

Pain Management for Older Adults

A Self-Help Guide

SECOND EDITION



Easy-to-follow techniques for managing your pain.

EDITORS

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Pain Management For Older Adults A Self Help Guide

Gabriele Wilz, Klaus Pfeiffer



Pain Management For Older Adults A Self Help Guide:

Alterspsychotherapie und klinische Gerontopsychologie Andreas Maercker, 2014-10-07 Der Anteil älterer Patienten in psychotherapeutischen Praxen nimmt zu. Können Sie mit diesen Patienten umgehen? Eine adäquate Diagnostik und Behandlung ist ohne ein grundlegendes Verständnis für den älteren Menschen nicht möglich. In drei klar strukturierten Teilen bietet dieser Therapieleitfaden die Grundlagen der Gerontopsychologie und psychotherapie. Situationen, die im Mittelpunkt des therapeutischen Einzelsettings stehen, hochrelevante Problemfelder, in denen Sie als Therapeut über das übliche Therapiesetting hinaus wirksam werden können. Das ansprechende und übersichtliche Layout, Hervorhebungen von Kernaussagen, zahlreiche Beispiele und Therapiematerialien machen das Buch zu einem unentbehrlichen Leitfaden für Weiterbildung und Praxis.

Pain Management for Older Adults Thomas Hadjistavropoulos, Heather D. Hadjistavropoulos, 2008 This manual was written to address the needs and concerns of older adults who experience chronic pain. The book presents a self-help program developed by pain researchers and health care professionals. It includes information about pain-related topics and easy-to-follow techniques and strategies, including exercises that show older adults how to better manage chronic pain. Provided by publisher.

Behavioral and Psychopharmacologic Pain Management Michael H. Ebert, Robert D. Kerns, 2010-11-25 Pain is the most common symptom bringing a patient to a physician's attention. Physicians training in pain medicine may originate from different disciplines and approach the field with varying backgrounds and experience. This book captures the theory and evidence-based practice of behavioral, psychotherapeutic, and psychopharmacological treatments in modern pain medicine. The book's contributors span the fields of psychiatry, psychology, anesthesia, neurology, physical medicine and rehabilitation, and nursing. Thus, the structure and content of the book convey the interdisciplinary approach that is the current standard for the successful practice of pain management. The book is designed to be used as a text for training fellowships in pain medicine, as well as graduate courses in psychology, nursing, and other health professions.

The Older Adult Psychotherapy Treatment Planner Deborah W. Frazer, Gregory A. Hinrichsen, David J. Berghuis, 2011-03-29 The bestselling treatment planning system for mental health professionals. The Older Adult Psychotherapy Treatment Planner, Second Edition, provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions. Organized around 30 behaviorally based presenting problems, including depression, unresolved grief, life role transition, and substance abuse. Over 1,000 prewritten treatment goals, objectives, and interventions, plus space to record your own treatment plan options. Easy-to-use reference format helps locate treatment plan components by behavioral problem. Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies, including CARF, The Joint Commission (TJC), COA, and the NCQA.

Psychological Approaches to Pain Management, Third Edition Dennis C. Turk, Robert J.

Gatchel, 2018-07-03 This authoritative handbook now significantly revised with more than 50% new material has introduced thousands of practitioners and students to the state of the art in psychological interventions for managing pain. Leading experts review the most effective treatment approaches for enhancing patients coping and self efficacy and reducing pain related disability including cognitive behavioral therapy biofeedback clinical hypnosis group therapy and more. Strategies for integrating psychosocial and medical treatments for specific populations are described with chapters on back pain headache cancer and other prevalent chronic pain disorders. Attention is given to customizing intervention for individual patients maximizing treatment adherence and preventing overuse of opioids and other medications. New to This Edition Chapter on resilience focusing on mindfulness and acceptance based approaches. Chapters on managing pain with comorbid psychological disorders posttraumatic stress disorder and substance use disorder. Chapter on emerging uses of technology. Even more practitioner friendly every chapter concludes with bulleted Clinical Highlights. Many new authors extensively revised with over 15 years of research and clinical advances.

