

Table 1. Validated Pain Control Behaviors from Videotaped Observation ⁷

Behavior Category (Number of Behaviors)	Description of the Pain Control Behavior	N (%)	Reduce Pain ^a	Prevent Pain Onset ^a	Rank Order ^b	
Reposition (15)	Stretched-arm, back, head & neck	5 (11)	100%	---	9	
	Shrugged or rotated shoulder	10 (22)	90%	10%	5	
	Repositioned specific body parts	9 (20)	67%	33%	6	
	Crossed legs	7 (16)	71%	29%	7	
	Reclined in specific position	4 (9)	75%	25%	10	
	Selected arm positions:					
	Braced on arm of chair	2 (4)	100%	---	12	
	Crossed across chest	4 (9)	100%	---	10	
	Held / supported painful arm	1 (2)	---	100%	13	
	Shook arm	2 (4)	100%	---	12	
	Placed hands-to-hips	1 (2)	---	100%	13	
	Thumbs-in-pockets	2 (4)	100%	---	12	
	Abducted from body / barrel-like	3 (7)	100%	---	11	
	Held perpendicular to body	2 (4)	100%	---	12	
	Placed hands-to-knees or thighs	9 (20)	56%	44%	6	
Sat on foot	1 (2)	100%	---	13		
Limited/Full Massage (1)	Massaged painful area	6 (13)	100%	---	8	
Massage Other (1)	Massaged nonpainful area	1 (2)	---	100%	13	
Passive Pressure (1)	Wore no shirt	1 (2)	---	100%	13	
Active Pressure (1)	Pressure applied to painful area	13 (29)	92%	8%	4	
Guarding Body Part or Whole Body (3)	Guarded leg	2 (4)	100%	---	12	
	Guarded arm ipsilateral to tumor	14 (31)	50%	50%	3	
	Guarded torso or whole body	9 (20)	44%	56%	6	
Bracing (2)	Braced to sit	22 (49)	84%	16%	1	
	Braced to shift from sit / recline	19 (42)	58%	42%	2	
Immobilize (1)	Immobilized head and neck	1 (2)	---	100%	13	
Analgesic Use (1)	Monitored medication schedule	1 (2)	100%	---	13	
Vocalization (2)	Asked God to help	1 (2)	100%	---	13	
	Moaned	2 (4)	100%	---	12	
Conversation (1)	Engaged in conversation	1 (2)	100%	---	13	
Watching TV (1)	Watched television	1 (2)	100%	---	13	
Reading (1)	Read book or magazine	2 (4)	100%	---	12	
Music (1)	Listened to music	2 (4)	100%	---	12	
Rhythmical Breathing (1)	Breathed deeply	1 (2)	100%	---	13	
Sleeping / Resting (1)	Rested	1 (2)	100%	---	13	
Gazing / Staring (1)	Gazed at object	1 (2)	100%	---	13	
Heat Use (1)	Wrapped for warmth / heat pad use	3 (7)	100%	---	11	
Eating / Drinking (1)	Drank water	1 (2)	100%	---	13	
Rocking (1)	Rocked body	2 (4)	100%	---	12	
Assistance/Support (2)	Elevated head/shoulders with pillow	6 (13)	50%	50%	8	
	Pillow behind back when sitting	3 (7)	100%	---	11	
Other (2)	Yawned	1 (2)	100%	---	13	
	Shifted weight	5 (11)	100%	---	9	
Total # Behaviors^c		42	26	5		
#/Patient [Range] Mean (SD)		[0-13] 4.3 (3.3)	[0-12] 3 (3)	[0-5] 1 (1)		

^a % of number patients using pain control behavior who reported that it was used to reduce or prevent pain onset;

^b 1=most frequently used and validated behavior; ^c 11 behaviors reduced and prevented pain onset.