



Geriatric Curriculum

MODULE 2

Pain Assessment & Management

Part III:

Nonpharmacologic Interventions



Part III: Nonpharmacologic Interventions for Pain

Objectives:

- Describe reasons for using nonpharmacologic therapies to relieve pain and other symptoms
- Describe the use and precautions for selected nonpharmacologic therapies
- Identify ways to implement nonpharmacologic therapies in healthcare settings

Nonpharmacologic Therapies

Physical

- Massage
- Cold
- Heat
- Vibration
- Positioning
- Exercise

Cognitive-Behavioral

- Distraction
- Guided imagery
- Music
- Guided relaxation & deep breathing
- Comfort foods

Energy Therapies

- Acupuncture
- Reiki
- Therapeutic touch

Common Myths

Myth	Reality
If people can be distracted from their pain, the pain isn't "real" or it's not as bad as they are saying	People can be distracted from pain because distraction is an effective nondrug therapy
Use nondrug measures instead of pain medication	Nondrug treatments are not an appropriate substitute for pain medication

Complimentary and Integrative Medicine/Therapies (CIM) in Palliative Care

- Address health & well-being, relieve symptoms and manage side-effects of conventional medicine.
- Patients may seek CIM on their own or in healthcare settings
- Nurses have important role
- Complimentary: non-mainstream
- Integrative health: incorporate complimentary into mainstream healthcare

Prior to Starting Therapy

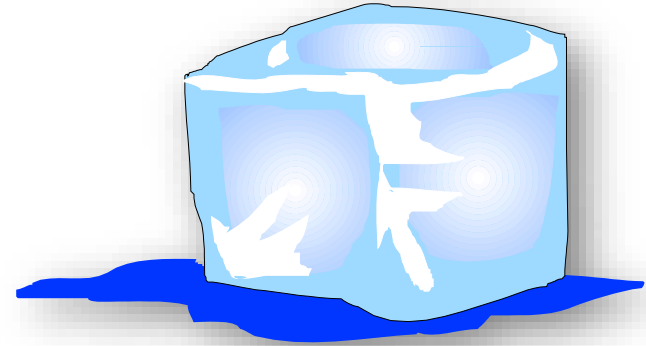
Examine the following:

- Understanding of options
- Attitude and comfort level
- Family interest and availability
- Need for education
- Ability to participate



Mind-Body Approaches for Pain in Palliative Care

- Physical activity
- Heat/cold
- Massage therapy
- Music/music therapy
- Mindfulness-based stress reduction (MBSR)
- Distraction
- Aromatherapy
- Guided imagery and deep breathing
- Acupuncture



Mind-Body Approaches for Mood and Sleep in Palliative Care

- Physical activity: Yoga
- Aromatherapy
- Mindfulness
- Energy medicine
- Acupuncture
- Hypnosis



Mind-Body Approaches for Gastrointestinal Symptoms

- Acupuncture
- Hypnosis
- Progressive muscle relaxation

Building a Toolkit



Guidance for Nonlicensed Staff

- Activities not requiring an order
- Activities that require an order or are clearly part of a care plan



Summary

- Described reasons for using nonpharmacologic therapies to relieve pain and other symptoms
- Described the use, application and precautions for selected nonpharmacologic therapies
- Identified ways to implement nonpharmacologic therapies in healthcare settings