

عنوان مقاله:

Multimodal Non-Pharmacological Chronic Pain Management Strategies : a Systematic Review

محل انتشار:

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خلاصه مقاله:

**Aims:** This study was conducted to provide a comprehensive analysis of multimodal pain prevention strategies, focusing on their effectiveness in managing and preventing various types of chronic pain. **Method and Materials:** In this systematic review comprehensive search of electronic databases PubMed was conducted to identify relevant studies published up to January ۲۰۲۴. The search strategy included terms related to multimodal pain prevention, such as "pain management," "non-pharmacological interventions," and "integrated pain care." Studies were included if they evaluated multimodal pain prevention strategies in various clinical populations and reported outcomes related to pain intensity, functional status, adverse effects, and patient satisfaction. The methodological quality of the included studies was assessed, and data were synthesized to provide an overview of the findings. **Findings:** The search yielded a total of ۶ studies that met the inclusion criteria. The included studies encompassed a diverse range of patient populations, focusing on those experiencing chronic pain, and receiving palliative care. Multimodal pain prevention strategies were found to be associated with improved pain control and reduced drug consumption in patients experiencing chronic pain. Furthermore, non-pharmacological interventions, such as physical therapy, cognitive-behavioral therapy were shown to enhance pain management outcomes in various clinical contexts. The integration of these modalities in a coordinated and individualized manner appeared to be particularly beneficial in addressing the complex nature of pain. **Conclusion:** The findings support the use of multimodal approaches in clinical practice and emphasize the importance of individualized, patient-centered care in pain management. Future research should focus on identifying the most effective combinations of interventions and elucidating the mechanisms underlying the synergistic effects of multimodal approaches.

کلمات کلیدی:

Multimodal Pain Prevention, Pain Management, Non-pharmacological Interventions, Integrated Pain Care

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