



## EMOTIONAL INTERVENTIONIST TREATMENT IN PATIENTS WITH CHRONIC PAIN

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### Introduction

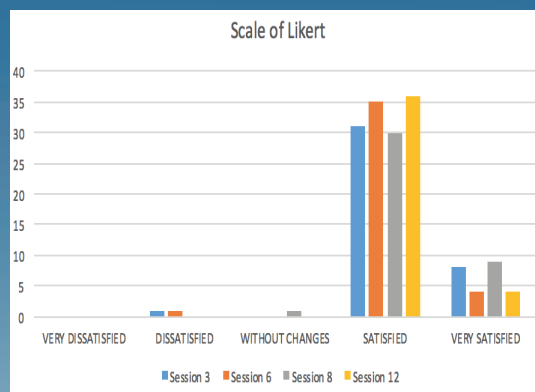
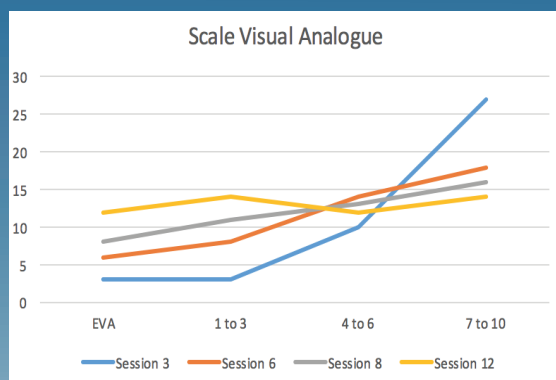
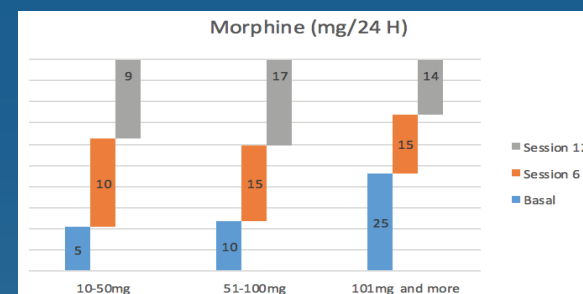
Chronic pain is usually a fairly common symptom of medical consultation. It is more common in older people. Therefore, pharmacological treatment involves both global approach as providing more effective pharmacological analgesia.

### Objective

Reduce consumption of analgesics in patients with chronic pain in Clinic of Pain and Palliative Care Medicine, Instituto Jalisciense PALIA, through complementary medicine techniques (Aromatherapy, Meditation and Bach Flowers).

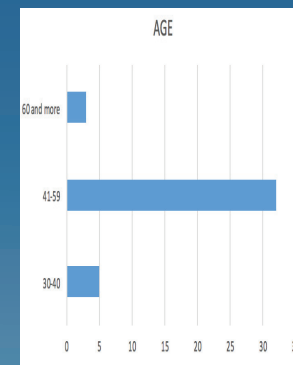
### Material and Methods

40 patients diagnosed with chronic pain are captured. All under pharmacological treatment and EVA equal or greater than 4. After obtaining informed consent, 12 sessions were conducted with an interval of 15 days between each session. Aromatherapy and meditation It applies in all sessions. Upon completion of the 6th session treatment is added with bach flowers. It was valued EVA, satisfaction and vital signs before and after each session. The decrease in analgesic consumption was assessed in the first and last session.



### Results

Only one patient was male. 62.5% of patients reported decreased pain at the end of each session. Of these, 52.5% fell more than half of the basal pain. The rest remained the same intensity of pain. Only 47.5% achieved reduction of over 50% analgesics. There were no significant changes in vital signs. The whole manifested itself satisfied with treatment.



### Conclusions

It is clear that emotional intervention in chronic pain patients is essential because it substantially supports drug treatment and decrease their consumption.