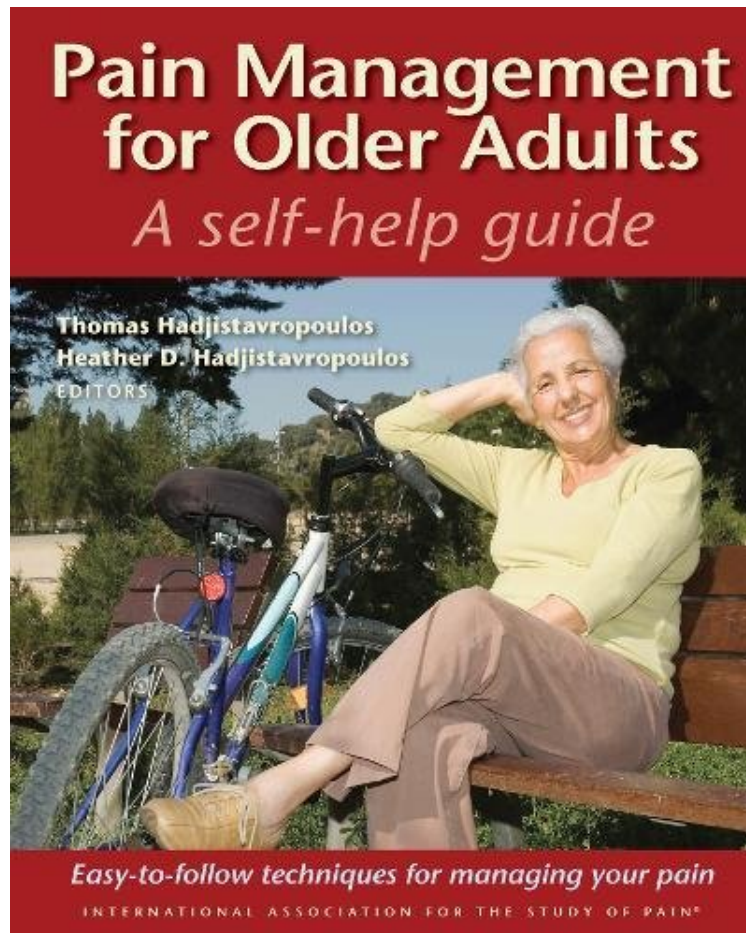


[Download] Pain Management for Older Adults: A Self-Help Guide

## Pain Management for Older Adults: A Self-Help Guide

*Thomas Hadjistavropoulos PhD RD Psych, Heather D. Hadjistavropoulos PhD RD Psych  
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**Thomas Hadjistavropoulos PhD RD Psych, Heather D. Hadjistavropoulos PhD RD Psych : Pain Management for Older Adults: A Self-Help Guide** before purchasing it in order to gage whether or not it would be worth my time, and all praised Pain Management for Older Adults: A Self-Help Guide:

4 of 5 people found the following review helpful. Excellent resource for pain patients... and cliniciansBy David H. Peterzell PhD PhDI hope to write a longer review later. I think this book contains excellent (mostly cognitive, behavioral, and other psychological) resources for optimizing pain management. It is written for seniors, but I think it has information that would be helpful to anyone. I use cognitive and behavioral approaches to pain management in my own clinical work and research, and I think this is an excellent, easily-understood reference for understanding how to treat pain. And since I've seen these methods work for a wide variety of people, I can give an especially strong endorsement.

Pain Management for Older Adults: A Self-Help Guide is designed specifically for older adults who seek practical

solutions for managing their chronic pain. Written by pain researchers and experienced health care professionals, this book offers effective methods and techniques to improve the quality of life for people with persistent pain. Who should buy this book? With its self-assessment checklists, progress charts, photos and illustrations, and easy-to-follow instructions for managing pain, this book is an essential guide for:

