

Psychological and Physical Interventions for the Management of Cancer-Related Pain in Pediatric and Young Adult Patients: An Integrative Review

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Pain is one of the most distressing symptoms for children and young adults with cancer (Hedén, Pöder, von Essen, & Ljungman, 2013; Olson & Amari, 2015). Studies show that 49%–62% of children and young adults with cancer experience pain, often prolonged, during the course of their treatment (Baggott et al., 2010; Varni, Burwinkle, & Katz, 2004). Pain negatively affects a young person's quality of life (Bhat et al., 2005; Sung et al., 2009; Varni et al., 2004), impedes cancer recovery (Shepherd, Woodgate, & Sawatzky, 2010), results in patient and family distress (Hedén et al., 2013; Miller, Jacob, & Hockenberry, 2011; Walker, Gedaly-Duff, Miaskowski, & Nail, 2010), and is associated with long-term morbidity (Chordas et al., 2013; Lu et al., 2011). Pain related to cancer also represents a significant cost burden to the healthcare system and families (Abernethy, Samra, & Matchar, 2003), with pain being the most common reason adult patients with cancer use emergency health services (Barbera, Taylor, & Dudgeon, 2010; Kuo, Saokaew, & Stenehjem, 2013; Tsai, Liu, Tang, Chen, & Chen, 2009; Walker et al., 2010). Despite this knowledge, the management of pain in pediatric and young adult patients with cancer has not kept pace with advancements in treatment protocols (Woodgate, 2008). Several reasons have been proposed to explain why this pain is undermanaged, including (a) misconceptions about analgesic use and pain expression, (b) concern about undesirable diagnostic tests in the case of pain, (c) concern about opioid addiction, and (d) patient temperament and reported quality of life (Amesinger, 2010; Fortier et al., 2012; Fortier, Wahi, Bruce, Maurer, & Stevenson, 2014).

The causes of pain in pediatric and young adult patients with cancer are diverse, likely also contributing to difficulties in its management. Cancer pain may result from the disease itself or from the many associated in-

Purpose/Objectives: To identify and appraise current evidence related to the effectiveness of psychological and physical (nonpharmacologic) pain management modalities for children and young adults with cancer.

Data Sources: Electronic searches in MEDLINE®, EMBASE, CINAHL®, PsycINFO, and Web of Science™ (from database inception to June 2013) for clinical trials.

Data Synthesis: A total of 32 unique studies were identified. Substantial heterogeneity existed across identified studies, precluding meta-analysis. Therefore, a narrative review of included studies is presented. Studies featured psychological and/or physical pain interventions for children and young adults ($N = 1,171$) aged 1–21 years with a variety of cancer diagnoses. Interventions included aromatherapy, art therapy, distraction, hypnosis, physical activity, physical positioning, touch therapy, and multimodal cognitive-behavior therapy. Twenty-two studies (69%) reported success in preventing or reducing pain intensity. The level of evidence and methodologic quality of studies were generally low.

Conclusions: Current nonpharmacologic pain interventions for pediatric and young adult patients with cancer are diverse. Several modalities significantly decreased pain intensity, suggesting that these strategies may be effective methods of pain treatment, particularly in the case of painful medical procedures. Future well-designed, multicenter, randomized, controlled trials are needed to further discern treatment effects on pain and other health outcomes in this population and to compare the relative effectiveness of different modalities.

Implications for Nursing: Nurses play a key role in pain assessment and management in pediatric and young adult patients with cancer. The studies included in this review constitute the beginnings of an evidence base that supports the need to implement psychological and physical interventions to improve pain outcomes in pediatric and young adult patients with cancer.

