

A SIP OF MDTEA EPISODE 3.09

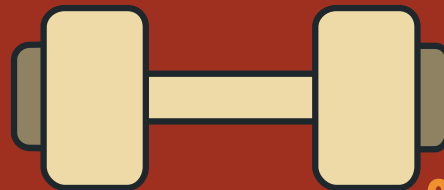
NON-PHARMACOLOGICAL MANAGEMENT OF PAIN



WORLDWIDE,
CHRONIC PAIN COSTS
MORE THAN DIABETES
OR CARDIOVASCULAR
DISEASE.



**EXERCISE
INTERVENTIONS
FOR OLDER ADULTS
WITH CHRONIC
PAIN ARE EVIDENCE
BASED AND
UNDERUTILIZED...**



...AND
SHOULD BE A
CORE COMPONENT OF ANY
LONG TERM TREATMENT PLAN.

BELIEFS, ATTITUDES,
AND BEHAVIOURS
PLAY A CENTRAL
ROLE IN THE
EXPERIENCE OF PAIN.



**CBT CAN
BE USED
TO ENHANCE
PATIENTS'
CONTROL
OVER PAIN.**



The MDTea podcast provides Education on Ageing for all
healthcare professionals working with older adults.
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