

HOT Evidence

Interventions to Support Pain Management and Well-being for People with Cancer

Why This Matters

- ▶ Cancer-related pain often affects participation in everyday life activities for people living with and beyond cancer.
- ▶ Occupational therapy practitioners address cancer-related pain by supporting people with cancer to develop habits and routines that address pain management and promote well-being.

Improving Pain Management and Well-being Evidence-Based Interventions

Improving Pain: Mindfulness-Based Interventions



Mindfulness-based stress reduction (MBSR)



Mindfulness-based cognitive therapy (MBCT)



Acceptance and Commitment Therapy (ACT)



Mindfulness yoga



Commercial electronic mindfulness programs



Clinic-based mindfulness-based interventions

Improving Well-being: Post-Traumatic Growth and Spiritual Well-being



Mindfulness-based interventions



Cognitive behavioral therapy



Dignity therapy



Life review and narrative



Meaning enhancing interventions



Creative arts

Find the Evidence:

Visit <https://research.ota.org> to review the Systematic Review Briefs on this topic