

## Pain Management

It is very common for Hematology and Oncology patients to experience pain and stress related to their treatments and/or conditions. There are two main ways to manage pain: through pain medications and with mind-body interventions (MBIs). **Pain control is most effective when patients utilize both methods.**

**Pain medications** are typically taken at the onset of pain to prevent an acute, or sudden, episode of pain. However, pain medications also have their drawbacks:

- They often have side effects like constipation, fatigue, dry mouth, insomnia, nausea, and mood changes.
- The amount of pain medications you can receive is limited.
- It may take some time for your pain medication to kick in, and sometimes you need immediate pain relief in order to prevent a trip to the ER.

**Therefore, it is essential to develop other skills, like MBIs, to cope with pain. MBIs can:**

- Provide immediate relief until your pain medications kick in.
- Lessen the side effects of your pain medications.
- Decrease the amount of pain medications you need to use by decreasing the frequency and intensity of pain episodes you experience.

MBIs are most effective in providing these benefits when practiced **on a daily basis**. It's ok if you miss a day here or there – don't throw in the towel! Just pick the practice back up the next day and you will continue to see the long-term benefits of regular practice of MBIs.

It's important that we remember that stress management is another important way to control pain. Stress and pain are interrelated and directly influence each other in the body. Adopting techniques to manage either pain or stress will help reduce your experience of the other.

Below are some mind-body interventions (MBIs) **that have been scientifically shown to be effective in reducing pain and stress, improving quality of life, and improving some pain medication related side effects.** We recommend that you try several of these options to see which one(s) you would enjoy incorporating into your daily life. Many patients find relief from just one technique; some patients get the most benefit from using multiple techniques. **These techniques have benefits beyond pain and stress management (including decreased anxiety and depression, increased mood and concentration, improved sleep quality and decreased fatigue, higher quality of life, etc.), so they are great techniques for the whole family to learn and use!**

## Peace Out Pain

Created by pediatric pain psychology Dr. Kavita Dakoji, Peace Out Pain helps families, children, and adults better understand pain and learn tools to strengthen your resilience against pain. Check out their videos, books, Instagram account, and other resources under the **Learning** tab on their website.



**Peace Out Pain – Learning**  
<https://peaceoutpain.com/info>

## Mindfulness Based Stress Reduction (MBSR)

MBSR was developed by Dr. Jon Kabat-Zinn and colleagues at the University of Massachusetts Medical Center's Stress Reduction Clinic to help reduce the impact of chronic disease and the effects of pain and illness on everyday life. It is offered today at many hospitals, clinics and health centers worldwide.

MBSR is an 8-week stress reduction program that involves intensive training in mindfulness practices and is scientifically shown to reduce physical and psychological suffering while building resilience, balance, and peace of mind. The course trains you to become familiar with your own behavior patterns, especially in relation to stressful situations, and how you can choose to respond to such situations in a way that is compassionate, present, and non-judgmental. This, in turn, decreases the physical symptoms of pain, stress, and discomfort.



**Read more about mindfulness and MBSR for kids**  
<https://childmind.org/article/the-power-of-mindfulness/>



**Free Online MBSR Course**  
<https://palousemindfulness.com/index.html>



**Brown University Mindfulness Center Courses (sliding-scale price)**  
[https://mindfulnessandhealthinstitute.org/?utm\\_source=fromMCB&utm\\_medium=fromMCB&utm\\_id=aboutMBSRpage](https://mindfulnessandhealthinstitute.org/?utm_source=fromMCB&utm_medium=fromMCB&utm_id=aboutMBSRpage)



**University of Massachusetts Center for Mindfulness MBSR Courses**  
<https://www.ummhealth.org/umass-memorial-medical-center/services-treatments/center-for-mindfulness/mindfulness-classes>



**Mindfulness Meditations for Kids**  
<https://mindfulnessexercises.com/course/breathing-exercise/>

## **Meditation**

Meditation can be a component of other pain and stress management practices, or can be used on its own to help manage symptoms and improve quality of life and resilience. It is a contemplative practice that involves focused attention on the present and monitoring one's own thoughts with openness and acceptance. The benefit of meditation is that it is simple, easy to practice anywhere anytime, and doesn't cost anything. There are many apps or helpful resources that are available for a fee, but there are plenty of free resources for starting a meditation practice.



