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Pain management clinic: Non-pharmacological strategies in helping those with chronic pain

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Pain, regardless of its level, can have a negative impact on the physical well-being, emotions, and even quality of life of the individuals. Using painkillers is one method to relieve pain, yet, painkillers always have undesirable side effects. The Pain Management Clinic established in 2017, under The Hong Kong Polytechnic University. The clinic aims to provide pain management services to individuals with pain and associated physical and psychological problems involving multidisciplinary practitioners of nursing academics and traditional Chinese medicine doctors. The Pain Management Clinic adopts non-drug approaches to managing pain, such as music therapy, multisensory stimulation, aromatic foot reflexology, and traditional Chinese medicine, which cater to the needs and health problems of different people. In this presentation, two cases will be shared, Case 1: Ms. A, suffered from fracture spine because of traumatic accident happened in 2011. She was then paraplegic and wheel-chaired bound. Ms. A is living with her daughter and her husband, and two servants employed to take care of her. She also had history of diabetic mellitus, hypertension and high cholesterol, on regular medications and follow up. Case 2: Mr. B, aged 65, suffered from right forearm pain for 2 months. Mr. B is a retired account and living with his wife and his two adults children in sub-urban area. His past health is good and no any history of chronic illness. Author will share the treatment strategies for Ms. A and Mr. B including physical and psychosocial support to them and their family members using multi-disciplinary approach.

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