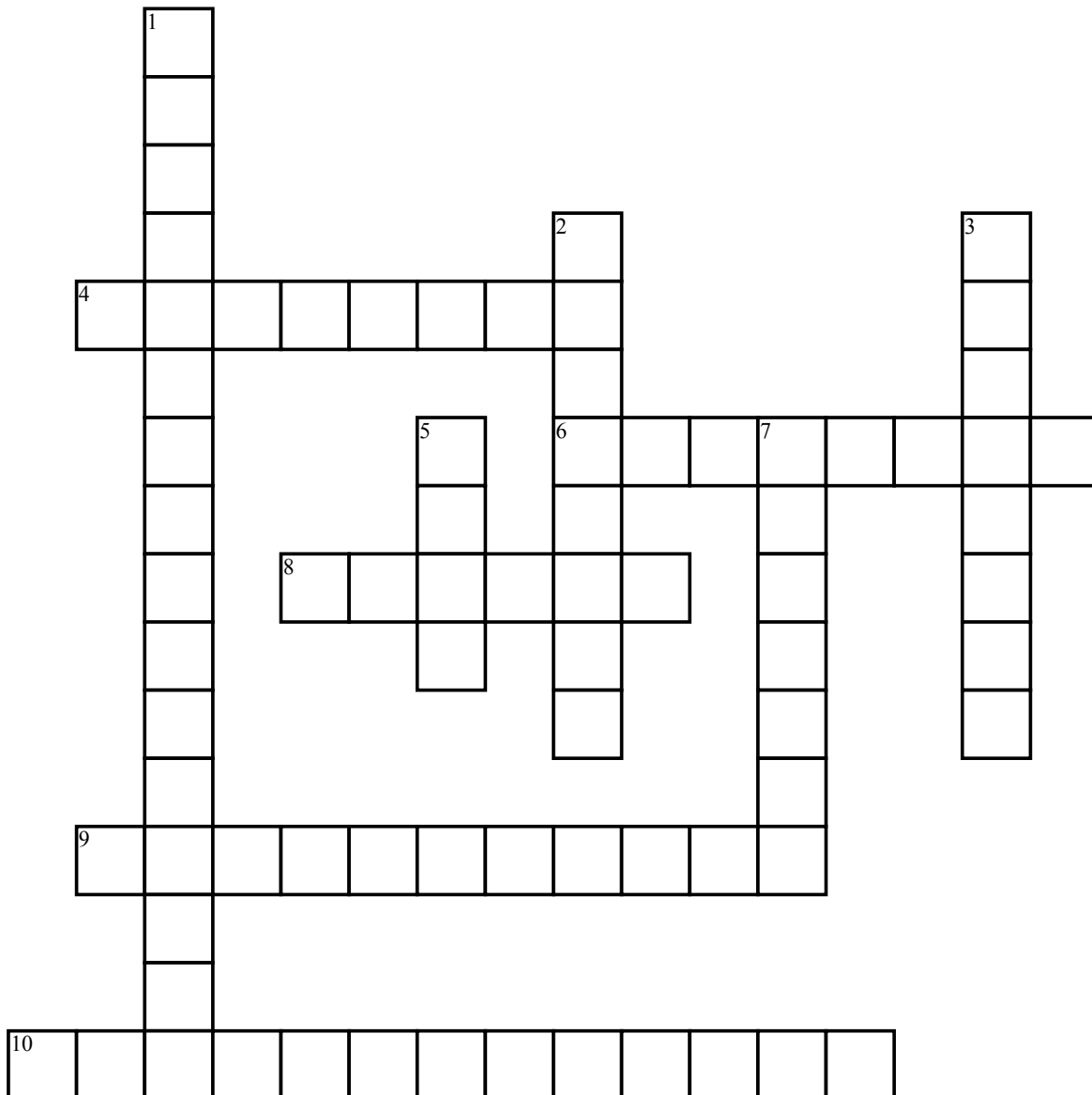


Name: _____

Date: _____

Pharmacological and Non-pharmacological interventions used to relieve pain



Across

4. provides pain control by increasing pain threshold, sedation, sense of euphoria
6. weakly binds to mu opioid receptors and inhibits the reuptake of norepinephrine and serotonin
8. involves rhythmic breathing with slow repetitive movements encouraging a calm, mindful state
9. an ancient therapeutic technique that involves the insertion of needles into the body to promote health and treat various symptoms
10. preferred non-opioid for mild to moderate pain in older adults and may reduce need for opioids for acute pain

Down

1. a healthcare discipline that emphasizes the inherent recuperative power of the body to heal itself without use of medications or surgery
2. has a rapid onset with short duration
3. an opioid antagonist used for opioid-induced sedation, pruritus, constipation, opioid overdose
5. a meditative movement practice with origins in ancient Indian philosophy
7. manual soft tissue manipulation that includes holding, causing movement, and applying pressure to the body for the purpose of easing pain or increasing relaxation