



Other Strategies to Help Pain Sickle Cell

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Other Strategies to Help Pain

Patients with sickle cell disease often require opioid medications. Other suggestions to help with pain include:

Strategy	Examples	How it can help
Heat	Warm bath Warm towels Heat packs	Increase blood flow in an area
Distraction	Singing, listening to music Praying Watching television or playing video games Reading or listening to someone read	Focus your attention away from pain. Anxiety from thinking about pain can make your pain worse
Relaxation	Deep breathing Meditation Soothing music	Relieve anxiety Reduce muscle tension
Thought stopping	Think about how your prior pain crisis eventually got better. Think about your strength and not letting sickle cell define your life	Replace negative thoughts with positive ones.
Imagery	Think about positive images (beach, beautiful sky, great memory)	Positive thoughts