

Evaluating the Effectiveness of Mindfulness Meditation in Reducing Chronic Pain Among the Elderly: A pilot study

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Background

Older adults frequently experience chronic pain. It is especially prevalent in residential aged-care facilities.

There is a growing need for **effective non-pharmacological pain management strategies.**

We investigated the effectiveness of **mindfulness meditation (MM) techniques in alleviating pain** and enhancing well-being in the elderly.



Methodology

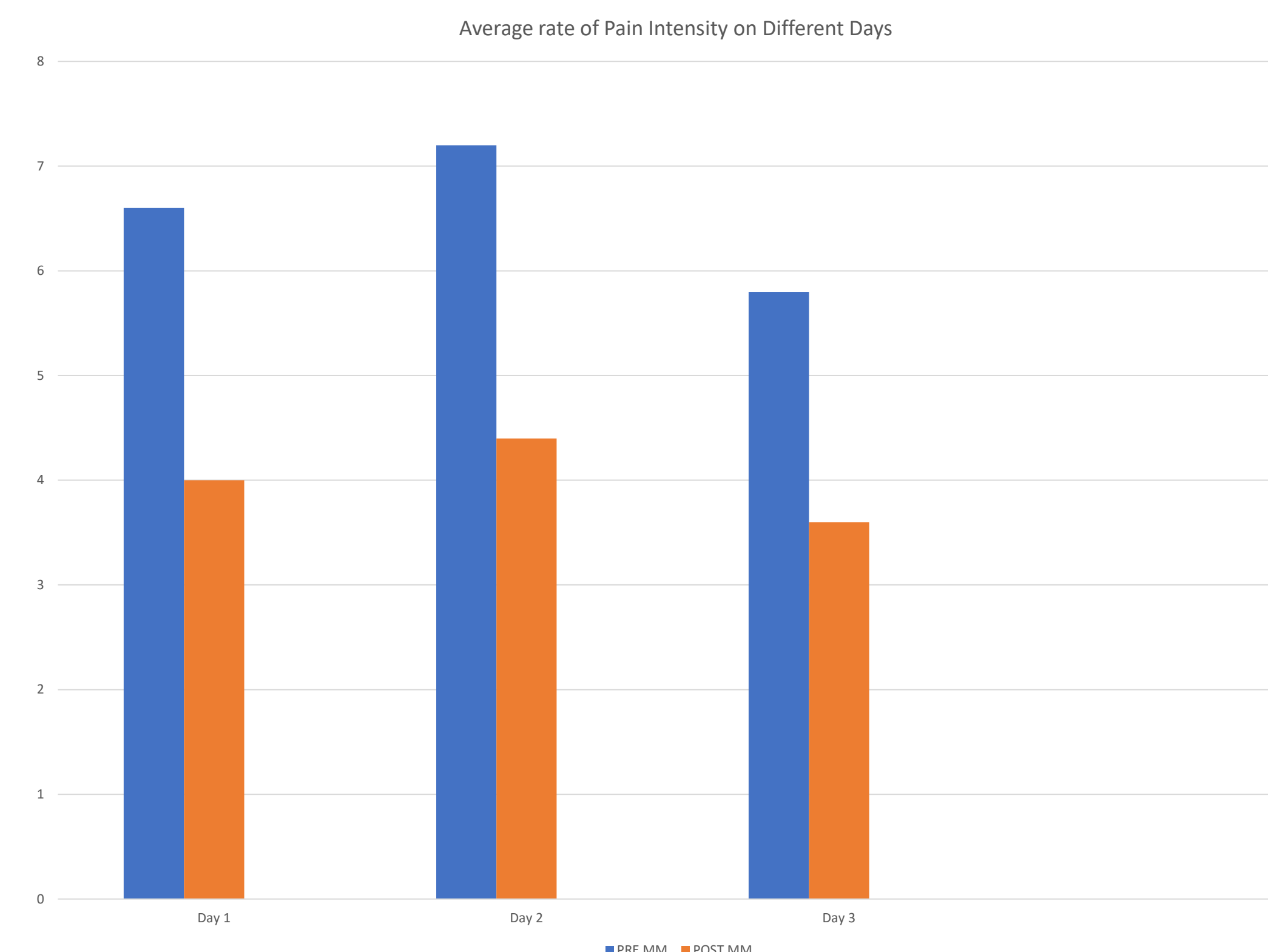
In this exploratory study, the participants, all above 60 years of age, were diagnosed with various chronic pain-related conditions such as osteoarthritis, muscle cramps, gout, chronic back pain, and others.

Each participant took part in three MM sessions (10 mins each). The sessions were delivered via an audio format from the Headspace application. Participants were free to choose a comfortable position during the sessions.

Pain levels were assessed both before and after the meditation sessions using a numerical scale and a faces pain rating scale, providing a comprehensive measure of the intervention's impact.

