



## Preventing Opioid Harms in Older Adults

### NONPHARMACOLOGICAL APPROACHES TO PAIN

Nonpharmacological approaches consist of many modalities that help with pain management and can help patients regain functioning. Below are some nonpharmacological treatments for pain, divided into 4 categories. Working with your patients to uncover the factors contributing to their pain can help determine which therapy may be most appropriate to recommend.



#### RELAXATION THERAPIES FOR PAIN AND STRESS

- Guided imagery
- Diaphragmatic breathing
- Mindfulness-based stress reduction



#### BEHAVIORAL THERAPIES FOR PAIN AND MALADAPTIVE HABITS OR BELIEFS

- Patient education
- Cognitive-Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)



#### MANIPULATION THERAPIES FOR MUSCULOSKETAL PAIN AND SORENESS

- Acupuncture
- Chiropractic therapy
- Massage



#### PHYSICAL THERAPIES FOR PAIN AND MOBILITY PROBLEMS

- Therapeutic exercises (e.g., yoga)
- Physical therapy
- Occupational therapy

"Most of the medications we have for pain, they rarely, rarely have been shown to have any improvement in functioning. So, your pain got better, but you're not doing much. That's not a great success, okay. I want people to be able to function and do things, and then what they do is up to them."



**Dennis Turk, PhD**

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Director of the Center for Pain Research on Impact, Measurement and Effectiveness  
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### NONPHARMACOLOGICAL TIPS FOR OLDER ADULT CARE

- Include treatments that the older adult has the most positive experience with.
- Social opportunities (classes, workshops, etc.) will benefit older adults who need peer support.
- Consider barriers to success, like access to transportation, chronic illnesses, etc.



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