

Our Vision



Deciphering pain. Changing lives.

Our Mission



The Centre for Innovation and Health Research brings together researchers, clinicians, and the community to advance knowledge of pain and its solutions. Through interdisciplinary collaboration and innovative research- from fundamental science to real-world implementation – we develop and test precision approaches to prevent and treat chronic pain. Our mission is to improve health and transform lives of individuals impacted by pain.



Helping people in pain – through science, solutions, and shared understanding.

Mechanisms and trajectories

Focus

We investigate the biological, psychological, philosophical, and social dimensions of pain and injury – why they occur, improve, or persist – and how these processes differ across individuals, conditions and contexts, and what it means to our thinking about pain. By addressing critical knowledge gaps in the functions and mechanisms of pain and related phenomena, we aim to decode diverse pain trajectories and uncover targets for more effective, personalised interventions.

What this looks like in practice

- Leveraging diverse disciplines and perspectives to generate new insights into the mechanisms, functions and experience of pain.
- Applying a comprehensive philosophical and theoretical lens that integrates biopsychosocial and sociopolitical drivers of health.
- Identifying biomarkers and treatment targets to better match interventions to the right individuals.
- Understanding how individual difference and broader societal factors shape pain experiences, functional outcomes, and recovery trajectories.

“ **Understanding pain, from cause to experience.** ”

Impactful clinical trials

Focus

We conduct high-priority, impactful clinical trials to evaluate new and established treatments, models of care, and prevention strategies that reduce the burden of pain and improve function. Our trials both inform and use that-of-the-art methodologies and are co-designed with consumers, communities, and other stakeholders to ensure relevance, rigour, and real-world impact.

What this looks like in practice

- Generating evidence about the clinical and cost-effectiveness of treatments and models of care that prevent and treat pain, injury, and functional decline.
- Advancing methodological innovation in clinical trial design – including adaptive trial frameworks, embedded mechanistic studies informed by preclinical research, and qualitative research integration.
- Applying personalised approaches and value-based to trial design that reflect the principles of precision medicine and patient-centred care.

“ **Clinical trials with purpose. Evidence that changes lives** ”

Prevention and interventions

Focus

We design, test, and improve strategies to prevent and manage pain and injury – including novel drugs, physical and psychological therapies, and health promotion approaches. All interventions are co-created with patients, clinicians, and communities to ensure they are evidence-based, practical, and ready for implementation across diverse care settings.

What this looks like in practice

- Developing and refining prevent, treatments and care pathways that translate across the research continuum – from translational discovery in animal models and pre-clinical studies to clinical trials and human application.
- Designing personalised approaches that align treatments with patient characteristics, biomarkers, and individual needs.
- Identifying targets for prevention and intervention to reduce pain and injury risk across the lifespan.

“ **From discovery to delivery- better care, built for real life.** ”



Knowledge Dissemination, Education and Implementation

Focus

We ensure our research drives real-world change by focusing on knowledge translation, education, and implementation science to bring the right treatment to the right patient at the right time. Through strategic dissemination, co-developed resources and advocacy, we strengthen clinical practice, influence policy, and enhance education across disciplines and communities – from bench to bedside and beyond.

What this looks like in practice

- Advancing the full translational cycle – from laboratory discovery to people, practice, and policy – accelerated by the strength of our diversity across the research spectrum.
- Conducting implementation research that addresses real-world needs, promotes sustainability, and advances equity in pain care.
- Co-developing educational, dissemination, and implementation resources with healthcare professionals, educators and other stakeholders.
- Embedding our research in a comprehensive knowledge, translation, strategy that ensured back and forth translation between research themes.

“ **Knowledge in action. Impact by design.** ”

Facilitators



Collaboration: Solving pain together

- We bring diverse people and ideas together to solve complex pain challenges.
- We build strong partnerships, share knowledge openly, and work with a united purpose – believing that together we are greater than the sum of our parts.



Impact: Driving real-world change

- We move with agility, stay focused, and act with intent.
- With an entrepreneurial mindset, we use our resources, partnerships, and energy to create meaningful change – sooner rather than later.



Innovation: Thinking differently, acting bravely

- We challenge assumptions and explore new ideas.
- By thinking creatively and embracing bold approaches, we find smarter ways to tackle complex problems in pain and health.



