



Non-Pharmacological Methods for Managing Chronic Pain

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NATIONAL REHABILITATION CENTER

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Engage and Empower the Patient

Discuss symptoms and engage patient in understanding the source of their pain.

- Obtain a complete history of pain location, type, etiology, prior invasive procedures related to pain
- Reassure the patient that you will work with them to develop a plan to manage their pain safely. BUT this is a PARTNERSHIP.
- It is important that the patient understand that everyone has pain; it is a part of life.
- Not all pain can be completely eradicated.



A pain program needs to incorporate methods to

1. “distract” the patient from thinking about the pain
2. learn to “not catastrophize” the situation
3. keep the patient physically active.



Discourage bed rest-Any activity is beneficial. If exercises are intolerable:

encourage them to 'do something'
(more to come about this...)

bed rest beyond a good 8 hours sleep, is counterproductive.



Encourage activity-Yoga, stretching, strengthening the muscle groups adjacent to the pain (eg Para spinal muscles for back pain, quadriceps for knee pain)

Encourage participation in Wellness Center (all DHS Hospitals have these...the local Y is another resource)

1. moving in an aquatics program (physical activity)
2. cooking, art, singing, diet, cooking classes, are some of the many immersive, pleasure producing, programs available. (distraction)



Lose weight-

Musculoskeletal pain is often worsened by excess body weight stressing joints. (Weight Watchers is covered for LA Care patients)



**The following techniques
may also help:**

Cold compresses - decrease
nerve conduction velocity

Warm compresses- decrease
spasm



Integrated Care Using The Team Approach:

MD/PA/NP/Nursing

Physical Therapy: focused strengthening, stretching, modalities such as ultrasound (keep moving)

Occupational Therapy: can train patients in “Life style Redesign” to help them develop a program of distraction and exercise that specifically fits them. (distraction)

Psychology and Social Work

Counseling and Cognitive Behavior Therapy (CBT)

Recreation Therapy (art, animals, gardening)



EVIDENCE?

Pain coping skills training (PCST), a treatment for patients with persistent pain, has demonstrated efficacy for osteoarthritis. It teaches patients cognitive strategies and behavioral skills to reduce the effects of chronic pain on functioning and quality of life. A recent meta-analysis of psychological therapies for chronic pain documents its efficacy....

[Williams AC, Eccleston C, Morley S. Psychological therapies for the management of chronic pain \(excluding headache\) in adults. Cochrane Database Syst Rev 2012;11:CD007407.](#)



Nurse practitioners can effectively deliver pain coping skills training to osteoarthritis patients with chronic pain:
A randomized, controlled trial

Broderick et al. PAIN 155 (2014) 1743–1754



Pain Coping Skills Training Workshop

Hosted at USC

March 22-23 2018

Open to ALL interested in learning these techniques

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תודה
Dankie Gracias
Спасибо شكراً
Köszönjük Merci Takk
Grazie Dziękujemy Terima kasih
Ďakujeme Vielen Dank Paldies
Kiitos Täname teid 谢谢
Thank You Tak
感謝您 Obrigado Teşekkür Ederiz
Σας ευχαριστούμε 감사합니다
Bedankt Děkuje vám
ありがとうございます
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