



Disparities Discussion Questions

June 2024

Intro to this topic: Have you experienced any barriers to access to care, been stigmatized, or felt invalidated as it relates to your chronic pain? You are not alone. We will discuss how to navigate this challenge.

1. What are ways you have felt stigmatized as someone with chronic pain?
2. Our identities change with chronic pain. How do you cope with your new normal?
3. (a) When do you feel you are being judged just because you have chronic pain?
(b) Who do you feel judges you unfairly?
4. What are some of the barriers to access of care that you have experienced?
5. How does your physical location affect your medical care options?
If you are in a rural area, what are some challenges you face?
6. In your chronic pain journey, in what ways have you experienced invalidation?
7. What advice do you have for those living with chronic pain and experiencing disparities?
8. What are some non-traditional ways that help you cope with pain? Have you tried finding new hobbies that you are still able to do despite the pain?
9. In what ways has pain changed your personality?
10. What are some examples of potential bias you've observed or experienced?
This could include potential bias against chronic pain patients or other demographic factors.
11. Are you able to express what you know is true for your body to healthcare professionals?
12. How has stress impacted your pain? What coping strategies have you used to ease your pain?
13. How are you able to remain positive, even when your pain is at its worst?
14. How can we address economic barriers to healthcare?



15. How have you been able to find your voice and advocate for yourself?
16. What barriers have you found in getting the appropriate treatment for your chronic pain?
17. When you have been dismissed or not taken seriously, what have you done to work through those feelings?
18. In what ways have you been able to communicate your pain as it impacts your role, activity, ability to sleep, mood, etc?
19. Have you ever felt marginalized or underserved in your community? If yes, please share.
20. How can healthcare providers better serve the needs of diverse populations?
21. How can individuals advocate for themselves and their communities to address healthcare disparities at the grassroots level?
22. What are ways you stay connected to your support system? Who is in your support system?
23. What are your go-to resources and educational sites for chronic pain and illness?
24. How do you improve your quality of life each day?
25. What are the things you do to keep hope in your life?