

Chronic Pain Management Options

Acupuncture
Biofeedback
Chiropractic
Cold and heat
Cold laser therapy
Corticosteroid injections
Exercise
Herbal or nutritional pain relievers
Iontophoresis (electrical stimulation)
Mind-body (relaxation) techniques
Narcotic Pain Medications
Non-opioid prescription drugs
Over-the-counter medications
Pain-relieving devices
Physical therapy (PT) and occupational therapy (OT)
Prayer (most common non-pharmaceutical technique)
Psychotherapy
Therapeutic massage
Topical pain relievers
Transcutaneous electrical nerve stimulation (TENS)
Ultrasound
Weight loss

For more information or to schedule a workshop, e-mail info@hopenbc.com or call (662) 298-3585.

The National Faith-Based Mobilization Network (Faith MoNet), a 501 (c) (3) non-profit, is a coalition of clergy, lay leaders, congregation members, health and wellness partners, and concerned citizens committed to creating health equity through promoting wholeness (mind, body, and spirit), advocating for sustainable change, and remedying the effects of concentrated poverty. www.faithmonet.org

Disclaimer: This material is for informational purposes only. It does not replace the advice or counsel of a doctor or health care professional. Faith MoNet makes every effort to provide information that is accurate and timely but makes no guarantee in this regard. You should consult with, and rely only on the advice of, your physician or health care professional.

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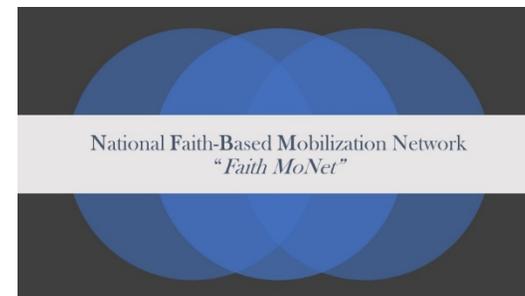


**PREVENTING PRESCRIPTION PILL ABUSE/ADDICTION &
USAGE THROUGH SHARING AND EDUICATION**



A Better Way is NBCUSA H.O.P.E.'s substance abuse prevention ministry focused on illicit drug use, opioid abuse, and alcoholism. ABW has a three-pronged approach - education, referral, and reconciliation.

**A Faith-Based Health and Wellness Initiative
of
The National Faith-Based Mobilization Network**



P.A.U.S.E. - Preventing Prescription Pill Abuse/Addiction & Usage Through Sharing and Education – is the National Faith-Based Mobilization Network’s consolidated pain management and opioid abuse prevention strategy.

Pain is REAL! Yet, depending upon the cause, there are multiple ways to manage pain. Just like penicillin has been overprescribed as the “magic bullet” for all types of infections, narcotic pain medication has been overprescribed for pain management.

P.A.U.S.E. is built on 3 principles:

1. **Interpersonal Sharing**
2. **Patient Informed/Centered**
3. **Multimodal Pain Management**

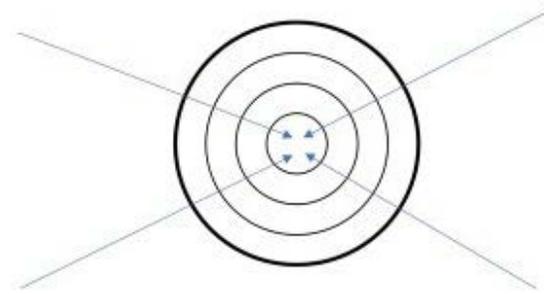
Interpersonal Sharing

It’s amazing how we’ll ask people about their experience when it comes to a restaurant or vacation location, but we won’t do the same thing when it comes to pain management? Sure, no two persons’ pain is the same. But there is much to be gained from sharing, if nothing more than alleviating some of the fears about an upcoming procedure or experiencing chronic pain.



Patient Informed/Centered

The patient must be the center of any successful pain management plan. However, that same patient must be informed of all the options available to them and the associated side effects. Only in that way can patients, in consultation with their families, and their health care providers, make sound decisions about the direction of their pain management. See the list of chronic pain management options on the back of this guide.



Multimodal Pain Management

The traditional chronic pain management plan involved increasingly more intensive steps. However, an emerging strategy is multimodal pain management (MPM). Involving lifestyle change, psychological support, interventional approaches, pharmacotherapy, physical medicine and rehabilitation, and alternative medicine, MPM addresses pain management from multiple options simultaneously. Adopting MPM strategies will lead to better health outcomes.