The Older Adult Psychotherapy Treatment Planner, with DSM-5 Updates, 2nd Edition Deborah W. Frazer, Gregory A. Hinrichsen, David J. Berghuis, 2014-12-16 This timesaving resource features Treatment plan components for 30 behaviorally based presenting problems. Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options. A step by step guide to writing treatment plans that meet the requirements of most accrediting bodies insurance companies and third party payors. Includes new Evidence Based Practice Interventions as required by many public funding sources and private insurers. PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Older Adult Psychotherapy Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies. New edition features empirically supported evidence based treatment interventions. Organized around 30 behaviorally based presenting problems including depression unresolved grief life role transition and substance abuse. Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options. Easy to use reference format helps locate treatment plan components by behavioral problem. Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA. Additional resources in the PracticePlanners series Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice. Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions. For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners

Promoting Self-Management of Chronic Health Conditions Erin Martz, 2017-07-18 Promoting Self Management of Chronic Health Conditions covers a range of topics related to self management theories and practice interventions that have

been scientifically tested and information that individuals with specific conditions should know or be taught by healthcare professionals

COPING WITH CHRONIC PAIN - MY JOURNEY Michael Zenkawich, 2014-10-15 My book deals with the many ways that I deal with chronic pain I have taken many sessions on the topic I include many self helps that a person can use to help alleviate his or her pain

BATES' Guide to Physical Examination and History Taking Uzma Firdaus, 2020-04-01 Bates Guide to Physical Examination and History Taking is designed for undergraduate and postgraduate students in medicine and allied specialties

Encyclopedia of the Neurological Sciences, 2014-04-29 The Encyclopedia of the Neurological Sciences Second Edition Four Volume Set develops from the first edition covering all areas of neurological sciences through over 1000 entries focused on a wide variety of topics in neurology neurosurgery psychiatry and other related areas of neuroscience The contributing authors represent all aspects of neurology from many viewpoints and disciplines to provide a complete overview of the field Entries are designed to be understandable without detailed background knowledge in the subject matter and cross referencing and suggested further reading lead the reader from a basic knowledge of the subject to more advanced understanding The easy to use encyclopedic dictionary format of the Encyclopedia of the Neurological Sciences Second Edition features alphabetic entries extensive cross referencing and a thorough index for quick reference The wealth of information provided by these four volumes makes this reference work a trusted source of valuable information for a wide range of researchers from undergraduate students to academic researchers Provides comprehensive coverage of the field of neurological science in over 1 000 entries in 4 volumes Encyclopedic dictionary format provides for concise readable entries and easy searching Presents complete up to date information on 32 separate areas of neurology Entries are supplemented with extensive cross referencing useful references to primary research articles and an extensive index

Living a Healthy Life with Chronic Pain Sandra M. LeFort, Lisa Webster, Kate Lorig, Halsted Holman, David Sobel, Diana Laurent, Virginia Gonzalez, 2015-05-01 Chronic pain includes many types of conditions from a variety of causes This book is designed to help those suffering from chronic pain learn to better manage pain so they can get on with living a satisfying fulfilling life This resource stresses four concepts each person with chronic pain is unique and there is no one treatment or approach that is right for everybody there are many things people with chronic pain can do to feel better and become more active and involved in life with knowledge and experimentation each individual is the best judge of which self management tools and techniques are best for him or her and the responsibility for managing chronic pain on a daily basis rests with the individual and no one else Acknowledging that overcoming chronic pain is a daily challenge this workbook provides readers with the tools to overcome that test A Moving Easy Program CD which offers a set of easy to follow exercises that can be performed at home is also included

Kompendium Schmerz Andre Ewers, Irmela Gnass, Nadja Nestler, Nadine Schüssler, Erika Sirsch, 2020-12-07 Schmerzexperten sind die professionellen Fachkräfte für Assessment Diagnostik Intervention und Evaluation im Management von akuten und chronischen Schmerzen

Der Sammelband vereinigt Fachbeiträge der Jahre 2017 bis 2019 der Fachzeitschrift Schmerz und Schmerzmanagement. Er thematisiert die Pflege und Versorgung von Menschen mit akuten und chronischen Schmerzen. Die evidenzbasierten Beiträge verbinden wissenschaftliche Theorie, Forschung und Praxis. Schmerz ist ein multidimensionales Phänomen und betrifft Menschen aller Altersstufen und Erkrankungen in jedem Stadium des Lebenslaufs. Neben den körperbezogenen Faktoren rücken zunehmend psychosoziale Faktoren in den Fokus der Schmerzexperten. Die Beiträge dieses Sammelbandes verknüpfen die fachwissenschaftliche Perspektive von Disziplinen wie Pflegewissenschaft, Ethik und Medizin mit den praxisorientierten Erkenntnissen der Pflegepraxis in den unterschiedlichen Settings der Schmerztherapie ambulant wie stationär. Diese Settings sind geprägt von einer multidisziplinären Zusammenarbeit. Deutlich werden diese Aspekte in Beiträgen zu Implementierung des Schmerzmanagements, Positionen und Expertise Akuter chronischer Schmerz Settings und Interventionen, Edukation bei Schmerzen, Information und Motivation, Spezifische Settings bei Schmerz, Palliative Care und Dementia Care. Caring for the Older Adult Patricia O'Neill, 2002-01-01. CARING FOR THE OLDER ADULT: A HEALTH PROMOTION PERSPECTIVE is a concise straightforward LPN/LVN textbook covering the essentials of gerontologic nursing from a strong health promotion perspective. The nature of normal aging as well as disorders common to the elderly are discussed. This resource also addresses concepts and issues related to promoting both physical and psychological health in an aging population. The engaging, easy-to-read, informal writing style draws the reader into the subject while conveying important information.

