

Abstract

Persistent non-cancer pain (PNCP) is primarily treated with opioid analgesics. Many adult patients with PNCP are unaware of other effective measures for managing persistent pain. Nonpharmacological modalities (NPMs), although beneficial, remain underused among these patients. This quality improvement project focused on implementing a 10-week structured education program about NPMs for adult patients with PCNP. The major aim was to determine if an NPM education program would influence patients' willingness to try/adopt these modalities upon completion of the program. Methods: A single group, pretest/posttest design was used to conduct the project. Results: Participants tended to be African American and female with a high school diploma or greater. Least attended classes were energy medicine and natural biological and the most attended classes were manipulation and mind/body modalities. Participants reported increased familiarity with NPMs. They were also more willing to try NPMs and more likely to adopt these modalities for PNCP management after the program. Additionally, self-management skills increased, and overall daily opioid use decreased in one participant who attended all the classes. Conclusion: The findings of this project showed that NPMs education program has the potential to motivate patients to try these modalities which may increase overall use of NPMs for PCNP. One participant reported a decrease in overall daily opioid use. Implication: Providers and nurses could play a vital role in ensuring NPMs are introduced to PNCP patients as this could increase patients' use of these modalities to improve outcomes.

Keywords: Patient education, nonpharmacological, persistent pain, modalities, willingness to try