Key Words: cancer; pediatric; pain management; psychological; physical; nonpharmacologic

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Patients With Cancer Understanding The Psychological Pain Paperback

**Patricia A. Potter, Anne G.
Perry, Patricia A. Stockert, Amy
Hall, Wendy R. Ostendorf**

Patients With Cancer Understanding The Psychological Pain Paperback:

Patients with Cancer Arlene DeGangi Houldin, 2000 After a cancer diagnosis it's not just life as usual When people with cancer need support and validation of their feelings unreasonable demands either self imposed or imposed by others are placed on patients The goal of psychosocial oncology care is to understand the unique needs and strengths of patient and family to create an individual plan of care that promotes optimal psychological adaptation and function throughout the illness

A Physician's Guide to Pain and Symptom Management in Cancer Patients Janet L. Abrahm, 2015-01-01 This highly regarded handbook provides clinicians with the information they need to treat their cancer patients effectively and compassionately This comprehensive guide to managing pain and other symptoms for people with cancer has helped tens of thousands of patients and families Designed for busy practicing clinicians A Physician's Guide to Pain and Symptom Management in Cancer Patients provides primary care physicians advanced practice nurses internists and oncologists with detailed information and advice for alleviating the stress and pain of patients and family members alike Drawing on the work of experts who have developed revolutionary approaches to symptom management and palliative care as well as on the lessons learned from patients and their families during her thirty years as a teacher and clinician Dr Janet L Abrahm shows how physicians and other caregivers can help patients and families heal emotionally even as the disease progresses The third edition includes updates to medications and clinical stories and features two new chapters Working with Patients Families and Sexuality Intimacy and Cancer New lessons from palliative care and hospice care can help patients their professional caregivers and their families support each other every step of the way

The Royal Marsden Manual of Clinical Nursing Procedures Lisa Dougherty, Sara Lister, Alex West-Oram, 2015-03-17 The Royal Marsden Manual of Clinical Nursing Procedures has been the number one choice for nurses since it first published over 30 years ago One of the world's most popular books on clinical skills and procedures it provides detailed procedure guidelines based on the latest research findings and expert clinical advice enabling nurses and students to deliver clinically effective patient focused care The ninth edition of this essential definitive guide written especially for pre registration nursing students now includes a range of new learning features throughout each chapter that have been designed to support student nurses to support learning in clinical practice Providing essential information on over 200 procedures this manual contains all the skills and changes in practice that reflect modern acute nursing care

Pain Management E-Book Steven D. Waldman, 2011-06-09 Regarded as the premiere clinical reference in its field Pain Management 2nd Edition edited by noted pain authority Dr Steven Waldman provides comprehensive practical highly visual guidance to help you effectively apply the most recent evidence based advances in pain management This popular text has been updated with 13 new chapters that include the latest information on interventional and ultrasound guided techniques acute regional pain nerve blocks and more A user friendly format with lavish illustrations enables you to access trusted guidance quickly and apply the information easily to bring effective pain

relief to your patients Tap into the experience of the book's editor Dr Steven D Waldman author of numerous groundbreaking pain management references and a diverse collection of leading international experts many of whom are new to this edition Effectively diagnose and manage any type of pain by implementing the latest evidence based approaches including interventional and ultrasound guided techniques and acute regional pain nerve blocks Keep up with the most essential and latest topics with fully revised chapters and 13 new chapters that include information on central pain modulation ultrasound guided procedures myelopathy and more Find the critical answers you need quickly and easily thanks to a templated format with all content solely reviewed by Dr Waldman to insure consistency throughout Make more accurate diagnoses and perform nerve blocks successfully with unmatched guidance from 1100 full color large scale illustrations **Intrathecal**

Drug Delivery for Pain and Spasticity E-Book Asokumar Buvanendran, Sudhir Diwan, Timothy R. Deer, 2011-09-30

Intrathecal Drug Delivery for Pain and Spasticity a volume in the new Interventional and Neuromodulatory Techniques for Pain Management series presents state of the art guidance on the full range of intrathecal drug delivery techniques performed today Asokumar Buvanendran MD and Sudhir Diwan MD offer expert advice on a variety of procedures to treat chronic non malignant pain cancer pain and spasticity Comprehensive evidence based coverage on selecting and performing these techniques as well as weighing relative risks and complications helps you ensure optimum outcomes Understand the rationale and scientific evidence behind intrathecal drug delivery techniques and master their execution Optimize outcomes reduce complications and minimize risks by adhering to current evidence based practice guidelines Apply the newest techniques in intrathecal pump placement cancer pain management use of baclofen pumps and compounding drugs Quickly find the information you need in a user friendly format with strictly templated chapters supplemented with illustrative line drawings images and treatment algorithms *Scully's Medical Problems in Dentistry E-Book* Crispian Scully, 2014-07-21

