



1. Prescribed Medications:

- a. Opioids, Gabapentin, Paracetamol, Cannabis, Zostrix etc.
- b. Swollen feet /ankles can add considerably to your overall pain level. Consider taking (with your doctor's ok) a diuretic (e.g., Furosemide belongs to a group of medicines called loop diuretics also known as water pills).

2. Equipment:

- a. Footbath (iced or warm water, vibrating, water swirling action, etc.,). You can put your feet directly into the water or put your feet into a thin poly kitchen liner bag which allows most of the cold /warm to come through and with the option of wearing socks (with or without toes) to further control the amount of wearing socks feels warmer.
- b. Use a medications container (Sun – Sat, days of the week) to help you to remember to take your medications.
- c. Use phone /computer apps dedicated /appropriate to your condition e.g. blood sugar monitor.
- d. Use a smart phone to set up alarms to remind you to take medications.
- e. Mobility scooter /wheelchair, walking frame /stick etc.

3. Apparel:

- a. Compression socks (long, short, toeless).

4. Distractions:

Definition - Doing anything that takes your mind off the pain. The more interested you are in the distraction the more effective the distraction is:

- a. The number and type of distractions is limited only by our imagination and preference.
- b. Socialise and get involved with others of similar interests /purposes.

5. Meditation:

- a. Listen to recordings (purchased media, online subscriptions etc.,)

6. Family and Friends:

- a. To non-PN sufferers there are no outward signs of PN only your behaviours of how PN affects you. Therefore, share how you are feeling as PN affects change multiple times during the day and night for the sufferer.

7. Social:

- a. Make the effort to go out more than your wheely bins.
- b. Invite friends around to your place and go to theirs.

8. Plans:

- a. Put together a plan to schedule and execute important and/or enjoyable activities (see details of Rewire Your Pain below¹).

¹ Rewire Your Pain by Dr Stephanie Davies et al. ISBN 978-D-9943686-D-7

- b. Document “Your Daily Successes” into tables, spreadsheets, charts, notes etc. so you can easily compare your results to help direct you as well as keep you motivated.

PLEASE: Remember to share your results /ideas with Phil R as well as other members of our group.