A self-help guide written by pain researchers and health care professionals to provide practical information and advice to older adults with chronic pain. The text is carefully and clearly written with chapter-long discussions of topics which often include useful charts and diagrams. This reader-friendly book, which is published in ample-sized print, has several strengths beginning with its sensitivity to older adults (not simply referring to them in the title as seniors as in other guides). It offers a balanced, constructive program for physical and psychological care; mind and body interconnectedness is stressed for successful pain management. Also important is its consideration of aging as a process that changes as one ages; the use of descriptive stereotypes and clichés is discouraged. Emphasis is given to realistic goals and resisting thoughts that bring on depression and despondency. --Fibromyalgia Frontiers, the Quarterly Journal of the National Fibromyalgia Partnership, Inc, 2008, (Volume 16, Number 2) I found this book to be very helpful. It offers self-assessment checklists, progress charts, photos and illustrations, and simple instructions for managing persistent pain. Also included is a list of medications with associated side effects and common drug interactions, particularly with warfarin, a popular blood thinner. The authors are good to provide a list of myths about pain management and appropriately dispel them. --The Pain Community News, the newsletter of the American Pain Foundation (Fall 2008, Volume 8, Issue 3), reviewed by Mary McHughes This soft cover, large-print format manual addresses the needs and concerns of older adults who experience chronic pain. It is mainly a self-help program based upon cognitive/behavioral principles of pain management modified to be more useful in older adults. Physical aspects are nicely illustrated; there are worksheets, lists, and other devices to improve learning. An appendix includes resources in the English-speaking world and there are key references listed for each chapter. All of the suggestions and management plans described in the book are mainline multidisciplinary pain clinic strategies. It is a pleasure to see a book aimed at those who suffer from chronic pain that does not resort to alternative medical strategies of little proven benefit. Furthermore, the book carries the strong message that reducing one's pain is a function of the physical and psychological work that the sufferer undertakes. The book is a new direction for AUISP Press, all of whose prior publications have been aimed at the scientific and clinical pain communities. It remains to be seen if sales of a volume such as this will be sufficient to allow IASP to address the lay public with future publications. Pain Management in [sic] Older Adults sets a high standard both for content and presentation for such publications. I think that this book could be an important accessory for those who provide care to the geriatric population. The editors have done a good job informing the public about the principles of pain management. --APS Bulletin, from the American Pain Society, (Volume 18, Number 2), reviewed by Dr. John D. Loeser, MD The authors are experts in their fields and the comprehensive information [is] set out in a clear and usable manner. Professionals might want to have this guide available and copy pages for their patients. It would be a useful resource in residential care, as well as being a 'bible' to any older adult with pain or caring for someone in pain. --Alzheimers News, The National Newsletter of the Alzheimers New Zealand Inc. (Issue 75, September 2008), reviewed by Dr. Chris Perkins I was impressed by this book. In clear language it describes what pain is, how it should be assessed (questionnaires, scales, etc), and how it can be effectively managed. There are chapters on the psychosocial aspects of pain as well as the role of exercise and nutrition. The sections on physical care and exercise are well illustrated with photographs. In general, chronic pain is often not well treated or fully appreciated, and I think this book would be a useful resource for an older adult seeking practical solutions for managing their chronic pain. --e-Newsletter from the International Association for Hospice and Palliative Care, reviewed by Roger Woodruff, May 2008 The authors are experts in their fields and the comprehensive information [is] set out in a clear and usable manner. Professionals might want to have this guide available and copy pages for their patients. It would be a useful resource in residential care, as well as being a 'bible' to any older adult with pain or caring for someone in pain. --Alzheimers News, The National Newsletter of the Alzheimers New Zealand Inc. (Issue 75, September 2008), reviewed by Dr. Chris Perkins I was impressed by this book. In clear language it describes what pain is, how it should be assessed (questionnaires, scales, etc), and how it can be effectively managed. There are chapters on the psychosocial aspects of pain as well as the role of exercise and nutrition. The sections on physical care and exercise are well illustrated with photographs. In general, chronic pain is often not well treated or fully appreciated, and I think this book would be a useful resource for an older adult seeking practical solutions for managing their chronic pain. --e-Newsletter from the International Association for Hospice and Palliative Care, reviewed by Roger Woodruff, May 2008 About the Author Thomas Hadjistavropoulos, PhD, RD Psych, is Professor of Clinical Psychology and Director of the Centre on Aging and Health, University of Regina, Canada. Together with his graduate students and collaborators, he has dedicated the last 16 years to investigating better ways of assessing and managing pain among older persons.