This text offers an authoritative account of general medical and surgical conditions as they apply to the practice of dentistry and oral healthcare Now established as the standard reference on the subject Medical Problems in Dentistry is essential for students learning for the first time or practitioners needing to keep up to date with their knowledge Detailed coverage outlines the complete relevance of systemic diseases and their treatment to dentistry essential knowledge for the whole dental team User friendly format allows ease of access to information whether for exam revision purposes or for a specific issue confronting staff in a busy clinical environment Clearly written with excellent use of illustrations the book is an essential easy to use reliable source of information Includes an array of new disorders ranging from hypersensitivity syndrome to neuropathic pain Discusses recent updates in pharmacology and other aspects of medical intervention including the use of biological therapies Explores new areas such as cosmetic and other implants dental materials hypersensitivity drugs and dietary interactions and new aspects of alternative medicine Other issues include elder maltreatment care of vulnerable people treatment of sexual minorities new substance abuse and self harm Explores the link between periodontal

infection and various systemic diseases New national and international guidelines selected recent references and up to date websites *Pain Review E-Book* Steven D. Waldman,2016-09-22 Easy to read and easy to use Pain Review 2nd Edition provides you with the most up to date comprehensive review of pain medicine available Written by Steven Waldman MD a leading author in the specialty of pain medicine this book gives you exactly what you need an easily understandable targeted review of the essential basic science beautifully illustrated full color anatomic figures and a comprehensive review of common and uncommon pain syndromes as well as how to do it explanations of all of the pain management injection and nerve block techniques that every practitioner needs to know Pain Review 2nd Edition is an excellent tool for reviewing the specialty and for preparing for your pain medicine board review recertification or for the practice of pain medicine Provides the reader with clearly written review of the signs symptoms and physical findings of 95 defined pain syndromes classified by body region Presents an easy to follow generously illustrated step by step roadmap of how to perform 113 individual nerve blocks and injection techniques as well as a review of associated pitfalls and complications Follows an easy to read templated format throughout for quick mastery and retrieval of information closely matching the format and content of the American Board of Anesthesiology pain medicine board certification exam Maintains a consistent approach and editorial style as a single authored text by noted authority Steven D Waldman MD NEW Conceptual illustrations are now in full color to help you better visualize injection techniques Hundreds of NEW full color tables and figures simplify learning NEW updated design offers visual appeal and ease of use Updated references throughout direct you to the most up to date source material Expert Consult™ eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures videos and references from the book on a variety of devices **Introducing Psychology for Nurses and Healthcare**

Professionals Dominic Upton,2013-11-26 What makes someone feel healthy Why do some people respond differently under stress to others Why dont people always follow nursing advice This second edition of Introducing Psychology for Nurses and Healthcare Professionals provides an accessible but thorough introduction to the key psychological theories and concepts which underpin nursing and healthcare and clearly demonstrates how they can be applied in clinical practice Using a research led approach each chapter guides you through important theories and topics in health psychology such as lifespan and development communication and social processes and helps you use your understanding to deliver better patient care

Kumar and Clark's Clinical Medicine E-Book Adam Feather,David Randall,Mona Waterhouse,2020-06-19 Now in its tenth edition Kumar David Randall MA MRCP and Mona Waterhouse MA MRCP Contributors comprise consultants at the top of their fields paired with younger doctors closer to the exam experience to ensure authority and relevance Enhanced e book accompanies the print book for ease of transportation and use on the move International Advisory Board led by Professor Janaka de Silva and Professor Senaka Rajapakse providing guidance for global coverage from across the world Contributions to the e book by members of the International Advisory Board to amplify areas of clinical importance in their parts of the

