What is known from the existing literature about self-care interventions for pain management in older adults?

Methods

Research Question

What is known from the existing literature about self-care interventions for pain management in older adults?

Search Strategy

The study was a scoping review searching the CINAHL database. MeSh terms were used to search key words which included: (Pain management) AND (seniors OR older adults OR elderly).

Google was used to search grey literature and included Canadian Psychological Association, The Arthritis Society, and RNAO Best Practice Guidelines: Assessment and Management of Pain (3rd edition).

The search limits applied were “peer reviewed,” “English language,” and “adults 65+,” yielding 69 results.

Saturation was achieved after eleven articles were reviewed and are included into the literature review.

Of the eleven articles reviewed, five of them were secondary sources retrieved from references of the articles from the initial search.

Articles were excluded if: (a) they were not methodologically rigorous; (b) did not address approaches to self-management; or; (c) were not specific to the population 65+ years of age.

Articles used in this scoping review included reviews and studies from various countries such as Australia, United Kingdom, China, and the United States.

Results


table

Promising Self-Care Interventions and Practices

Learning to manage pain is often the best intervention as it is difficult to medically test for the root cause of pain. Engaging in pain-management strategies at home allows you to tailor the interventions to your personal needs and/or abilities. Some suggestions might be yoga or tai chi DVD, internet medication programs, or a yoga booklet with pictures displaying each pose.

Communicating your pain is the best way for your healthcare provider to assess pain levels and decide the most appropriate and effective intervention. Becoming an active participant can be empowering and increase confidence.

Fear of losing independence from loss of mobility can be overwhelming. Making adaptations within your life such as moving to a bungalow with less stairs or using an electric scooter to go groceries allows you to maintain independence and carry on with life as usual.

Pain can interfere with mobility and the ability to get around town. Taking advantage of transportation services within the community will enable you to attend any social outings, activities, or appointments easily and independently.

Community Based Resources

Arthritis Rehabilitation and Education Program (AREP) - Free client based services and programs available in Ontario to educate those living with arthritis about managing pain, medication updates, exercises, managing fatigue, protective joints, home adoptions, and etc.

Home Instead Senior Care® of Peterborough, ON. - Provide complementary in-home visits to discuss care needs. Types of care include companionship care, personal care, meals and nutrition, transportation, household duties, respite care, and etc. To contact call: 705-400-1595