

PorcuPAIN

Don't Get Stuck With Pain

October 2010



Complementary and Alternative Medicine (CAM)

According to the National Center for Complementary and Alternative Medicine (CAM), the following categories are considered CAM.

- **Art, music, and dance.** These are excellent therapies that help with pain and can be modified for residents. Play music the person enjoys. Do not change the resident's channel, CD, or volume unless asked. Soothing music can calm anxiety; uplifting music lifts the spirit and can help when feeling down. Earphones can be used if there is a roommate concern. Music can be played as much as the person enjoys it. Art and dance/movement can also be integrated into the person's plan, depending on interests, functioning, etc.
- **Biologically based therapies.** Some physicians prescribe vitamins and herbs. Aromatherapy can be helpful and is available in a variety of forms. Different scents have different effects. Aromatherapy can have a pharmacologic effect, so it's important to check with the physician before using.
- **Mind-body interventions.** Cognitive-behavioral therapy is very beneficial. Hypnosis, bio-feedback and support groups can also be helpful. These therapies are used so often, in so many traditional medical care facilities they are often not considered CAM. They are now main stream.
- **Manipulative and body based methods.** Many people use manipulative and body based methods such as chiropractors.
- **Alternative medical systems.** These are systems built upon a complete system of their own theory and practice. Homeopathic and Chinese are examples of this. Some residents may have used these systems before coming in.
- **Energy therapies.** Healing touch is an example and is often done by nurses and offered in many hospitals. This is a very gentle, relaxing technique using the person's energy.

Other beneficial, non-medicinal interventions include: activities; physical and/or occupational therapies; social service; exercise; diet; and education. Remember the family too.

MoLANE Planning Committee Members:

- Missouri Pain Initiative
- Missouri Association of Homes for the Aging
- Missouri Health Care Association
- Missouri Coalition Celebrating Care Continuum Change
- Missouri Association of Nursing Home Administrators
- Missouri Department of Health and Senior Services
- Missouri League for Nursing
- Missouri State Long-Term Care Ombudsman
- Missouri Board of Nursing Home Administrators
- National Association of Health Care Assistants
- Primaris, Missouri's Medicare Quality Improvement Organization
- Quality Improvement Program for Missouri (QIPMO)

Watch for more PAIN tips!