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Supportive Oncology E-Book Mellar P. Davis, Petra Feyer, Petra Ortner, Camilla Zimmermann, 2011-02-11 Supportive Oncology by Drs Davis Feyer Ortner and Zimmermann is your practical guide to improving your patients quality of life and overall outcomes by integrating palliative care principles into the scope of clinical oncologic practice at all points along their illness trajectories A multidisciplinary editorial team representing the dual perspectives of palliative medicine and oncology offers expert guidance on how to effectively communicate diagnoses and prognoses with cancer patients and their families set treatment goals and manage symptoms through pharmacological therapies as well as non pharmacological therapies and counselling when appropriate Integrate complementary palliative principles as early as possible after diagnosis with guidance from a multidisciplinary editorial team whose different perspectives and collaboration provide a well balanced approach Effectively communicate diagnoses and prognoses with cancer patients and their families set treatment goals and manage symptoms through pharmacological therapies as well as non pharmacological therapies and counseling when appropriate Improve patients quality of life with the latest information on pain and symptom management including managing side effects of chemotherapy and radiotherapy rehabilitating and counselling long term survivors and managing tumor related symptoms and other complications in the palliative care setting Prescribe the most effective medications manage toxicities and deal with high

symptom burdens Pain Management E-Book John Hughes,2008-03-07 This book describes the underlying mechanisms and management of pain It is aimed primarily at undergraduates who traditionally have received somewhat fragment teaching of this important problem within their curriculum This text would bring the elements of pain training together in one place and improve their understanding It would also help anybody in the healthcare profession to develop an understanding of pain before moving on to clinical practice or more advanced training The chapters have a logical sequence building from the basic sciences introducing possible interventions before addressing assessment and more detailed therapeutic interventions There are scenarios later in the book to bring together the earlier concepts This will allow the text to be revisited as appropriate throughout the training years or be used as a reference later on **The Royal Marsden Manual of Clinical Nursing Procedures, Student Edition** Sara Lister,Justine Hofland,Hayley Grafton,Catherine Wilson,2021-04-13 The student edition of The Royal Marsden Manual of Clinical Nursing Procedures has been the definitive market leading textbook of clinical nursing skills for fifteen years This internationally best selling title sets the gold standard for nursing care providing the procedures rationale and guidance required by pre registration students to deliver clinically effective patient focused care with expertise and confidence With over two hundred detailed procedures which reflect the skills required to meet The Standards of Proficiency for Registered Nurses NMC 2019 this comprehensive manual presents the evidence and underlying theory alongside full colour illustrations and a range of learning activities designed to support student nurses in clinical practice Loved and trusted by millions The Royal Marsden Manual of Clinical Nursing Procedures Student Edition continues to be a truly indispensable textbook for students and includes coverage of patient assessment and discharge planning communication infection prevention and control perioperative care wound management nutrition diagnostic testing medicines management and much more Learning features in this revised tenth edition include Learning outcomes summarise the focus of the information in each chapter Learning in practice asks you to consider issues within your practice environment Case studies provide learning around a particular patient scenario Clinical applications ask you to consider how you would apply your knowledge to a clinical situation Stretch activities challenge you with more nuanced advanced issues to reflect upon Many of the features in the book are relevant to trainee nursing associates especially when used in conjunction with supervision from academic and clinical teachers A companion website to this title is available at www.royalmarsdenmanual.com/student10e **Evidence-Based Practice of Palliative Medicine - E-Book** Nathan E. Goldstein,Christopher D. Woodrell,R. Sean Morrison,2023-11-07 Using a practical question and answer approach Evidence Based Practice of Palliative Medicine 2nd Edition helps you provide optimal care for patients and families who are dealing with serious illness This unique reference focuses on patient and family caregiver centered care highlighting the benefits of palliative care and best practices for delivery The highly practical user friendly format sets it apart from other texts in the field with concise readable chapters organized around clinical questions that you re most likely to encounter in everyday care

