











TV CHANNELS	CHANNEL	DESCRIPTION
<b>General Benefits:</b> Listening to music and watching calming scenery help detach your mind, which can calm your body and reduce your pain.		
<b>Music Stations</b>	TV: 86–94	
<b>CARE Channels</b>	115 & 116	Music set to calming, scenic environments

GUIDED IMAGERY	
<b>General Benefits:</b> Participating in guided imagery (such as imagining yourself sitting by a river or somewhere else) helps detach your mind, which can calm your body and reduce your pain.	
Guided imagery videos can be accessed by scanning the QR code; or using the CARE connect URL: <a href="http://uabmedicinecarechannel.net">uabmedicinecarechannel.net</a> PASSWORD: uabhealing	



NON-PHARMACOLOGIC PAIN MANAGEMENT OPTIONS		
	<b>ARTS IN MEDICINE</b>	UAB Arts in Medicine (AIM) strives to transform the environment of care and enhance well-being and healing through creative arts experiences for patients, families, and staff. Integrating the arts into the health care environment has proven benefits for patients and caregivers in the following ways: reduced stress levels, reduced perceived pain, improved mood, distraction from medical problems, increased self-expression, and increased self-confidence. AIM offers the following activities at the bedside or in group workshops: <b>Storytelling, painting, zentangle (drawing), sewing/embroidery, relaxation/meditation, movement/dance, oral history, and personalized art projects. Customized art kits, coloring pages, art supplies, jokes, brain games, etc. are also available.</b>
	<b>CHAPLAINS</b>	Chaplains are trained differently than medical providers and often are sensitive to pain that is not caused or aggravated by direct physical stimuli but rather by social, psychological, and spiritual factors. Thus, pastoral counseling, for example, can address many factors influencing pain or pain perception, which in turn may reduce physical suffering.
	<b>DISTRACTION/ GUIDED IMAGERY/ DELIRIUM TOOLKIT</b>	Distraction means shifting or moving your attention away. It does not mean that the pain is no longer there. It just means that you use your brain to focus your attention on something else. You can put your pain in the background and instead focus on playing games, counting, using breathing techniques, and many other activities. One of the things that you can do to limit the amount of time you spend worrying about or being afraid of pain, is to use distraction. The following items are available: <b>Activity books (crossword, Sudoku, word finds, etc.), cards, puzzles (magic cubes and jigsaw puzzles), bingo nights with prizes, coloring sheets, stress balls, brain exercise puzzles, guided imagery &amp; music stations, TimeSlips exercises (journaling)</b>
	<b>GUIDED IMAGERY</b>	Guided imagery helps reduce the effects of pain without the use of medication. Most pain medications work by blocking the messages being sent to your brain from nerves at the site of injury or pain. Through the relaxation that is achieved through guided imagery, chemicals such as serotonin, norepinephrine, and dopamine are released to work similarly to the pain medications. There are no side effects to guided imagery, so nobody has to worry about using guided imagery too much or becoming addicted to it. Some of the most well-known benefits of guided imagery include: decreased stress, decreased pain levels, chronic pain relief, elimination of fear, reduced anxiety, reversal of depression, replacing bad habits with good habits, increasing self-esteem, boosting confidence, improving healing, improving sleep, decreasing blood pressure, and re-establishing heart rhythm.

## NON-PHARMACOLOGIC PAIN MANAGEMENT OPTIONS

	<p><b>HEALING ENVIRONMENT/ CARE CHANNEL</b></p>	<p>A healing environment is defined as one that has a nurturing and therapeutic effect. Studies show that well-designed hospital environments can reduce anxiety and stress, speed up recovery, shorten hospitalizations, reduce medication use, lessen pain, and promote a sense of well-being. Tune the TV to channels 115 and 116 for calming music that is set to soothing scenery.</p>
	<p><b>HEAT THERAPY</b></p>	<p>Heat therapy works by improving circulation and blood flow to a particular area due to increased temperature. Increasing the temperature of the afflicted area even slightly can soothe discomfort and increase muscle flexibility. Heat therapy can relax and soothe muscles and heal damaged tissue. Do not use heat on an open wound or if the area in question is either bruised or swollen (or both). Heat should not be used if you have any of the following conditions (due to higher risk of burns or complications from heat application): diabetes, dermatitis, vascular disease, deep vein thrombosis, multiple sclerosis (MS), heart disease, or hypertension.</p>
	<p><b>ICE/ COLD THERAPY</b></p>	<p>Cold therapy is also known as cryotherapy. It works by reducing blood flow to a particular area, which can significantly reduce inflammation and swelling that causes pain (especially around a joint or a tendon). It can temporarily reduce nerve activity, which can also relieve pain. People with sensory disorders that prevent them from feeling certain sensations should not use cold therapy at home because they may not be able to feel if damage is being done. This includes diabetes, which can result in nerve damage and reduced sensitivity. You should not use cold therapy on stiff muscles or joints. Cold therapy should not be used if you have poor circulation.</p>
	<p><b>MOVEMENT</b></p>	<p>Movement (i.e. relaxing, stretching, walking) is important for your health and a big part of pain management. Benefits associated with movement and pain management are:</p> <ul style="list-style-type: none"> <li>• Helps turn down the “pain volume” by accessing the body’s own in-built pharmacy</li> <li>• Reassures you that some pain with movement is ok and does not mean you are doing harm</li> <li>• Keeps you active and capable of doing what you want to do</li> <li>• Helps regulate sleep patterns</li> <li>• Reduces stress</li> <li>• Improves mood (especially depression)</li> <li>• Improves immune function (your body’s ability to fight infection, illness, and stress)</li> <li>• Good for your general health (heart, lungs, muscles and joints)</li> <li>• Helps with weight control (important if you have an additional chronic condition such as diabetes or heart disease)</li> <li>• Good for your brain: Exercising helps maintain a healthier brain as you age.</li> </ul>
	<p><b>MUSIC THERAPY</b></p>	<p>Music therapy is proven to help reduce pain and promote healing. A professionally trained music therapist will come to your room and develop a plan for how music can best benefit you, including:</p> <ul style="list-style-type: none"> <li>• Use of music as distraction</li> <li>• Deep breathing</li> <li>• Progressive muscle relaxation             <ul style="list-style-type: none"> <li>– Guiding you through a sequence of tensing &amp; relaxing various muscle groups during live music intervention</li> </ul> </li> <li>• Guided imagery with music</li> <li>• Live music that you like             <ul style="list-style-type: none"> <li>– Principle of entrainment: This is the body’s ability to synchronize with external stimuli (music), resulting in physiological changes.</li> </ul> </li> <li>• Iso-principle             <ul style="list-style-type: none"> <li>– This involves transitioning from higher musical stimulus to lower-level stimulus to reduce agitation and anxiety.</li> </ul> </li> </ul>
	<p><b>PET THERAPY</b></p>	<p>We all know that pets can trigger a smile or a sense of calm in most people, but evidence shows that a pet can actually reduce pain, too. Animal-assisted therapy, also known as pet therapy, involves using trained animals to provide a therapeutic benefit, such as comfort, relaxation, or easing of pain. It is available to people of all ages with a wide range of health problems. Human and animal teams are volunteers that have received special training to provide these services to our patients.</p> <ul style="list-style-type: none"> <li>• <b>Restrictions:</b> There are some limitations with pet therapy for hospitalized patients. If you are interested in pet therapy, ask your care team to see if it is appropriate for your healing process and to see if there is a team available to visit (limited hours and health condition restrictions apply).</li> </ul>