Pflegende Angehörige Gabriele Wilz, Klaus Pfeiffer, 2019-05-13. Etwa 2,6 Millionen zu Hause lebende pflegebedürftige Menschen in Deutschland werden überwiegend von Angehörigen oder anderen nahestehenden Personen betreut. Die Übernahme der Pflegeaufgaben ist für viele der Pflegenden mit einer oft über Jahre andauernden psychischen und körperlichen Belastung verbunden, die zu einer psychischen Strain führen kann. Psychotherapeuten haben daher unter ihren Klienten oft auch pflegende Angehörige. Der Band beschreibt wirksame verhaltenstherapeutische Interventionen sowie weitere Unterstützungsangebote, die für die Arbeit mit dieser Zielgruppe geeignet sind. Der Band gibt zunächst einen Überblick über zentrale motivationale, emotionale und krankheitsspezifische Herausforderungen mit denen pflegende Angehörige von älteren Menschen konfrontiert sind. Weiterhin werden Modelle der Pflegebelastung und Bewältigung der Pflegesituation aufgezeigt und diagnostische Instrumente zur Erfassung von pflegebedingten Veränderungen vorgestellt. Ausführlich wird auf psychosoziale und therapeutische Unterstützungskonzepte eingegangen. Dazu werden häufige therapeutische Themen wie z.B. die Pflegemotivation, Rollen Anpassung, belastende Emotionen, aber auch die Grenzen der häuslichen Pflege dargestellt und wirksame verhaltenstherapeutische Interventionsansätze skizziert. Zudem wird ein Überblick über mögliche Unterstützungsangebote, die das Versorgungssystem bietet, gegeben, so dass diese Hilfen auch in der Behandlung der pflegenden Angehörigen berücksichtigt werden können. **Practical Management of Pain E-Book** Honorio Benzon, James P. Rathmell, Christopher L. Wu, Dennis Turk, Charles E. Argoff, Robert W. Hurley, 2022-02-10. For more than 30 years Practical

Management of Pain has offered expert guidance to both clinicians and trainees covering every aspect of acute and chronic pain medicine for adult and pediatric patients The fully revised 6th Edition brings you fully up to date with new developments in patient evaluation diagnosis of pain syndromes rationales for management treatment modalities and much more Edited by a team of renowned pain clinicians led by Dr Honorio Benzon this authoritative reference is a comprehensive practical resource for pain diagnosis and treatment using a variety of pharmacologic and physical modalities Presents a wealth of information in a clearly written easily accessible manner enabling you to effectively assess and draw up an optimal treatment plan for patients with acute or chronic pain Takes a practical multidisciplinary approach making key concepts and techniques easier to apply to everyday practice Shares the knowledge and expertise of global contributors on all facets of pain management from general principles to specific management techniques Discusses the latest best management techniques including joint injections ultrasound guided therapies and new pharmacologic agents such as topical analgesics Covers recent global developments regarding opioid induced hyperalgesia neuromodulation and pain management and identification of specific targets for molecular based pain Includes current information on the use of cannabinoids in pain management and related regulatory professional and legal considerations Includes the latest guidelines on facet injections and safety of contrast agents Provides new evidence based critical analysis on treatment modality outcomes and the latest information on chronic pain as a result of surgical interventions Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Cancer Symptom Management Connie Henke Yarbro, Barbara Holmes Gobel, Debra Wujcik, 2013-05-16

