

RICHMOND CARES  RICHMOND GIVES

Richmond Family &
Friend Caregiver Hub



Another program of

CHRONIC PAIN CARE

慢性疼痛護理

Taming and living with
chronic Pain

馴服和忍受
慢性疼痛

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BCRPA FITNESS LEADER

TRAUMA INFORMED YOGA INSTRUCTOR





TO TAME PAIN 馴服痛苦

Have a better understanding of chronic pain

更好地了解慢性疼痛

Able to recognize symptoms of acute vs. chronic pain?

能夠識別急性和慢性疼痛的症狀嗎？

Healthy pain management options medical and natural

健康的疼痛管理選擇：醫療和自然

Communicate effectively with your pain support team

與您的疼痛支持團隊進行有效溝通

GOALS FOR TODAY 今天的目標



- DEFINE PAIN (ACUTE AND CHRONIC)
定義疼痛（急性和慢性）
- BASIC WAYS TO MANAGE PAIN AND IMPROVE
FUNCTION 管理疼痛和改善功能的基本方法
- UNDERSTAND PAIN THE ITS IMPACT ON OUR LIVE
了解疼痛對我們生活的影響
- TIPS TO HELP YOU COMMUNIAATEE WITH MEDICAL
PROVIDER 幫助您與醫療服務提供者交流的提示



DEFINE PAIN 定義疼痛

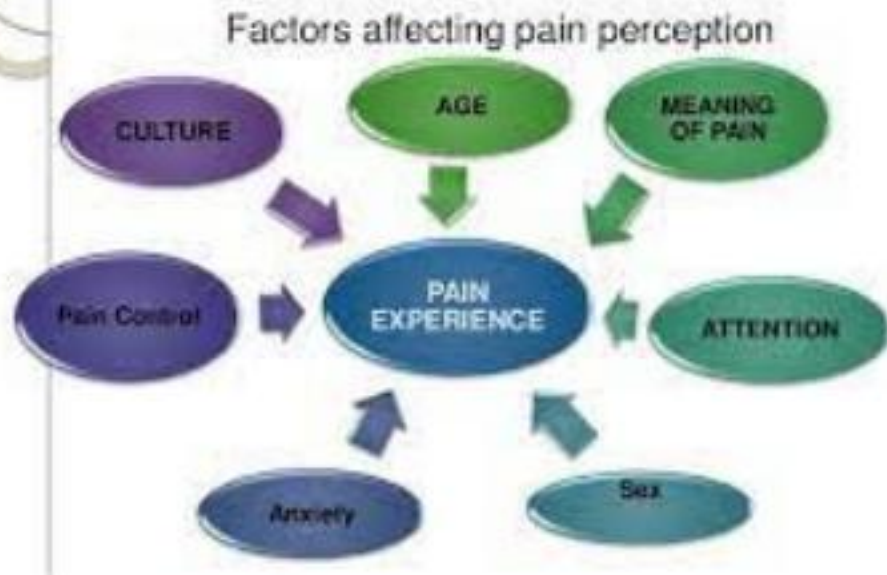
What is Pain? 什麼是疼痛?

- A physical sensation relayed to the brain through the nervous system. 身體感覺通過神經系統傳遞到大腦
- Subjective. Difficult to determine exact cause. 主觀。很難確定確切的原因
- Two people experiencing the same pain will react differently. 經歷相同痛苦的兩個人會有不同的反應
- Pain is what the person says it is. 痛苦就是這個人所說的
- Acute pain is different from chronic pain. 急性疼痛不同於慢性疼痛

Factors Affecting Pain

影響疼痛的因素

1. Pain Overview



- Past experiences 過往的經驗
- Cultural background 文化背景
- Gender 性別
- “Meaning” of pain 痛苦的“定義”
- Life experiences 生活經歷
- Other symptoms 其他症狀
- Anxiety 焦慮
- Rest and sleep 休息和睡覺
- Age 年齡

