

Non-Medication Choices for Improving Pain Management and Comfort

We are always working to improve your pain management. We can provide pain control in a variety of ways apart from administering medication(s). This handout was created to list the many available options to promote comfort and provide pain control for you during your stay at Michigan Medicine.

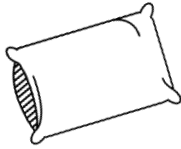





What are the benefits of good pain management?

- Promote activity
- Improve healing
- Minimize long-term complications
- Decrease re-admission rates
- Decrease length of stay
- Provide positive health outcomes



Your comfort and pain control are a priority to your healthcare team. Please let your doctor or nursing staff know if any of these available choices below can help you in reaching your recovery goals.

How can I improve my comfort and pain control?

Comfort items:	Actions to promote comfort:	Personal hygiene items:
<ul style="list-style-type: none"> • Extra pillow • Warm blanket • Heat/Ice pack • Pajama bottoms • Extra gown • Socks • Fan • Spiritual/religious resources 	<ul style="list-style-type: none"> • Re-positioning • Stretch • Range of motion • Go for a walk • Dim or shut off the lights • Open or close the window blinds 	<ul style="list-style-type: none"> • Toothbrush • Toothpaste • Soap • Shampoo • Deodorant • Lotion • Comb • Mouth swabs • Vaseline • Razors 
Ways to relax:	Bored? Things to do:	Nothing working?
<ul style="list-style-type: none"> • In-room TV has music, relaxing sounds, and white noise channel options • Spiritual care • Bedside music program • Pet therapy • Art cart • Massage therapy 	<ul style="list-style-type: none"> • Bedside art program • Use your personal laptop; free Wi-Fi available • Use your personal MP3 or music player • Puzzles and reading materials • TV/DVD player available if not in use 	<ul style="list-style-type: none"> • Please do not hesitate to let your doctor or nursing staff know if your pain is not relieved. • Please let us know what comfort and pain control options have worked in the past. 

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This material is part of the Poke & Procedure Plan. Julie Piazza, MS, CCLS, Lead
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