training programs. Co-author and former CATALyST scholar [Kendra Liljenquist](#) shares knowledge she pulled from her own experiences and other insights on how everyone can integrate equity into their work. [READ MORE](#).

People and Resources

ACT Anecdotes: Emily Westbrook was born to do this

Welcome to our new series, ACT Anecdotes, where we introduce you to the people of the ACT Center through a Q&A. Each quarterly update will include a short and informative introduction to a staff member.

First up is one of our fearless leaders, [Emily Westbrook](#). Emily is an ACT Center director and the director of research operations & programs for Kaiser Permanente Washington Health Research Institute.

Learn about Emily's long history with Kaiser Permanente (starting at birth!), what drives her, and what she's listening to this month. [READ MORE](#).



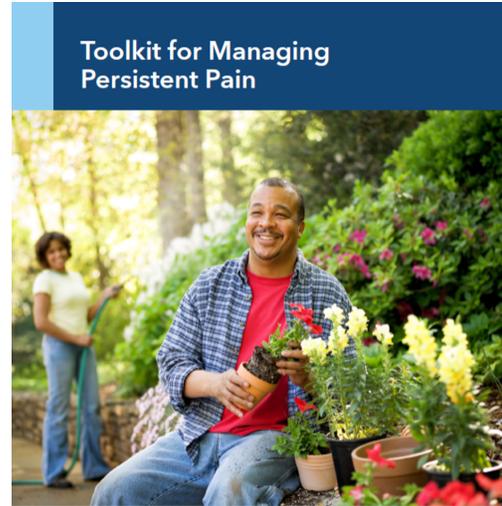
New resource: Toolkit for Managing Persistent Pain now available in our resource library

The ACT Center is excited to release the new [Toolkit for Managing Persistent Pain](#).

Developed by ACT Center patient partners, the toolkit provides practical tips to help anyone living with persistent pain, no matter what treatment methods they use.

The toolkit includes guidance to help people navigate the health system, describe and define their pain experience, and talk with health care providers about treatment options and other issues during and between visits.

View the toolkit and other resources in our [resource library](#).



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Stay in touch

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Did you miss our last newsletter? [Read the previous issue](#).



We at the Center for Accelerating Care Transformation acknowledge that the work we do takes place on the ancestral lands and traditional territories of Coast Salish People.



The ACT Center is part of [Kaiser Permanente Washington Health Research Institute](#).

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