Handbook of Rehabilitation in Older Adults Robert J. Gatchel, Izabela Z. Schultz, Christopher T. Ray, 2019-02-27 This book discusses the state of the research and cutting edge practice with regard to chronic illnesses and rehabilitation in older adults It emphasizes biopsychosocial and culturally appropriate rehabilitation approaches to reduce the degree of disability and maximize independence in the activities of daily living among the burgeoning aging population Organized in four sections Introduction and Overview Major Illnesses and Problems in Aging Populations Evaluation of Functional Rehabilitation Approaches for Aging Populations and Future Clinical Research Needs the book includes chapters on the graying of the West with implications for increased chronic illnesses and disabilities a review of biopsychosocial rehabilitation approaches important aging issues such as slips and falls musculoskeletal pain chronic disabling conditions such as cancer and cardiovascular disease and work related factors to maintain work engagement in older workers The US Census Bureau projects that by the year 2030 about 20% of the U S population will be 65 or older contributing to the increased concern about healthcare and rehabilitation issues among older adults div This work will be of interest to healthcare rehabilitation vocational human resource and disability management professionals policy makers as well as researchers in areas of aging gerontology chronic illness disability rehabilitation social work medicine and psychology

Geriatrics, An Issue of Medical Clinics of North America, E-Book

Danelle Cayea,2020-09-01 This issue of Medical Clinics guest edited by Dr Danelle Cayea is devoted to Geriatrics Articles in this important issue include Thoughtful prescribing and deprescribing Identifying goals of care Overview of brief high yield geriatrics assessment for clinic and hospital Fall prevention evaluation and treatment Cognitive impairment evaluation and management Urinary and bowel symptoms Sadness and worry in older adults Chronic pain syndromes in older adults Osteoporosis Evaluation and management of difficult symptoms of older adults primary care Perioperative assessment and management Challenges related to safety and independence and much more Core Curriculum for Pain Management Nursing - E-Book ASPMN,2024-05-15 Prepare for the nurse s role in assessing and managing pain Core Curriculum for Pain Management Nursing 4th Edition uses an easy to read outline format to cover the entire scope of pain management Written by the American Society of Pain Management Nurses ASPMN the leading nursing organization in pain management this review begins with foundational concepts and follows with guidelines and tools for effective pain assessment Coverage of evidence based pain management strategies and therapies is included for all patient types and ages Updated to reflect current best practices in nursing this book provides an excellent review for the ASPMN pain management certification exam and the RN BC credentialing exam Content written by ASPMN ensures that information includes the latest in education research standards and practice as well as a thorough review for the ASPMN certification exam and the RN BC credentialing exam Both pharmacologic and non pharmacologic methods of pain management are described Comprehensive coverage includes adult pediatric and geriatric patients along with key subsets of patients such as those who have concomitant addiction those who have cancer and those who are under sedation for a procedure Wide ranging content includes disparities in pain management the roles of the clinical nurse specialist as well as the nurse practitioner theories of pain management the use of research gender differences in how men and women respond to pain and analgesia and the effect of depression on pain perception and management Strong nursing focus provides guidelines for the nurse s role in pain management and in improving the quality of patient care Easy to read outline format makes this book a quick and accessible reference NEW Updated content includes the latest changes in clinical practice including pharmacologic and non pharmacologic pain interventions integrative and complementary therapies and the current ANA scope and standards of practice NEW Revised chapters include Mental Health Disorders and Pain and Managing Pain in the Context of Substance Use Disorder NEW Cannabis Use in Pain Management chapter is added to this edition NEW Reorganized content better highlights the complexity of assessment and management of pain NEW two color design illustrations and summary tables are added throughout the book making difficult concepts easier to understand and remember Ebersole and Hess' Gerontological Nursing & Healthy Aging - E-Book Theris A. Touhy,Kathleen F Jett,2013-03-15 Ebersole Hess Gerontological Nursing and Healthy Aging is the only gerontological nursing text that follows a wellness based holistic approach to older adult care Designed to facilitate healthy aging regardless of the situation or disease process this text goes beyond simply tracking

recommended treatments to address complications alleviate discomfort and help older adults lead healthy lives Featuring evidence based practice boxes safety alerts expanded tables and careful attention to age gender and cultural differences Ebersole Hess Gerontological Nursing and Healthy Aging is the most complete text on the market Focus on health and wellness helps you gain an understanding of the patient s experience AACN and the Hartford Institute for Geriatric Nursing core competencies integrated throughout Consistent chapter organization and pedagogy including Learning Objectives Glossary and Research and Study Questions Activities Evidence Based Practice boxes summarize research findings that confirm effective practices or identify practices with unknown ineffective or harmful effects Careful attention to age cultural and gender differences helps you understand these important considerations in caring for older adults Expanded tables boxes and forms including the latest scales and guidelines for proper health assessment make information easy to find and use Activities and discussion questions at the end of every chapter equip you with the information you need to assess the patient UPDATED Healthy People 2020 boxes integrate information about healthy aging NEW Safety Alerts highlight safe practices and quality of care QSEN competencies NEW Chapter on Neurologic Compromise expands content on stroke and Parkinson s disease

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