Prioritisation: Focused, flexible, future-ready

- We focus on what matters most.
- Guided by long-term goals and a flexible mindset, we continually review, adapt, and stay sustainable as we grow.

Our Vision



Deciphering pain. Changing lives.

Our Mission



We're working to better understand pain and create more effective, personalised solutions through research, innovation, and collaboration with the community so that lives impacted by pain can be healthier and better supported.



Helping people in pain — through science, solutions, and shared understanding.

Mechanisms and trajectories

Focus

We're working to better understand what causes pain, why it changes over time, and how it affects different people in different ways.

What this looks like in practice

- We bring together experts from many fields to explore the causes of pain.
- We're looking for biological, psychological and social "clues" that can help match the right treatment to the right person.
- We study how personal and social factors — like stress, lifestyle, or support — shape the way pain is felt and managed.
- We take a broad view of pain that includes not just the body, but also the mind, society, and life circumstances.

“ Our goal is to use this knowledge to improve how pain is understood, treated, and lived with.

Impactful clinical trials

Focus

We run clinical trials to find out what really works — testing new and existing treatments to reduce pain and help people live and function better.

What this looks like in practice

- Our trials focus on real-life solutions that are safe, effective, and affordable.
- We use the latest research methods, including studies that look at both numbers and personal stories.
- We design trials with patients, families, and communities to make sure what we study truly matters.
- We aim to personalise care by finding out which treatments work best for different people.

“ Our goal is to deliver better outcomes and better care for people living with pain.

Prevention and interventions

Focus

We're working to create treatments and prevention strategies that work - early, effective, and personal.

What this looks like in practice

- We test and refine treatments in different research settings, from the lab to clinical trials, to make sure they're safe and ready for real-life use.
- We're developing better ways to match treatments to each person — using individual characteristics and biological clues to find what works best..
- We focus on preventing and reducing pain and injury, especially when related to ageing, long-term health conditions, work, or physical activity.

“ Our aim is to bring the right care to the right people at the right time.



Our integrated research themes

Knowledge Dissemination, Education and Implementation

Focus

We want our research to make a difference — not just in theory, but in real lives.

What this looks like in practice

- We make sure the knowledge we create is shared widely — with patients, healthcare workers, and communities.
- We help improve how pain is understood and managed by creating resources, programs, and policies that are based on the best evidence.
- We work closely with health professionals and educators to make sure what we learn becomes part of everyday care.
- We focus on making pain care more accessible, fair, and sustainable for everyone.

“ Because knowledge matters most when it leads to better care.

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1
Facilitator

Collaboration
(Solving Pain Together) 

Key Strategic Priority	Key Activities	Measures of Success
1 Strengthen belonging and shared identity	<ul style="list-style-type: none"> Regular meetings and social activities to foster connections Inclusive leadership opportunities across centre initiatives CIPHeR affiliation on publications to enhance visibility of the Centre and our team 	<ul style="list-style-type: none"> Positive belonging/identity feedback (annual survey) Publications from team include CIPHeR affiliation
2 Build cross-centre awareness of research and skills	<ul style="list-style-type: none"> Communication strategy: knowledge-sharing database, monthly seminars/meetings, newsletter, CoLab project platform, LinkedIn community Annual flagship retreat(s) with team building, research showcase, and grand challenge activity 	<ul style="list-style-type: none"> High participation in flagship events and seminars High uptake and engagement with knowledge-sharing (database use, newsletter engagement, LinkedIn engagement)
3 Drive internal and external collaboration on major challenges	<ul style="list-style-type: none"> Embed opportunities for broad and inclusive collaboration into research planning and grants Develop flagship cross-centre projects on priority pain challenges Strengthen engagement and involvement of external partners in research (clinical, policy, community): Establish Community Partners Group; Emphasise collaboration with underserved populations and priority communities; Training and support for partners to engage in research 	<ul style="list-style-type: none"> Increase in collaborative research outputs and grants Documented engagement with partner groups Community Partner involvement (including priority/underserved communities) in all projects Consumer partner satisfaction and retention rates
4 Develop next generation of transdisciplinary researchers	<ul style="list-style-type: none"> Establish EMCR Committee with broad representation and cross-centre support structures (inter-lab exchanges, mentoring, networking) Implement cross-disciplinary HDR supervision teams 	<ul style="list-style-type: none"> Growth in EMCR/HDR participation in cross-centre programs Increase in HDR projects with cross-theme supervisory teams