### **Meditation: A simple, fast way to reduce stress**

<https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>



### **How to Meditate**

<https://www.mindful.org/how-to-meditate/>



### **Meditation for Beginners**

<https://www.headspace.com/meditation/meditation-for-beginners>



### **Mindfulness for Kids**

<https://www.mindful.org/mindfulness-for-kids/>



### **UF Counseling & Wellness Center Mindfulness Resources (videos)**

<https://counseling.ufl.edu/resources/mindfulness/>

## **Cognitive Behavioral Therapy (CBT)**

CBT is a type of talk therapy treatment (also called psychotherapy) that has been scientifically shown to be effective in treating many disorders, including anxiety, depression, and chronic pain. We are happy to make a referral to our on-staff psychologist available here in the UF Heme/ONC Clinic. Or you can seek the services of a psychologist or therapist on your own. We suggest you check with your insurance company to understand if these services are covered and, if so, which providers take your insurance. There are also many practitioners that operate under a self-pay system or who provide sliding-scale services based on income and ability to pay (try searching "therapy Gainesville" or "psychologist Gainesville" on the internet and read their reviews and website). Many times employers have an Employee Assistance Program that offers a few free counseling sessions annually, so contact your HR office to see if you have access to this type of service. Additionally, there are several apps that provide

virtual counseling options (BetterHelp, Talkspace, Cerebral, TeenCounseling, Pride Counseling, Calmerry, etc).



#### **What is Cognitive Behavioral Therapy**

<https://www.mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610>

### **Acceptance and Commitment Therapy (ACT)**

The goal of ACT is to increase psychological flexibility through mindfulness and acceptance in addition to commitment and behavior change strategies. There is strong research support for the use of ACT in chronic pain conditions and modest support for its use for depression, anxiety, and other stress. You can find an ACT practitioner via the ACBS database (below).



#### **Association for Contextual Behavioral Science**

<https://contextualscience.org/act>

### **Acupuncture**

Acupuncture involves penetrating the skin with hair-thin needles, a process that is typically painless. It originated as a component of traditional Chinese medicine. It has been scientifically shown to improve quality of life, fatigue, and diarrhea, and it has been shown to have a quicker and longer lasting pain relieving effect than conventional pain treatments for cancer patients. Acupuncture is not for everyone. The use of acupuncture needles is regulated by the FDA and the needles are sterile. **However, you should check with your doctor before starting acupuncture to be sure it is safe for you.**



#### **What is acupuncture?**

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/acupuncture>



#### **Accreditation Commission for Acupuncture and Herbal Medicine**

<https://acaahm.org/>



#### **American Association of Acupuncture and Oriental Medicine**

<https://www.aaaomonline.org/>



**National Certification Commission for Acupuncture and Oriental Medicine**  
<https://www.nccaom.org/>



**UF Health Integrative Medicine Program's Medical Acupuncture**  
<https://ufhealth.org/integrative-medicine/medical-acupuncture>

## Yoga

Yoga has been practiced for thousands of years to maintain physical, mental, and spiritual wellness. It is rooted in Indian philosophy and contains many components; however, as practiced in the US, it focuses on physical postures, breathing techniques, and meditation. There are many different styles of yoga, and you should find a licensed yoga therapist who can direct you to the appropriate form for your condition and abilities. Yoga has been scientifically shown to improve fatigue, sleep quality, depression, anxiety, and quality of life. You should speak with your doctor or physical therapist before starting yoga or any exercise program.



**Yoga: What You Need to Know**  
<https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>



**International Association of Yoga Therapists**  
<https://www.iayt.org/>



**Yoga Alliance**  
<https://www.yogaalliance.org/>



**Yoga International**  
<https://yogainternational.com/>



**Yoga for Children**  
<https://www.actionforhealthykids.org/activity/yoga-and-mindfulness/>

## **UF Health Integrative Medicine Program**

Established in 2013, our Integrative Medicine clinic provides evidence-informed, non-pharmacological healthcare, like medical acupuncture, meditation, and mindfulness-based stress reduction. Ask your doctor for a referral to their clinic, or contact them today at 352-256-9355 or 352-627-7671. You can also fill out the contact form on their website.



### **Integrative Medicine: About Us**

<https://ufhealth.org/integrative-medicine/about-us>

## **Seattle Children's Chronic Pain Resources**

Dr. Tonya Palermo and colleagues have developed a mobile app-based program that teaches teens about chronic pain and ways to manage it. The app also contains resources for sleep and low mood. You can download the app and learn more at the link below. Additionally, the below page contains audio files (scroll to the bottom) for guided relaxation exercises.



### **Seattle Children's Pediatric Pain & Sleep Innovations Lab**

<https://www.seattlechildrens.org/research/centers-programs/child-health-behavior-and-development/labs/pediatric-pain-and-sleep-innovations-lab/resources/>

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