



Listening to nature sounds can help calm your mind and distract you from pain. (See channels 3, 54, 55, 56, and 57 on the TV in your room.)

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC staff are also available to help. Please talk with your nurse about managing your pain.



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Managing Pain *Non-medicine options*



Your care team at UW Medical Center knows that your pain is very real. We want to do all we can to help you manage your pain.

This is why we suggest using non-medicine ways to help manage your pain. This brochure explains some of these options. Ask your nurse or doctor which ones might work well for you.

We want to partner with you to help you best manage your pain.



Types of Pain

There are 2 basic types of pain:

- **Acute pain** is the body's response to an injury or condition. Acute pain often occurs suddenly, and usually goes away with healing and treatment.
- **Chronic pain** lasts longer than 3 months or past the time of normal tissue healing. Chronic pain can be the result of a disease or condition, injury, medical treatment, inflammation, or an unknown cause.

Acute pain and chronic pain are treated in different ways. They may also respond differently to non-medicine forms of pain relief.



Ways to Help Manage Pain

Here are some ways to help manage your pain while you are in the hospital. Ask your nurse if you have questions about any of these options:

- Breathing slowly and deeply
- Cold or warm packs
- Exercise
- Massage
- Guided imagery or meditation
- Listening to music or podcasts
- Better positioning in your bed or chair
- Bioenergy treatments
- *Transcutaneous electrical nerve stimulation* (TENS)
- Movies and DVDs (Channel 28 in your room)
- Spiritual care
- Art therapy or coloring
- Sudoku and crossword puzzles
- Reading books or magazines
- Nature sounds (Channels 3, 54, 55, 56, and 57 on the TV in your room)
- Companionship: Ask a friend to sit with you for a while
- “Journal ‘n’ shred”: Write your thoughts and feelings in a journal, then rip up the pages

Podcasts

Here are some podcasts you might find helpful in managing your pain. Please note that UWMC does not endorse the contents of these podcasts. They do not take the place of medical advice.

Managing Pain Podcasts

- **Painiac:** For Mindful Pain Management and Those Who Suffer Chronic Pain, by PeacefulBodyCoaching.com: <https://itun.es/us/G3Bucb.c>

Meditation Podcasts

- **Meditation Oasis** by Mary and Richard Maddux: <https://itun.es/us/Z7xmm.c>
- **Daily Meditation Podcast** | Sleep Better, Reduce Stress and Anxiety by Mary Meckley, Meditation Coach: <https://itun.es/us/9Whl1.c>
- **The Meditation Podcast** by Jesse and Jeane Stern: <https://itun.es/us/Xnl8l.c>

Sleep Podcasts

- **Sleep with Me** | The Podcast That Puts You to Sleep by Dearest Scooter, Feral Audio: <https://itun.es/us/6eDjS.c>
- **Deep Energy 2.0** | Music for Sleep, Meditation, Relaxation, Massage and Yoga by Jim Butler: <https://itun.es/us/hQuEE.c>
- **Tracks to Relax Sleep Meditations for Better Sleeping** by Tracks to Relax: <https://itun.es/us/LoBVX.c>