

Being in Touch

PAIN RELIEF AT YOUR FINGERTIPS



About the Aging and Integrative Pain Assessment and Management Initiative (AI-PAMI)



AI-PAMI is a comprehensive project addressing non-opioid pain management in adults ages 50 and older living in Northeast Florida. The overall goal of AI-PAMI is the advancement of innovative pain education and patient care through the development of provider and patient workshops focused on integrative pain management.

Funding provided by Florida Blue Foundation and the Florida Medical Malpractice Joint Underwriting Association.

Visit pami.emergency.med.jax.ufl.edu to learn more.

Contact PAMI at pami@jax.ufl.edu or 904-244-4986.

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Touch: A language without words

Comforting touch is one of the most intuitive ways we use our hands.

Learning specific techniques can increase your ability to more effectively relieve pain and create a sense of ease.



The ABC's of Compassionate Self-Care

Awareness & Attitude

What are you aware of in this moment?
How might you describe your attitude?

Breath & Body

What do you notice about your breathing?
Is any body part "talking" to you?

Choice & Care

How might you choose to relieve tension?
In what ways might you care?



Ancient traditions meet modern science

ACUPRESSURE: the art and science of applying finger pressure to specific acupoints to restore balance and harmony within the body, mind, and spirit.

JIN SHIN JYUSTU®: a Japanese healing art utilizing finger holds and acupressure points. Emphasis is upon mindful breathing and compassionate awareness.

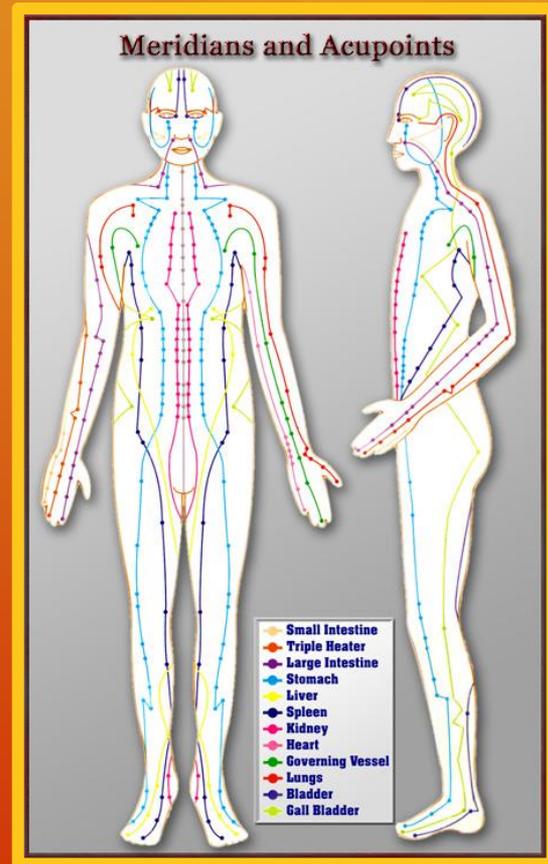
Studies have shown acupressure can relieve pain, reduce anxiety and so much more.



Meridians - the Body's Energy Pathways

For thousands of years, in Asian healing traditions, specific points were stimulated to address physical, mental and emotional distress.

You will learn to use acupressure and mindful breathing to relax, increase your sense of well being, and relieve pain.



Acupressure Hand Massage

Effectively create more ease
in the hands, arms, shoulders!

Flex both hands. Notice degree
of flexibility. Exhale deeply.

Use thumb and index finger and
gently squeeze down the side of
each finger from palm to tip at
least 3 times. Gently rotate each
finger. Squeeze the tips if
desired.

Massage the webs between the
fingers. Use your thumb to
massage the palm.

Flex and compare to the hand
which has not been massaged.
Notice a difference? Repeat with
other hand.



Finger Holds and Conscious Breaths

Hold a finger with ease.

Breathe. Slowly exhale by mouth 3-5 times. Drop your shoulders as you exhale.

For extra benefit, smile slightly with each inhalation.

Explore what works best for you. Allow your intuition to guide you. Focus on just one finger or one hand or all fingers, both hands.



Jin Shin Jyutsu®

Fingers Associated with Emotions

Each finger is associated with emotions as well as parts of the body adversely affected by those emotions over time.

Many have found this technique is particularly helpful if you have trouble getting to or staying asleep.

If you want to easily remember which finger is associated with the particular emotion, think:

Get rid of **W**orry: **F A S T**



Potent Acu-point for Pain Relief

LI 4 (Large Intestine 4)

"Web" between thumb & index finger

Used to relieve tension and pain in head, face, and neck as well as toothaches.

LI4 is located on the highest spot of the muscle when the thumb and index fingers are brought close together.

Find the point. Press into it with comfortably deep pressure for as you exhale. Release. Repeat.

Contraindicated for pregnant women as can induce labor.



Potent Acu-points for Anxiety Relief

PC 8 (Pericardium 8) Center of the palm

Used to calm anxiety, relieve tension and stress.

Make a fist. Note point where middle fingertip touches the center of the palm.

With one hand under the other, place thumb of the bottom hand in the center of the upper hand palm.

Slowly exert light pressure as you exhale. Can also massage in a circular motion. Continue for 1-2 minutes.



Potent Acu-points for Anxiety Relief

HT 7 (Heart 7)

Outer wrist under radial bone

Used for addressing anxiety, worry, stress and insomnia.

Find the hollow underneath the radial wrist bone.

Press this point steadily for several minutes while focusing on long, slow exhalations.

Drop your shoulders as you exhale. On the inhalation, relax your jaw and lift the corners of your mouth.



Relieving Pain, Anxiety & More: Resources & Research

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Hsieh, LL, et al. (2010). Effect of acupressure and trigger points in treating headache: a randomized controlled trial. *American Journal of Chinese Medicine*, 38, 1-14.

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Continue to Explore Being in Touch

Thank you for joining me in this exploration of specific ways you can literally be in touch with yourself and with others.

I encourage you to use the ABCs of compassionate care to create a foundation for relieving pain.

Be curious. Notice which of these acupressure techniques give you the most relief depending upon the day's circumstances.

Above all, continue to deeply exhale, drop your shoulders, and smile as you increase your ability to manage pain and anxiety .



Thank you for participating in Being in Touch



For more information about the wealth of resources, funded by by Florida Blue Foundation and the Florida Medical Malpractice Joint Underwriting Association, and provided by PAMI:

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