

Various strategies used by patients with HIV, chronic pain

February 16 2015



(HealthDay)—For individuals with HIV and chronic pain, various pain self-management strategies are employed, including physical activity, cognitive and spiritual strategies, and substance use, according to a study published online Feb. 3 in *Pain Medicine*.

Noting that [chronic pain](#) is common in individuals with HIV, Jessica S. Merlin, M.D., M.B.A., from the University of Alabama at Birmingham, and colleagues conducted a thematic analysis of qualitative data from 25 interviews with individuals with HIV and chronic pain.

The researchers found that [physical activity](#); cognitive and spiritual strategies; spending time with family and friends and social support; avoidance of physical/social activity; medication-centric pain

management; and substance use were cited by participants as the primary pain self-management strategies.

"Some of these strategies may be viewed as beneficial and overlap with known HIV self-management strategies (cognitive strategies), whereas others may have negative health consequences (substance use)," the authors write. "Interventions that incorporate healthy self-management strategies may be particularly effective in improving both HIV and pain outcomes."

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2015 [HealthDay](#). All rights reserved.

Citation: Various strategies used by patients with HIV, chronic pain (2015, February 16)
retrieved 24 April 2024 from
<https://medicalxpress.com/news/2015-02-strategies-patients-hiv-chronic-pain.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--