2
Facilitator

Innovation
(Thinking Creatively, Acting Bravely) 

Key Strategic Priority	Key Activities	Measures of Success
1 Foster an entrepreneurial and innovative culture to develop bold solutions for pain	<ul style="list-style-type: none"> Draw on our team's diverse networks and experience to facilitate connections between fresh ideas and new partnerships (including industry and technology sectors) Create an environment that encourages bold, entrepreneurial approaches to addressing pain challenges with mechanisms for interdisciplinary testing and rapid evaluation of promising solutions Share expertise, experience and networks to identify and support commercialisation opportunities, and innovation partnerships 	<ul style="list-style-type: none"> Documented engagement with diverse partners and industries Evidence of rapid evaluation/implementation of novel approaches
2 Explore and deploy innovative research designs	<ul style="list-style-type: none"> Adopt cutting-edge clinical trial methodologies to enable faster translation Develop and implement frameworks for back-and-forth translation between pre-clinical and clinical research Take advantage of our broad interdisciplinary team to support piloting of bold approaches that move beyond stepwise progress 	<ul style="list-style-type: none"> Successful implementation of innovative trial designs Publication and deployment of framework for back-and-forth translation Demonstrated advance in science and management of pain as a result of new approaches resulting from our interdisciplinary innovation
3 Accelerate impact with a start-up mindset	<ul style="list-style-type: none"> Create an environment that encourages and supports researchers in taking calculated risks and embracing entrepreneurial approaches Create mechanisms to support agility by piloting, testing, and scaling innovative solutions quickly 	<ul style="list-style-type: none"> Rapid path from idea to implementation to next users across initiatives

3 Facilitator

Impact (Driving Real-World Change)

Key Strategic Priority

Key Activities

Measures of Success

1

Deliver impact

- Strategically align the Centre's initiatives and support to facilitate priority projects and impact areas
- Reduce delays from discovery to translation by proactive knowledge translation and implementation planning, and building bridges between fundamental and clinical expertise
- Take advantage of the enhanced awareness of our broad skills and capacity to establish rapid-response teams to address emerging pain challenges, opportunities and identified priorities
- Completion of priority projects with meaningful outcomes ready for implementation to improve outcomes for people with pain.
- Evidence for translational outcomes of our work to next users or clinical/policy impact
- Evidence of rapid translation from research finding to impact

2

Demonstrate impact

- Identify and implement methods to measure the impact of the work of CIPHeR evidence on our next users in practice (Build an impact evaluation framework with defined metrics (clinical, social, economic))
- Research cited in clinical guidelines or policy documents
- Uptake of CIPHeR tools/resources by clinicians and services
- Recognition of CIPHeR as a global leader in impact-focused research

3

Design for impact

- Partner with relevant health services, policy groups, professional bodies, people with lived experience and the next users of our research to plan for translation and implementation
- Develop clear pathways for knowledge translation and implementation to next users for all stages of research (knowledge translation plans, guidelines, toolkits, training)
- Knowledge translation plans for all CIPHeR research
- Inclusion of interest holders as partners in research

4 Facilitator

Prioritisation (Focused, Flexible, Future-Ready)

Key Strategic Priority

Key Activities

Measures of Success

1

Define and sustain a focused research agenda

- Identify major priority issues and funding opportunities that CIPHeR is uniquely placed to solve
- Develop a comprehensive prioritisation framework aligned with national/international and interest holder priorities
- Prioritisation framework established and applied across CIPHeR
- Research themes demonstrably aligned with national/international pain priorities

2

Deliver high-value and impactful research

- Build interdisciplinary collaborative teams to accelerate research on emerging challenges, opportunities and identified priorities
- Collaborate on Centre-wide "Flagship" projects that address critical pain challenges using diverse perspectives (ethics, models, methods)
- At least one flagship cross-Centre project launched within first 3 years
- New discoveries enabled by unique collaboration across CIPHeR
- Recognition of CIPHeR outputs in national /international pain strategies

3

Strengthen funding and agility for future priorities

- Develop a detailed funding strategy map aligned with CIPHeR priorities and capabilities
- Proactively pursue innovation funding and industry/market opportunities
- Increased diversity of funding sources (government, philanthropy, industry)
- Sustainable funding mechanisms established to support long-term initiatives
- Growth in disruptive /innovative projects supported through new funding streams