

# Nondrug treatment in the nursing care of patients with acute pain



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**What is Nondrug treatment**

**Why is nondrug treatment so important**



**How do nondrug treatments work in nursing care**

**Some interesting nondrug treatment methods**



**Document**

**Thank you**

# 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

```
graph TD; A([Nondrug VS drug]) --> B(Nondrug); A --> C(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



## How does nondrug treatment work in nursing care



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)**