

**Figure 2 Non-pharmacological approaches to pain treatment**

Pain treatment approach	Illustrative responses
Moving/changing position	<p><i>“Well I will get up and move around and if it is gone within a few minutes” (P 2).</i></p> <p><i>“I would have to lift both his legs at one time raised them up to put him in prop him up with the pillows it was a bad time you are rubbing things on it hoping that rubbing this medication will help it and he was only on anti-inflammatory than he wasn’t on painkillers” (FCG 10).</i></p> <p><i>“What I do find, sometimes, if I have been sitting for a while ... when I first get up .. it is like a cramp. Then after I walk around for a few minutes then it goes off” (P 13).</i></p> <p><i>“Soon as I change of position, very often, it goes. I just have to lie down, stretch out then it goes. Just to change position helps me a lot” (P 17).</i></p>
Not moving/resting	<p><i>“It can get very sore but I can go and sit down and in five minutes it is fine” (P 5).</i></p> <p><i>“There are medications but before they take effect.. I try to sit as still as I can, or go lay down.. just resting helps” (P 12).</i></p>
Distraction	<p><i>“I try to go to seek a distraction. Now I have something to read” (P 3).</i></p> <p><i>“While we are talking... I forget everything. Even if I have pain. I forget” (P 6).</i></p> <p><i>“I try to keep my mind busy.. sometimes I read .. or I watch TV. (P 18)</i></p> <p><i>“Listening to music... working on the computer. I’m quite good at it. And.. categorizing the thousands and thousands of slides and pictures I have taken over the years...That is the way I cope with my pain”. (P 15).</i></p> <p><i>Recently what helped me a lot me. I began again to knit. I am a big, big knitter, I made absolutely extraordinary things... and then, so that occupies me” (P 9).</i></p>
Talking/being with others	<p><i>“When I have somebody with me, let’s say that the pain is shared. Everything is shared for me and I am not sick. I see myself well when I am with someone” (P 3).</i></p> <p><i>“I think that, that I am a painkiller for her. Because sometime she panics and then to see me there, not in panic, it helps her” (FCG 17).</i></p>

Heat/cold/massage	<p><i>“When she has pain in her leg, her right leg I think, we can apply ice for the pains she has” (FCG 3)</i></p> <p><i>“I get relief if I put hot water on it and when I am showering” (P 6).</i></p> <p><i>“Rubbing things on it sometimes helps” (P 18)</i></p> <p><i>“I will rub it a bit, but as soon as I move, it goes away” (P 12).</i></p>
Equipment	<p><i>“We got a hospital bed. That has been his Godsend.. That mattress helped his pain level .. it has a nice thick foam” (FCG 2).</i></p> <p><i>“That chair has been great for her because it is automatic she can lift her legs up, get the circulation up and it helps with the pain” (FCG 4).</i></p>
Humour/outlook	<p><i>“Well I try to think positive.. that sometimes helps” (P 12).</i></p> <p><i>“My sense of humour always ... laughing or watching other people laugh. Seems to reduce the pain for some reason” (P 15).</i></p>
Faith	<p><i>“What helps me? My faith” (P 16).</i></p> <p><i>If I can’t fall asleep, I have the time to do some prayers and finally the medication is going to take effect” (P 9).</i></p>

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