# Evidence-Based Non-Pharmacologic Interventions for Pain

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>INTERVENTION</th>
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| Behavioral | Behavioral operant therapies:  
- Modeling appropriate behavior  
- Assigning tasks in a graded or hierarchical manner that promotes success & reinforcement  
- Practicing tasks  
- Managing attention or rewards given by significant others  
- Reinforce healthy behaviors & ignore maladaptive behaviors |
| Cognitive | Activities  
Coping Techniques  
Meditation:  
- Loving kindness  
- Mindfulness  
Spirituality:  
- Meaningful practices  
- Readings |
| Cognitive (Mind-body medicine) | Prayer:  
- Centering |
| Energy-based | Reiki  
Reflexology  
Therapeutic Touch (TT); Healing Touch |
| Environment | Assistive Devices  
Environment modification:  
- Comfortable seating  
- Lighting  
- Sounds  
- Adjusting room temperature  
- Tightening & smoothing linens  
Mattress · Use pressure redistributing |
| Intervational | Mirror therapy *(for treatment of phantom limb pain; induction of limb imagery)*  
Osteopathic manipulative treatment  
- Spinal manipulation |
| Intervational & behavioral | Biofeedback |
| Intervational & physical | Physical therapy |
| Interventional device | Electrical stimulation  
Magnets; electromagnetic therapy |
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<th>CATEGORY</th>
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<tbody>
<tr>
<td>Interventional, psychological</td>
<td>Ultrasound (galvanic)</td>
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<td>Neuro Emotional Technique (NET) <em>(testing &amp; manually holding the associated meridian pulse points facilitating cognitive &amp; emotional processing &amp; resolution)</em></td>
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<tr>
<td>Movement</td>
<td>Tai Chi</td>
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<td>Yoga</td>
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<td>Physical</td>
<td>Baths</td>
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<td>Cold/Ice (cryotherapy)</td>
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<td>Compresses</td>
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<td>Packs</td>
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<td>Exercise</td>
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<td>Aerobic</td>
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<td>Low-impact</td>
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<td>Physical activity</td>
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<td>Water (hydrotherapy)</td>
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<td>Heat (mild)</td>
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<td>Immobilization <em>(with caution)</em></td>
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<td>Massage</td>
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<td></td>
<td>· Positioning/repositioning</td>
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<td>· Neutral body alignment</td>
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<td>Sleep hygiene</td>
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<tr>
<td>Physical &amp; psychological</td>
<td>Progressive muscle relaxation (PMR)</td>
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<tr>
<td>Physical, movement, psychological, spiritual</td>
<td>QiGong <em>(ancient practice of manipulating energy through slow body movements &amp; meditation with imagery &amp; breathing techniques)</em></td>
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<tr>
<td>Physical; Interventional</td>
<td>Acupuncture</td>
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<td>Acupressure</td>
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<td>Chiropractic</td>
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<td>Rehabilitation therapy:</td>
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<td>· Optimizing ROM</td>
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<td>· Strength</td>
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<td>· Endurance</td>
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<td>· Neuromuscular control</td>
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<td>Transcutaneous electrical nerve stimulation (TENS)</td>
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| Psychological | Breathing:  
· Controlled  
· Relaxation  
Distraction/diversion  
Humor & laughter  
Hypnosis · Hypnotherapy  
Imagery:  
· Guided  
· Visual  
Mindfulness-based stress reduction (MBSR)  
Music or Music Therapy (MT)  
Pet visitation or Animal Assisted Therapy (AAT)  
Relaxation (techniques) · Progressive  
Reminiscence  
Visits or telephone calls from loved ones |
| Psychological (Mind-body medicine) | Cognitive-behavioral therapy (CBT)  
Aromatherapy  
Ayurveda  
Education (resident, caregiver)  
Herbal preparations  
Life-style modifications  
Liniments; topical agents; home remedies  
Nutritional supplements  
Occupational therapy  
Stress management  
Supplements (dietary):  
· Glucosamine  
· Chondroitin sulfate  
Vibration |
Additional Considerations

Diagnose & appropriately treat the following conditions:
- Depression
- Anxiety
- Insomnia
- Other underlying illnesses
- Determine losses & potential grief/bereavement

Address pain with the following outcomes in mind:
- Improvement in quality of life (QOL)
- Maintaining function (physical, emotional, spiritual)
- Maintaining cognition
- Alleviating or reducing pain through combination of medication & alternative interventions

Critically consider potential disadvantages and suitability of an intervention:
- How will you measure the effect of the intervention?
- Is there substantial research/evidence that the intervention is effective?
- Do you have access to the necessary services?
- Will a given resident be able to effectively respond to the intervention?
- How willing is the individual (and/or family) to “try”?
- Does the intervention require alterations/adaptation given the health status of the individual?
Disclaimer:

As of September 2020 the Quality Campaign has been picked up by a concerned group of citizens, doctors, providers, researchers and consumers who want to see the good work of the past live on and help collect more info to shape the quality of healthcare in America. If you would like to join the effort, please call: 972-800-6670.

https://nhqualitycampaign.org/resources-downloads/