



Restoring Quality of Life

Arosa's Approach to Chronic Pain Management

A Case Study

Overview

Chronic pain is an ongoing issue for many older adults, significantly affecting their quality of life. A study by the National Institutes of Health (NIH)* revealed that 50 million U.S. adults suffer from persistent chronic pain.

Effective pain management, especially among aging adults, requires a comprehensive approach that addresses both physical and emotional well-being. Arosa's Care Management and In-home Caregiving services provide a holistic solution, helping folks live with less pain and greater independence.

Supporting Ms. Johnson

Background: Ms. Johnson, an 80-year-old woman with arthritis and lower back pain, has lived with chronic pain for over 10 years. She struggled with mobility and emotional distress, often feeling isolated due to her limited ability to leave the house.

Her family sought **Arosa's Care Management and In-Home Caregiving** services for a comprehensive plan to improve her quality of life. Our team collaborated with her healthcare providers to create a personalized plan that addressed her pain management, physical therapy, and emotional support needs.

Approach:

Personalized Pain Management



Arosa's care manager worked closely with Ms. Johnson's physician to ensure her medications were appropriately managed, preventing over-reliance on painkillers while maximizing her comfort.

Physical Therapy Coordination



Our team arranged for regular physical therapy sessions to improve mobility and reduce stiffness. Arosa's caregivers provided assistance with her prescribed daily exercises at home to. To ensure continuity of care at home, Arosa's caregivers were trained directly by the physical therapist to assist with her prescribed daily exercises. This hands-on training empowered our caregivers to safely guide Ms. Johnson through her exercises, ensuring that the therapy continued between sessions, which further enhanced her recovery.

Arosa's Support



Recognizing the impact of isolation, Arosa caregivers engaged Ms. Johnson in light activities and conversation, providing companionship and boosting her mood.

Results:

Improved Mobility



After six months, Ms. Johnson reported a significant reduction in pain intensity and improved mobility, allowing her to engage in daily tasks with greater ease.

Reduced Medication Use



Through careful monitoring and coordination, her dependence on pain medications was reduced, minimizing side effects such as dizziness and fatigue.

Enhanced Emotional Well-Being



Regular interaction with her caregivers and engaging in physical activities led to improvements in her emotional health, reducing feelings of loneliness and anxiety.

Key Insights

Evidence-Based Pain Management

#1 Holistic Care is Key:

Evidence from the National Council on Aging (NCOA)* highlights that a combination of medication management, physical activity, and emotional support is critical in managing chronic pain effectively in older adults.

#2 Non-Pharmacological Approaches:

Incorporating non-drug interventions such as physical therapy and emotional support, as was done in Ms. Johnson's case, aligns with best practices from NIH, which recommend reducing reliance on opioids while improving mobility through therapy.

#3 Comprehensive Care:

Arosa's approach demonstrates how integrating care management with caregiving services provides a seamless, personalized solution for managing complex conditions like chronic pain, especially for aging adults who need extra support.



Contact us to learn more
or scan the QR code above.

(866) 462-7672

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Arosa's professional Care Management and In-Home Caregiving services provide the personalized support needed to manage chronic pain effectively.

Through comprehensive, holistic approaches, we enhance mobility, reduce medication dependence, and improve emotional well-being.

If you have patients/clients or loved ones who are struggling with chronic pain, contact Arosa today to learn more about how we can help.

Conclusion

* Sources

NIH Study on Chronic Pain:
<https://www.nih.gov/news-events/news-releases/nih-study-finds-high-rates-persistent-chronic-pain-among-us-adults>

NCOA on Evidence-Based Pain Management:
<https://www.ncoa.org/article/implementing-evidence-based-programs-to-address-chronic-pain>