BENEFITS OF GOOD PAIN CONTROL

- Promote activity
- Improve healing
- Minimize long-term complications
- Provide positive health outcomes
- Decrease re-admission rates

No content on this brochure, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.

This material was prepared by Health Quality Innovators (HQI), a Quality Innovation Network Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this document do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 12SOW/HQI/QIN-QIO-0066-08/10/21

Pain Control without Medication



Health Quality Innovators 9830 Mayland Drive, Suite D Richmond, VA 23233

www.HQIN.org



To improve your pain management you can provide pain control in a variety of ways apart from administering medication(s). This handout was created to list the many available options to promote comfort and provide pain control for you.



Chronic pain lasts months or years and happens in all parts of the body. The pain can be there all the time or it can come and go.

Pain can interfere with your ability to work, enjoy activities and take care of yourself or others. Pain can lead to fatigue, depression and anxiety. The first step in treatment is to find and treat the cause.

When that isn't possible, the most effective approach can include a combination of therapies and lifestyle changes.

TIPS FOR LIVING WITH CHRONIC PAIN

Chronic pain interferes with your ability to work, enjoy activities and take care of yourself or others.



Deep breathing



Reduce Stress



Acupuncture



Calming Music



Physical Therapy



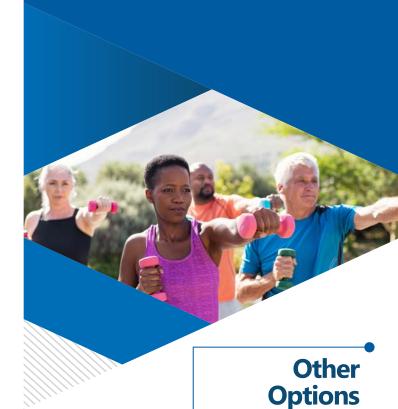
Cut Back on Alcohol



Don't Smoke



Join a Support Group





Cold and Heat



Weight Loss



Mind Body Techniques



Imagine Positive Things



Pet Therapy