



## Noninvasive Approaches to Pain Management in the Terminally Ill (Hospice Journal)

Dennis Turk, Caryn S Feldman

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### Noninvasive Approaches to Pain Management in the **Terminally III (Hospice Journal)**

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Here is a useful compendium of information that expands the options available in the treatment of pain in chronically and terminally ill patients. Noninvasive Approaches to Pain Management in the Terminally Ill presents a multidimensional perspective on pain which includes the psychological, psychosocial, and behavioral aspects of pain as well as physical factors. Full of practical and useful information, this important book teaches nurses, physicians, physical therapists, psychologists, and hospice workers how to help their patients cope with pain more effectively. A variety of methods of pain assessment and control are discussed, increasing the range of practical techniques available to caregivers working to improve patient comfort. The therapeutic modalities explained, including relaxation, hypnosis, coping skills training, massage, and mobilization, can be used as adjuncts to more traditional medical and pharmacological interventions. Treatment modalities are discussed in detail, enabling their immediate use in day-to-day practice or in consultation with patients and families when referral is necessary. Noninvasive Approaches to Pain Management in the Terminally III includes methods for all levels of expertise. Many of the strategies described can easily be taught and used by health care providers who have not received extensive training in this field. Some strategies can readily be used by patients and their families, while others require consultation with trained mental health professionals. Important topics addressed include assessment of psychological factors that contribute to the experience of pain, family involvement in pain control, the impact of pain in terminal patients on their families, methods to reduce stress, a nontechnical discussion of hypnosis and related techniques, the importance of patient education, and strategies to involve patients in their own care. Hospital and hospice staff, families of chronically and terminally ill patients, and the patients themselves can all benefit from the information in this vital book.



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