



WEB OF SCIENCE

ALTERNATIVE AND INTEGRATIVE APPROACHES FOR THE TREATMENT OF PAIN IN THE ELDERLY

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Balneo and PRM Research Journal

DOI: <http://dx.doi.org/10.12680/balneo.2021.452>

Vol.12, No.3 September 2021

p: L114

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Abstract

Introduction. Quality of life means no pain. Often the pain is difficult and subjective to evaluate, in this paper we try a non-invasive treatment solution that does not raise issues of medical ethics.

The purpose of the research. Comparative study of the use of synthesis analgesics, anti-inflammatory drugs and alternative non-pharmacological methods in the treatment of chronic muscle and joint pain in people over 70 years.

Material and Methods. Clinical trials were performed on a number of 350 patients that underwent treatment in Călimănești-Cozia outpatient clinic between May 2020 and November 2020.

All patients also had comorbidities:

- Diabetes - 80 cases
- HTA - 75 cases
- Chronic digestive disorders that have been exacerbated by the use of analgesic and anti-inflammatory drugs - 195 cases

Only medication for diabetes and hypertension was retained. The following physiological indicators were also evaluated both at the beginning of treatment, during treatment and at the end of treatment:

- Changes in heart rate
- Blood pressure
- Temperature
- Respiratory rhythm

Treatment:

- Sulfur baths in the bathtub or pool
- Physical analgesic therapy
- Massage and active methods of physical therapy

Results. 285 patients reported significant relief of pain and increased joint mobility. Mild pain persisted in 65 patients and they were prescribed diclofenac 150mg for a maximum 7 days.

Conclusions. 1.The methods of natural medicine are experiencing a new renaissance

2.The presence of a specialist is mandatory especially in patients with associated conditions, the unscientific or abusive use of alternative methods for pain therapy can have harmful effects.