The study spanned two weeks, during which data was documented and analyzed to evaluate the efficacy of MM in pain management among the elderly.

Results



We found a **notable decrease in pain intensity** among the elderly participants following the MM sessions.

The pain assessment, utilizing the Visual Analog Scale and face pain chart, indicated a **reduction in pain levels post-intervention.**

Only two out of the five participants reported a reduced need for PRN medication.

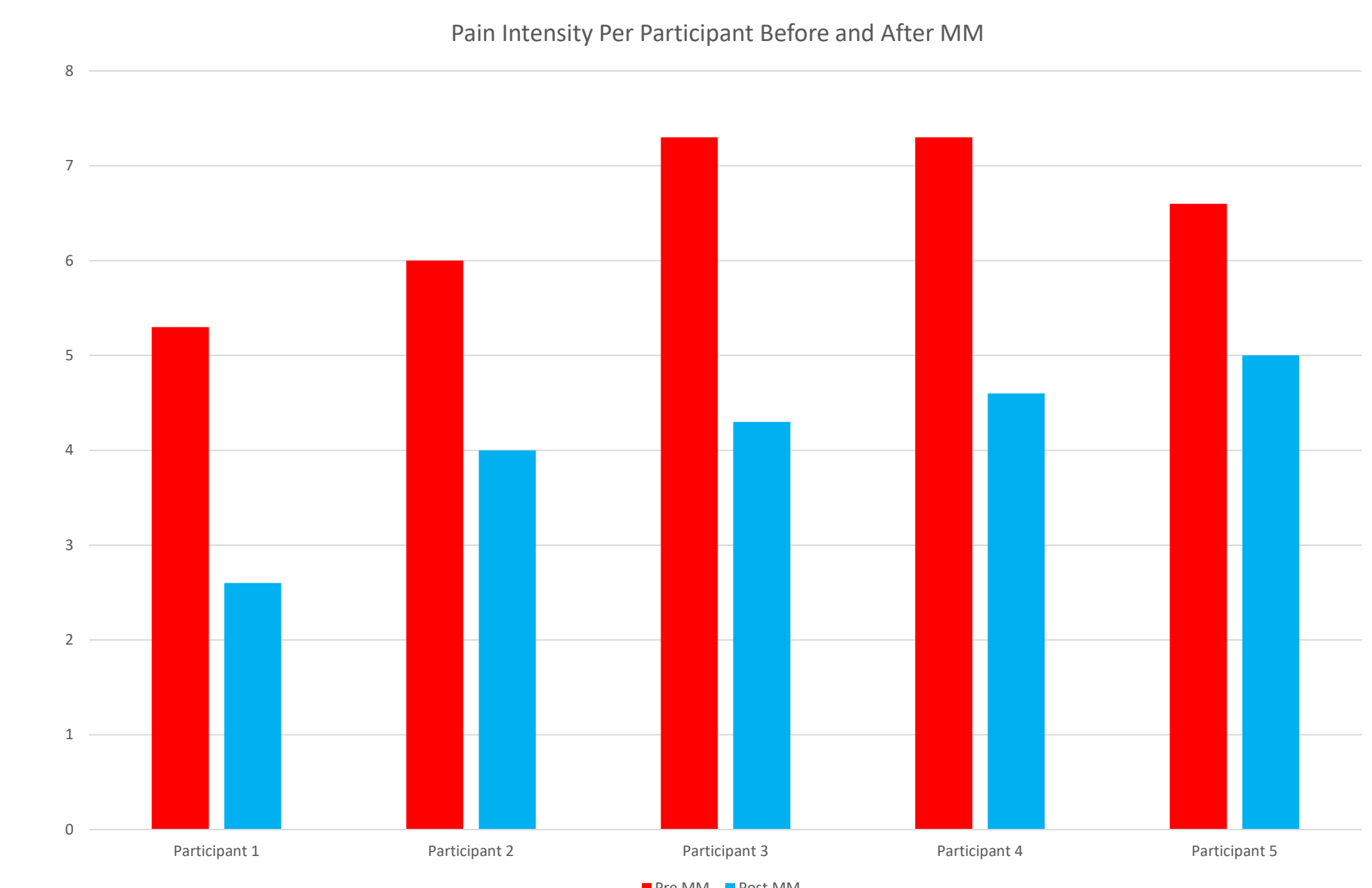
These findings suggest that **MM may be an effective tool in managing pain** in the elderly.

The average pain level of all participants, as well as individual pain intensity scores before and after MM, demonstrated the positive impact of the intervention on pain reduction.

Conclusion

Mindfulness Meditation (MM) may be an effective intervention for managing chronic pain in the elderly. **Regular MM practice may significantly alleviate pain perception.**

Further large-scale randomized controlled trials are needed to more definitively assess MM's efficacy in chronic pain management.



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