

## Nondrug Pain and Symptom Management MASSAGE

MASSAGE – rubbing, stroking or kneading parts of the body.

- Soothes pain and relaxes tense muscles
- Works at the site of pain or to relax the whole body
- Requires no special equipment

\*Always check with nurse and check organizational policy regarding massage before utilizing this technique.

Basic guidelines for massage:

- Avoid areas being treated with radiation
  - Skin is more fragile
  - No lotions or powders on the area
  - If being treated for bone metastases, bones are at higher risk for breaking
- Avoid open wounds
  - Possibility of infection
  - Massage may interrupt healing
- Never massage lower extremities without checking with nurse
  - Patient may be at risk for developing blood clots and massage could break a clot loose

Equipment:

None, but lotion helps hands move smoothly over the skin. Warm lotion is particularly calming. Lotion can be warmed in bath basin or under running water.

Scheduling massage at a specific time of day gives patient something to look forward to.

**NOTE: The RN or CNA should only administer non-drug therapies that are within his/her particular scope of practice. Please follow the policies and procedures of your facility regarding administration of non-drug therapies.**

Adapted from:

1. Beth Miller-Kraybill, Nondrug Pain & Symptom Management in *Nursing Assistant End-of-Life: Computerized Educational Program*.
2. The Nursing Home Pain Management Algorithm Clinical Trial, R01 NR009100, 7/1/05 – 4/30/10; Mary Ersek (PI)

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Reference: Swedish Medical Center. *Nursing Assistant End-of-Life: Computerized Educational Program*. Pittsburgh, PA: Hospice and Palliative Nursing Association; 2006.