

# Pain Tools Handout

Encourage patients to start a pain “tool kit” that includes coping and relaxation skills as well as treatments. Try several things to see which works the best for them.

(Mark the box if you have seen that “tool” used for pain management. Circle at least one intervention that was not marked that you want to use with patients in the future.)

<b>Cold packs, warm packs, or compresses</b>	<b>Massage or gentle touch</b>	<b>Repositioning, posture changes, or pillows for support</b>	<b>Distraction – Music, activity, or pets</b>
<b>Yoga or gentle stretching</b>	<b>Essential oils or aromatherapy</b>	<b>Acupuncture or accupressure</b>	<b>Creative arts – Painting, drawing or singing</b>
<b>Physical therapy or occupational therapy</b>	<b>Adjuvant medication with analgesics</b>	<b>Deep breathing and mindfulness</b>	<b>Meditation, prayer, or guided imagery</b>
<b>Break up tasks into smaller, “chunks”</b>	<b>Keep healthy pace for activities, with rest when needed</b>	<b>Joint supports, “sleeves” or braces</b>	<b>Journal writing or diary for self-reflection</b>
<b>Closely communication with “pain team” and family</b>	<b>Use your experiences to help others</b>	<b>Be more active physically and socially</b>	<b>Know your limits and listen to your body</b>

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Cultural rituals and herbs	Relaxation skills to loosen tense muscles	Counseling or spiritual help to gain insight	Take a walk and enjoy the outdoors
Education or anticipatory guidance	Set realistic goals as part of your treatment “team”	Use mobility aids or supports - Walker or cane	TENS (transcutaneous electrical nerve stimulator)
Get enough sleep	Stop, breathe, and take things slowly	Be more aware of body cues	Express your needs and get help when you need it
Prioritize and use problem-solving skills	Don’t try to totally avoid pain as it “ebbs and flows”	Think positively, “It will pass”	Analgesic creams, salves, ointments, or gels
Community support group or online support	Maintain good nutrition and drink enough water	Learn more about the injury or illness	Learn more about treatment options

With more options to try for managing pain, nurses and patients feel more in control and more hopeful. Some helpful videos for coping are:

**Passive Muscle Relaxation to Manage Anxiety and Stress** (12:40 minutes) by Joanne D’Amico at <https://www.youtube.com/watch?v=xcjTF5BxKdo>

**Mindfulness in 3 Minutes** (Spanish) by Yolanda Calvo Gómez at <https://www.youtube.com/watch?v=0eiQQL4cWIM>

**Yiruma-River Flows in You** (3:08 minutes) at <https://www.youtube.com/watch?v=XsTjI75uEUQ>