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Practical Management of Pain E-Book Honorio Benzon, James P. Rathmell, Christopher L. Wu, Dennis Turk, Charles E. Argoff, Robert W Hurley, 2022-02-10 For more than 30 years Practical Management of Pain has offered expert guidance to both clinicians and trainees covering every aspect of acute and chronic pain medicine for adult and pediatric patients The fully revised 6th Edition brings you fully up to date with new developments in patient evaluation diagnosis of pain syndromes rationales for management treatment modalities and much more Edited by a team of renowned pain clinicians led by Dr Honorio Benzon this authoritative reference is a comprehensive practical resource for pain diagnosis and treatment using a variety of pharmacologic and physical modalities Presents a wealth of information in a clearly written easily accessible manner enabling you to effectively assess and draw up an optimal treatment plan for patients with acute or chronic pain Takes a practical multidisciplinary approach making key concepts and techniques easier to apply to everyday practice Shares the knowledge and expertise of global contributors on all facets of pain management from general principles to specific management techniques Discusses the latest best management techniques including joint injections ultrasound guided therapies and new pharmacologic agents such as topical analgesics Covers recent global developments regarding opioid induced hyperalgesia neuromodulation and pain management and identification of specific targets for molecular based pain Includes current information on the use of cannabinoids in pain management and related regulatory professional and legal considerations Includes the latest guidelines on facet injections and safety of contrast agents Provides new evidence based critical analysis on treatment modality outcomes and the latest information on chronic pain as a result of surgical interventions Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Goldman-Cecil Medicine E-Book Lee Goldman, Andrew I. Schafer, 2015-04-21 Since 1927 Goldman Cecil Medicine has been the world's most influential internal medicine resource In the ground breaking 25th edition your original purchase ensures you will be up to date without the need for a subscription

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Fundamentals of Nursing - E-Book Patricia A. Potter, Anne G. Perry, Patricia A. Stockert, Amy Hall, Wendy R. Ostendorf, 2025-01-15 Selected for 2025 Doody's Core Titles with Essential Purchase designation in Fundamentals Learn the concepts and skills and develop the clinical judgment you need to provide excellent nursing care Fundamentals of Nursing 12th Edition prepares you to succeed as a nurse by providing a solid foundation in critical thinking clinical judgment nursing theory evidence based practice and person centered care in all settings With illustrated step by step guidelines this book makes it easy to learn important skills and procedures Care plans are presented within a nursing process framework that is coordinated with clinical judgement and case studies show how to apply concepts to nursing practice From an expert author team led by Patricia Potter and Anne Perry this bestselling nursing textbook helps you develop the understanding and clinical judgment you need to succeed in the classroom and in your career

Diagnosis, Management, and Treatment of Discogenic Pain E-Book Leonardo Kapural, Philip Kim, Timothy R. Deer, 2011-09-30 Diagnosis Management and Treatment of Discogenic Pain a volume in the new Interventional and Neuromodulatory Techniques for Pain Management series presents state of the art guidance on the full

range of discogenic pain relief techniques performed today Leonardo Kapural MD and Philip Kim MD offer expert advice on a variety of procedures to manage and treat discogenic pain Comprehensive evidence based coverage on selecting and performing these techniques as well as weighing relative risks and complications helps you ensure optimum outcomes With online access to the fully searchable text and procedural videos at www.expertconsult.com you ll have the detailed visual assistance you need right at your fingertips Understand the rationale and scientific evidence behind discogenic pain relief techniques and master their execution Optimize outcomes reduce complications and minimize risks by adhering to current evidence based practice guidelines for treating discogenic pain when to recommend interventional procedures how to perform them safely and how to manage chronic back pain in the long term Apply the newest techniques in discography radiofrequency and heat procedures disc fusion nucleus replacement and interventions for disc herniation See how it s done through step by step procedural videos on Expert Consult Quickly find the information you need in a user friendly format with strictly templated chapters supplemented with illustrative line drawings images and treatment algorithms Access the fully searchable contents and bonus full length videos of lumbar discography biacuplasty and MILD procedures at expertconsult.com

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