

如何紓緩慢性痛症

Understanding and Managing Your Chronic Pain

常見資源 General Resources

疼痛治療的目標 Goals of Pain Management

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| <ul style="list-style-type: none">• 減輕不適感和疼痛強度• 改善身體機能• 提高生活質素• 改善心理健康• 正確使用藥物 | <ul style="list-style-type: none">• Reduce discomfort and pain intensity• Improve physical functioning• Improve quality of life• Improve mental wellbeing• Use medications appropriately |
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4 個 P 的治療方法 4 Ps Approach to Treatment

物理治療

Physical Treatments

運動及鍛鍊

體能鍛煉來提高力量、增強活力和平衡能力

Movement and Exercise

Physical exercise to improve strength, movement and balance.

操作治療

徒手或器材對人體關節或軟組織施力

Manual Therapy

Passive movement or manipulation of joints and soft tissues.

4 個 P 的治療方法

4 Ps Approach to Treatment

物理治療 (續)	Physical Treatments (cont')
超聲波 深層熱能來增加血液循環和促進復原	Ultrasound Deep heating to increase blood circulation and promote healing.
乾針治療 將針插入皮膚，治療發炎和疼痛	Dry Needling Insertion of fine needles into the skin to treat inflammation and pain.
水療 在水中進行鍛煉，避免關節過度受力	Hydrotherapy Performing exercise in the water to avoid over-stressing joints.
牽引療法 伸展脊柱，減輕椎間盤的壓力	Traction Stretching of the spine to relieve pressure off vertebral discs.
職業治療	Occupational Therapy
正確的坐姿	Correct Sitting Posture

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職業治療 (續)	Occupational Therapy (cont')
<p>支撐裝置/矯正器</p> <ul style="list-style-type: none"> • 在某些慢性痛症情況下，如膝關節退化性關節炎疼痛，支撐裝置可能會有所幫助 • 支撐裝置可提供外部支撐，幫助減輕疼痛結構的負擔 	<p>Bracing/Orthotic Devices</p> <ul style="list-style-type: none"> • It can be helpful in certain chronic pain scenarios, e.g. knee osteoarthritis pain. • It may provide external support and help offload painful structures.
<p>心理治療</p> <ul style="list-style-type: none"> • 痛症教育 • 放鬆技巧 • 改變對疼痛的舊觀念 • 建立因應策略 • 評估焦慮或憂鬱 <ul style="list-style-type: none"> • 認知行為治療 (CBT) • 接納與承諾療法 (ACT) • 正念減壓療法 	<p>Psychological Treatments</p> <ul style="list-style-type: none"> • Pain education • Relaxation techniques • Changing old beliefs about pain • Building coping strategies • Assess anxiety or depression <ul style="list-style-type: none"> • Cognitive Behavioral Therapy (CBT) • Acceptance and commitment therapy (ACT) • Mindfulness-based stress reduction

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藥理學	Pharmacologics
有許多種類的藥物可以幫助緩解您的疼痛	Many medication types may be trialed to help with your pain.
藥物可用於控制症狀，以便您更好參與復康活動，也可以緩解影響疼痛體驗的睡眠和情緒問題。	Medications are used to control symptoms, to allow for better participation in active aspects of rehabilitation, and can also address sleep and mood issues which can influence the pain experience.
如果不清楚應試用哪些藥物，可考慮轉介到另一間藥房（如 UBC 藥房），來做一個全面藥史評估，並根據您的具體情況來提出建議	If unclear what medications to trial, consider a pharmacy referral (e.g. UBC Pharmacy Clinic) for a full review of medication history and recommendations given your particular case.

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外科治療

- 有各種注射藥物可幫助緩解疼痛。
- 這些方法不能治癒疼痛症狀，但能更好地控制疼痛。
- 當疼痛區域是局部（小）而不是擴散（到處都是）時，注射藥物效果會更好。
- 疼痛專家可以幫助選擇適合您的注射方式。

注射類型包括

- 皮質類固醇
- 治療關節炎或肌腱問題的玻尿酸
- 針對肌腱/韌帶問題的螺旋療法
- 治療關節炎和肌腱問題的高濃度血小板血漿 (PRP)
- 神經阻斷/消融治療神經、關節和痙攣問題
- 治療偏頭痛、痙攣的肉毒桿菌毒素

Procedural Treatments

- Various injections can be used to help with pain management.
- These do not cure pain symptoms but aim to control them better.
- Injections work better when the pain region is focal (small) rather than diffuse (everywhere).
- A pain specialist can help determine what injections may be appropriate for you.

Types of injections could include:

- Corticosteroid
- Hyaluronic acid for arthritis or tendon problems
- Prolotherapy for tendon/ligament problems
- Platelet-Rich Plasma (PRP) for arthritis, tendon problems
- Nerve blocks/ablation for problematic nerves, joints, spasticity
- Botulinum toxin for migraines, spasticity

自我管理慢性痛症的策略

Self Management Strategies for Chronic Pain

多喝水，健康飲食，減少或避免飲酒及吸菸。	Drink plenty of water and have healthy meals, reduce or avoid alcohol and smoking.
養成良好睡眠習慣。	Practice good sleeping habit.
使用藥盒了解何時服藥，或將服藥與刷牙等日常活動連結起來。	Use pillboxes to know when to take medication, or link it to daily activity e.g. brushing your teeth.
利用放鬆和正念技巧來降低壓力水平及保持樂觀。	Restore energy with relaxation and mindfulness techniques and remain optimistic.
當我們糾結於痛苦時，我們會更體驗到痛苦。將注意力集中在更愉快的事情上，從而改變你的看法。	We experience pain more when we obsess over it. Change your perception by focusing on more enjoyable things.
保持社交活躍並參與娛樂活動。	Stay socially active and participate activities you enjoy.
採用良好的人體工學設計傢俱來減少對身體的壓力。	Use good ergonomics to minimize physical stress on your body.
將任務分成幾個小部分，並在中間休息片刻。	Break up tasks into smaller parts and take rest breaks in between.
定期運動/鍛煉，以增強身體的力量、靈活性和耐力。	Engage in regular exercise to improve your body strength, flexibility and endurance.
時常監測和留意思維方向，因為它會影響患者的感受和行為。	Practice constant monitoring and challenging of thoughts as they affect our feelings and actions.

社區資源 Community Resources

卑詩健康資訊 HealthLink BC

電話 Call: 8-1-1

(每天24小時提供卑詩省醫療保健系統的信息，設有中文服務)

(health system navigators 24 hours per day and Chinese speakers are available)

網頁 Website: www.healthlinkbc.ca

使用應用程式 Use App

(Available on App Store, Google Play, or Microsoft store)

(可於 App Store、Google Play 或 Microsoft store 網路商店免費下載)



HealthLinkBC
BC Health Service Locator
Province of British Columbia

卑詩省家庭照顧者中心 Family Caregivers of BC

照顧者熱綫 Caregiver Support Line: 1-877-520-3267

Pain BC 卑詩疼痛協會

網頁 Website: <https://painbc.ca/> (英文 English only)

相關資源列表 Resources Information Sheets: <https://painbc.ca/find-help/resources/downloadables>

Self-Management British Columbia - Chronic Pain Program

網頁 Website: www.selfmanagementbc.ca/chronicpainselfmanagement



歡迎掃描二維碼訂閱「安康」通訊，定時接收最新活動消息和健康生活資訊。

Please scan the QR code to join iCON mailing list and receive upcoming event news and healthy living tips.



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