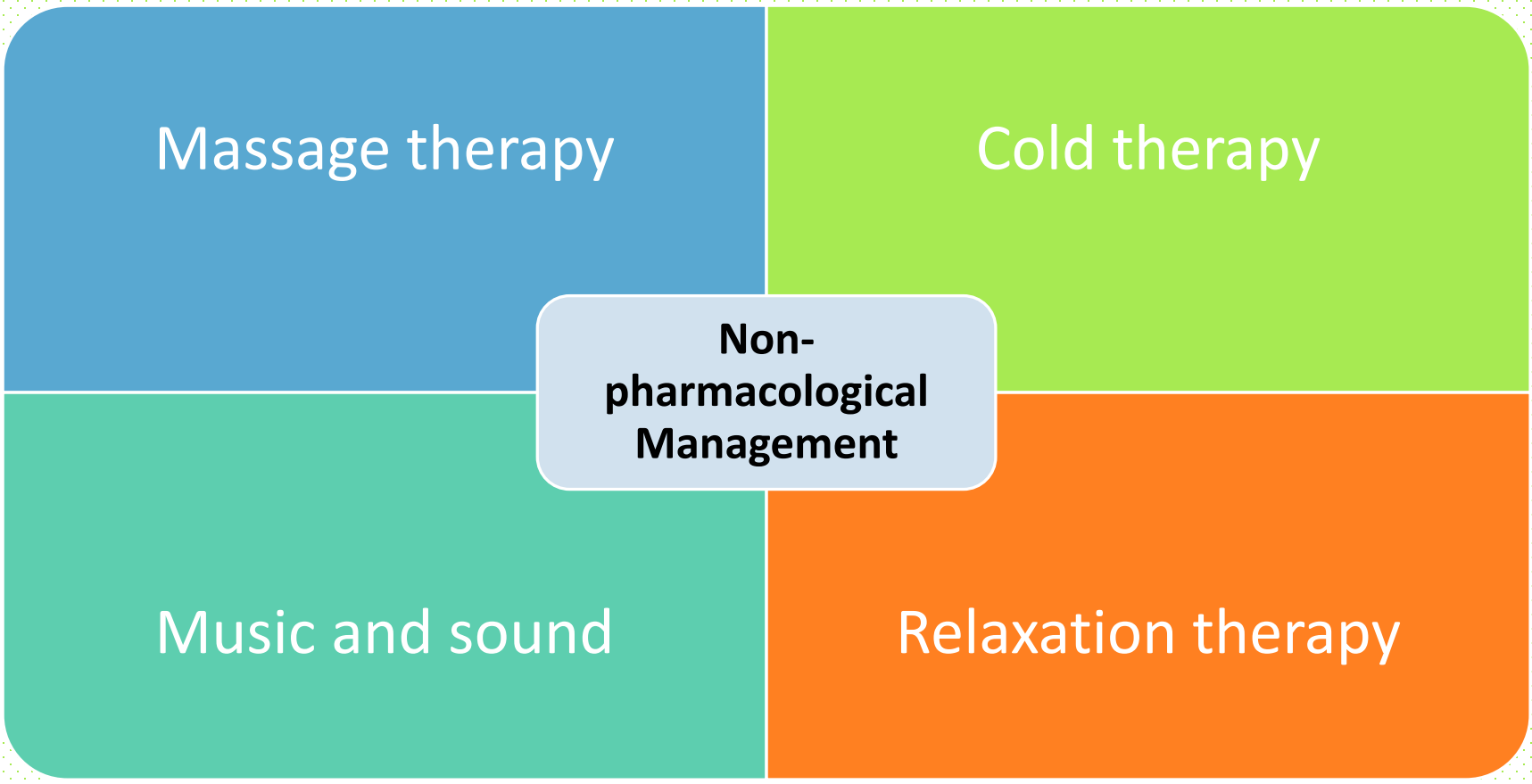




Spreading Knowledge – Improving Outcomes

Non-pharmacologic Management of Pain in the ICU



Massage Therapy

20 minutes of light-pressure massage at least twice in 24 hours.

Massage on back, feet, and hand massages

Reduces visual numeric scores by up to 2 points.

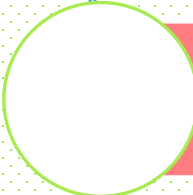
A holistic approach includes managing other sensory stimuli

Family involvement

Cold Therapy

A blue circle with a white dotted pattern, connected to the text box by a thin blue line.

Application of ice packs wrapped in gauze to the procedural areas before the procedure.

A red circle with a white dotted pattern, connected to the text box by a thin red line.

10-20 minutes before the procedure, aiming to lower the skin temperature to 15° C.

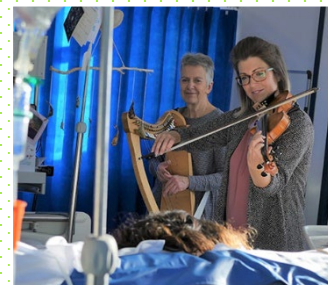
A green circle with a white dotted pattern, connected to the text box by a thin green line.

A randomized study in patients undergoing chest tube removal: 1 point reduction on a 0-10 pain scale, but this effect tended to diminish after 15 minutes.

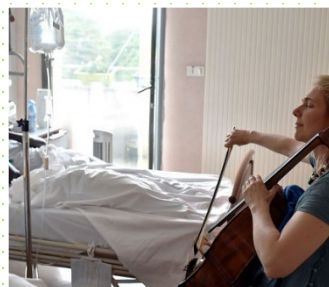
Music Therapy



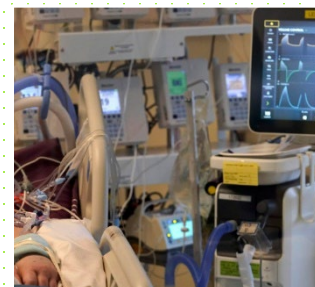
Moderate reductions in pain scores among ICU patients.



No physical risks



Duration of least 20-30 minutes



Taking the patient's preferences into consideration.



Self-reported pain scores decreased by as much as 2.6 points in a randomized study.



Family Involvement

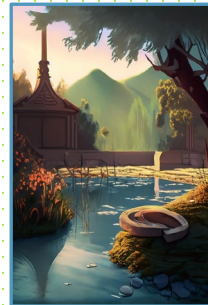
Relaxation Therapy



Guided imagery & breathing exercises



2.6 reduction in visual scale pain scores



Only studies with small sample sizes and limited study designs.



Spreading Knowledge – Improving Outcomes

Thank You

