

## REVIEW PAPER

### Non- Pharmacological Intervention in Orthopedic Pain: A Systematic Review

**Funda Büyükyılmaz, BSN, PhD**

Assistant Professor, Florence Nightingale Faculty of Nursing, Istanbul University, Istanbul, Turkey

**Correspondence:** Funda Büyükyılmaz, Florence Nightingale Hemşirelik Fakültesi 34381 Şişli-Istanbul,Turkey  
E-mail: fundabuyukyilmaz@hotmail.com, feyilmaz@istanbul.edu.tr

#### Abstract

**Background:** Acute joint or chronic musculoskeletal pain is common among orthopedic patients. After the pain assessment for effective pain management, both the pharmacological and non-pharmacological approaches must be used.

**Objectives or Aims:** To improve the quality of care in acute or chronic pain, this systematic review was find out what kind of non-pharmacological interventions used for reducing pain in orthopedic patients.

**Methodology:** The computer-assisted search was performed using the databases of Medline, Pubmed, Cochrane, and Cumulative Index to Nursing and Allied Health Literature (CINAHL). The search was performed using both MeSH terms and keywords by the option 'search all text'. The nursing studies selected were those published from 2002-2012. The Oxford 2011 Levels of Evidence was used to appraise the literature. 17 studies were extracted and further reviewed.

**Results:** According to reviewed studies, self management programs, relaxation techniques, guided imagery, listening to music, and back massage are defined as helping to ease the intensity of pain in orthopedic patients.

**Conclusions:** With this study, nurses can gain specific knowledge on the most preferred and used non-pharmacological interventions in orthopedic patients. For effective pain management, nurses can implement these interventions safely.

**Key Words:** Pain, Pain Management, Orthopedic Patients, Nursing Care, Non-Paharmacological Interventions.