

## PAIN MANAGEMENT

### *Non-Medication Relief*

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Medications are not the only way to manage pain. Try the following techniques:

- **Ice or Heat- use the one checked below as needed (but for no longer than 20 minutes at a time):**
  - Ice pack or bag of frozen peas wrapped in a thin cloth
  - Covered heating pad (not too hot)
  
- **Visualization-helps take your mind off the pain:**
  - Close your eyes. Breathe deeply
  - Picture yourself in a quiet, peaceful place
  - Imagine how you feel in that place
  - If other thoughts enter your mind, take a deep breath and try again
  
- **Progressive Body Relaxation- helps relieve stress and pain:**
  - Close your eyes. Clench your foot muscles
  - Hold for a few seconds. Release
  - Repeat with the muscles in your calves
  - Work slowly up your body
  
- **Deep Breathing- relaxes your whole body:**
  - Inhale slowly and deeply as you count to 5
  - Hold your breath for a couple of seconds
  - Exhale through your mouth as you count to 10

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#### **IMPORTANT NOTICE**

Contact the on-call nurse if you are experiencing any change in your current health condition.  
For ALL emergencies requiring IMMEDIATE medical attention, call 911.