

Nondrug Pain and Symptom Management RELAXATION

RELAXATION – a state or condition of being free from anxiety and muscle tension. Relieves pain by:

- Loosening tense muscles
- Distracting patient from pain and other symptoms
- Decreasing stress
- Helping to cope

Relaxation techniques:

- Deep breathing
- Listening to music
- Thinking of peaceful images
- Repeating the same word or phrase over and over
- Meditation

Encourage patient to get a relaxation tape or CD, along with a player and headphones, so that he can use the technique on a daily basis.

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: Beth Miller-Kraybill, Nondrug Pain & Symptom Management in *Nursing Assistant End-of-Life: Computerized Educational Program*.

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