**Palliative Care Education Snap Sessions**
Darling Downs – South Burnett
Cairns & Hinterland – Atherton Tableland
South West HHS

First session: Tuesday 28th June 2016
Last session: Tuesday 30th August 2016
14.30 – 14.50 hours each week

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**Non-Pharmacological Approaches to Pain Management**
Tuesday 12th July 2016
14.30 – 14.50 hours

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**PAIN**

1. is what the patient says hurts
2. is what the patient describes, not what others think it ought to be

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**THE ROLE OF THE NURSE IN PAIN MANAGEMENT**

1. Assessment
2. Knowledge and appropriate use of medications
3. Patient advocacy
4. Education
5. Collaboration, team approach
6. Individualised practice
7. Accurate documentation
8. Reassessment

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**PAIN INTERVENTIONS**

Non-Pharmacological Interventions
1. Radiotherapy
2. Chemotherapy
3. Physical therapies
   - Heat/cold
   - Massage
   - TENS
4. Cognitive-Behavioural strategies

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**NON-PHARMACOLOGICAL INTERVENTIONS**

Radiotherapy
- Used primarily for bony metastases
- A single fraction of XRT may be sufficient to control pain
- If on opioids to control pain, dose may need adjusting downwards after XRT
NON-PHARMACOLOGICAL INTERVENTIONS

Chemotherapy
- Used to reduce tumour size
- As with XRT, if on opioids to control pain, dose may need adjusting downwards after chemotherapy

Heat/Cold, Massage, TENS
Limited evidence for heat/cold
TENS* has best evidence for efficacy

* Transcutaneous electrical nerve stimulation

Cognitive-Behavioural Interventions
Include
- relaxation
- directed distraction

1. Warm baths
2. Excellent hygiene
3. Boomerang pillows
4. Active listening
5. Excellent wound care
6. Mouth care
7. Diligent bowel care
8. Prompt use of analgesia

1. Music
2. Sheep skin
3. Touch
4. Relaxation
5. Drink before bed
6. Reassurance

Physiotherapy – muscular spasms
Occupational Therapy – various aids
Soft mattress
Privacy
Own pillows, doonas
Flexible visiting hours
Family pictures
NON-PHARMACOLOGICAL INTERVENTIONS

1. Regular assessment and evaluation
2. Thorough documentation
3. Collaboration with team
4. Pastoral/psychosocial care
   i. Intractable pain may resolve when person has opportunity to work through issues with a counsellor or spiritual carer

Centre for Palliative Care Research and Education

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