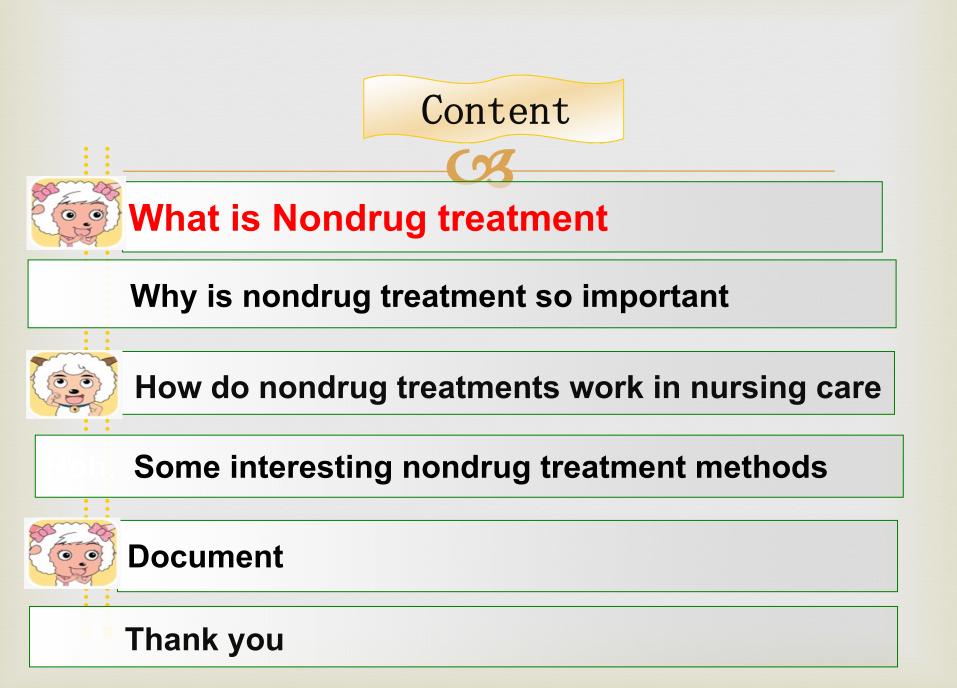
Nondrug treatment in the nursing care of patients with acute pain

Yanping Liang First Year Master of International Research Center for Medical Education, Graduate School of Medicine, The University of Tokyo



Nondrug treatment

Nondrug treatment: (non-pharmacological treatment) is the method of treating pain without medications. This method utilizes ways to alter thoughts and focus concentration to better manage and reduce pain. [1]

Methods of non-drug treatment include: surgery, relaxation therapy, massage therapy, biofeedback techniques, acupuncture, Electrical stimulation, distraction, comfort therapy.....

Why is nondrug treatment so important

Nondrug VS drug

Advantages:

Safe Without addiction Sometime can save money

Disadvantages: Less effective Not fit everyone Be difficult to understand

Advantages:

More effective Fit the most people Easy to use

Disadvantages: Risks and side-effects Addiction and overdose Cost money Although many disciplines are involved in pain treatment, nurses play a pivotal role in assessment, monitoring, interpretation, intervention and evaluation of pain. Effective pain management by nurses is fundamental to the quality of care. Pain must be addressed. This is the first responsibility of the professional nurse. [2]

Comfort therapy:

Comfort therapy may involve the following:

Companionship

•Exercise

- Heat/cold application
- •Lotions/massage therapy
- Meditation
- Music, art, or drama therapy
- Pastoral counseling
- Positioning

Nondrug treatment in injection (pediatrics of China)



Nurses of pediatrics



Modern pediatrics





Document

[1] Management of Pain without Medications (Stanford health care)

[2] Non-Drug Pain Management (Medline Plus)