Pain Management Strategies Survey

We are interested in learning how older adults treat chronic pain. For each of the therapies below, please answer the following questions with regard to your treatment of your chronic pain, by filling in the appropriate bubbles.

1. In the past year, have you used this therapy to treat your chronic pain? (Fill bubble if yes.)
2. Are you currently using this therapy to treat your chronic pain? (Fill bubble if yes.)
3. How helpful did you find this therapy in managing your chronic pain? (Rank on a scale of 0–4, where 0 = not at all helpful, and 4 = extremely helpful. Leave blank if you have never used this therapy.)

| Therapy                                                                 | Used in past year | Currently using | Helpfulness in managing pain |
|------------------------------------------------------------------------|-------------------|-----------------|-----------------------------|
| 1. Acupuncture                                                        | ☐                 | ☐               | ☐ 1 2 3 4                   |
| 2. Chiropractic care                                                  | ☐                 | ☐               | ☐ 1 2 3 4                   |
| 3. Homeopathy                                                         | ☐                 | ☐               | ☐ 1 2 3 4                   |
| 4. Glucosamine &/or chondroitin                                       | ☐                 | ☐               | ☐ 1 2 3 4                   |
| 5. Herbal therapies (e.g., arnica, evening primrose)                  | ☐                 | ☐               | ☐ 1 2 3 4                   |
| 6. High-dose or mega-vitamin therapies, not including a daily vitamin  | ☐                 | ☐               | ☐ 1 2 3 4                   |
| 7. Prayer or spiritual practice                                       | ☐                 | ☐               | ☐ 1 2 3 4                   |
| 8. Spiritual or religious healing by others                           | ☐                 | ☐               | ☐ 1 2 3 4                   |
| Therapy                                                                 | Used in past year | Currently using | Helpfulness in managing pain |
|------------------------------------------------------------------------|-------------------|-----------------|-----------------------------|
| 9. Special diet programs for losing or gaining weight, like the kind you have to pay for, but not including trying to lose or gain weight on your own | ○                 | ○               | ○                          |
| 10. A lifestyle diet like vegetarianism or macrobiotics                | ○                 | ○               | ○                          |
| 11. A folk remedy of any kind (describe:______________________)        | ○                 | ○               | ○                          |
| 12. A self-help group, other than this study                           | ○                 | ○               | ○                          |
| 13. Foot reflexology                                                   | ○                 | ○               | ○                          |
| 14. Relaxation techniques (e.g., meditation, relaxation response, progressive muscle relaxation) | ○                 | ○               | ○                          |
| 15. Imagery techniques (e.g., guided imagery)                         | ○                 | ○               | ○                          |
| 16. Massage therapies (e.g., Rolfing, Swedish, shiatsu)               | ○                 | ○               | ○                          |
| 17. Energy healing (e.g., magnets, energy machines, the laying on of hands, Reiki, Therapeutic Touch) | ○                 | ○               | ○                          |
| 18. Biofeedback                                                       | ○                 | ○               | ○                          |
| 19. Hypnosis                                                         | ○                 | ○               | ○                          |
| 20. Naturopathy                                                       | ○                 | ○               | ○                          |
| Therapy                                                                 | Used in past year | Currently using | Helpfulness in managing pain |
|------------------------------------------------------------------------|------------------|-----------------|-------------------------------|
|                                                                        | ○                | ○               | not at all helpful          | moderately helpful | extremely helpful |
| 21. Osteopathy                                                         | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 22. Aromatherapy                                                       | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 23. Physical Therapy                                                  | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 24. Regular exercise program (e.g., walking, swimming, weight lifting) | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 25. Movement therapy (e.g., yoga, tai chi, feldenkrais)                | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 26. Creams or ointments (e.g., Icy Hot®, Tiger Balm®, capsaicin)       | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 27. NSAIDs (e.g., Motrin®, Celebrex®)                                  | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 28. Acetaminophen (e.g., Tylenol®)                                     | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 29. Opioids (e.g., Vicodin®, Tylenol® #3, morphine)                    | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 30. Anti-seizure medications (e.g., Neurontin®)                        | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 31. Antidepressants (e.g., nortriptyline, desipramine)                 | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 32. Nerve blocks                                                       | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 33. Pain medication delivered by a patch on the skin (specify:____________) | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| 34. Infusion of pain medication directly into spine using a pump       | ○                | ○               | 0                             | 1                | 2                | 3                | 4                |
| Therapy                                                                 | Used in past year | Currently using | Helpfulness in managing pain |
|------------------------------------------------------------------------|-------------------|-----------------|----------------------------|
| 35. Injection of medication directly into joint (e.g., knee, hip)      | ○                 | ○               | ○                          |
| 36. Psychotherapy/counseling                                           | ○                 | ○               | ○                          |
| 37. Spinal cord stimulator                                             | ○                 | ○               | ○                          |
| 38. TENS unit                                                          | ○                 | ○               | ○                          |
| 39. Heat or cold                                                       | ○                 | ○               | ○                          |
| 40. Splints or braces                                                  | ○                 | ○               | ○                          |
| 41. Chronic illness or arthritis education classes                     | ○                 | ○               | ○                          |
| 42. Special jewelry (e.g., copper bracelet)                            | ○                 | ○               | ○                          |
| 43. Other therapies, not listed above, to treat your chronic pain:     |                   |                 |                            |
| A) ________________                                                     | ○                 | ○               | ○                          |
| B) ________________                                                     | ○                 | ○               | ○                          |
| C) ________________                                                     | ○                 | ○               | ○                          |
| D) ________________                                                     | ○                 | ○               | ○                          |