

Intervention	Examples
Distraction	Describing photos, telling jokes, and playing games
Relaxation	Rhythmic breathing, meditation, prayer, imagery, and music therapy
Basic comfort measures	Proper positioning and therapeutic environment; avoiding sudden movement; reducing pain stimuli within the environment
Cutaneous stimulation	Acupuncture and acupressure massage: three to five minutes offers benefits Transcutaneous Electrical Nerve Stimulation (TENS) unit: a specialized stimulator placed over the area of pain
Application of heat or cold	Heat: vasodilation increases blood flow; duration should be five to twenty minutes based on client tolerance Cold: vasoconstriction reduces blood flow; cold numbs nerve sensations; duration should be no longer than twenty minutes Cool baths and moist, cool compresses
Mind-body therapies	Biofeedback Meditation and mindfulness
Aromatherapy	Lotions and moisturizing cream avoiding strong smells
Exercise	Physical activity, Tai Chi Yoga
Therapy	Physical therapy, occupational therapy

**Table 24.7** Nonpharmacological Interventions