RECOGNIZING PAIN 識別疼痛

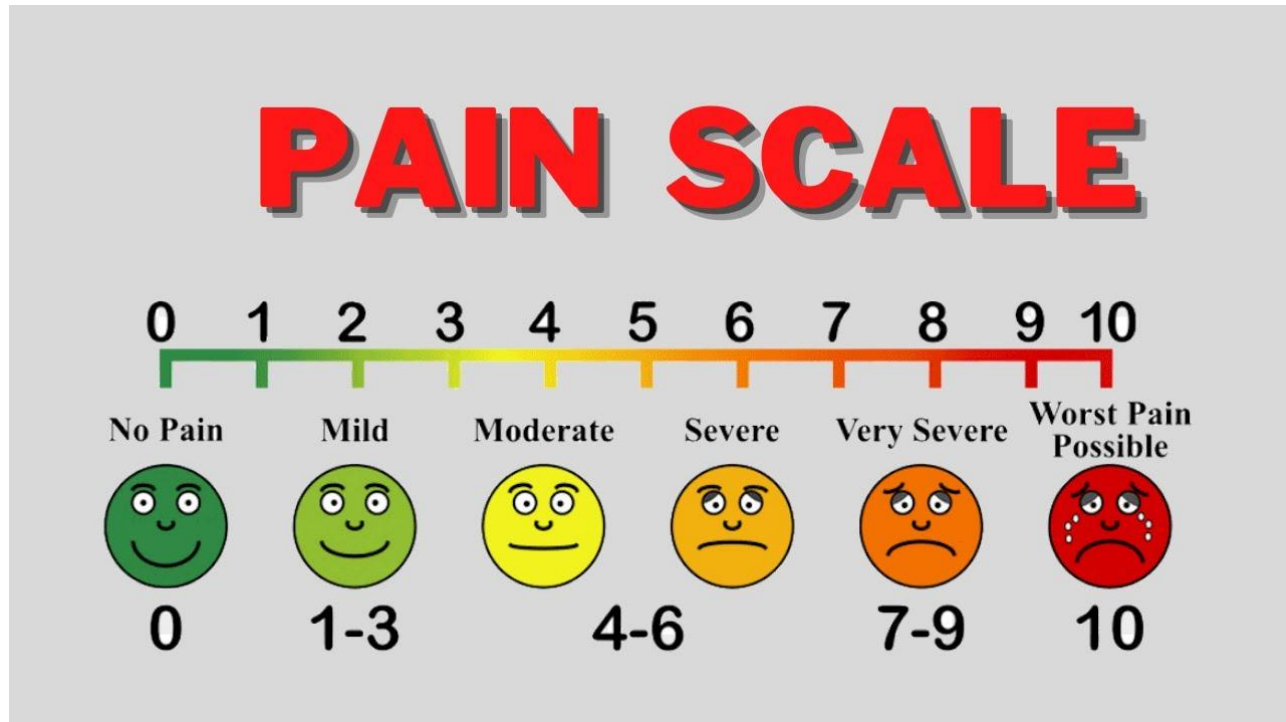
Observe for signs of pain 觀察疼痛的跡象

Ask 問：

- Are you experiencing pain? 你正在經歷痛苦嗎?
- When did it start? 什麼時候開始
- Where do you feel it? Is it sharp/dull/shooting/stabbing etc.? 你在哪裡感覺到？是穩定且可忍的疼痛類型/突然劇烈的疼痛/刺傷等嗎？
- What is the intensity (0-10)? 強度（0-10）是多少？
- What makes it better or worse? 是什麼讓它變得更好或更糟？
- Any other symptoms (dizziness, nausea, etc.)? 是否有其他症狀（頭暈、噁心等）？
- What can I do to help? 我能做些什麼來提供幫助？
- Use the pain chart to document and describe the pain. 使用疼痛圖表記錄和描述疼痛



Pain Assessment Tools 疼痛評估工具



- Wong-Baker FACES Pain Rating Scale Wong-Baker FACES 疼痛評定量表
- Choose the face that best describes how he or she is feeling 選擇最能描述他或她感受的面孔

EXERCISE: ALLEVIATING PAIN I

練習：減輕疼痛



- **Group Discussion** 小組討論：

- What helps to relieve pain?

什麼有助於緩解疼痛？

TECHNIQUES TO MANAGE PAIN

管理疼痛的技巧



- Prescription drugs 處方藥
- Non-prescription drugs 非處方藥
- Distraction 分心
- Relaxation techniques 放鬆技巧
- Imagery 意象
- Skin stimulation 皮膚刺激
- Chemotherapy or radiation 化療或放療
- Nerve blocks, neurosurgery, or acupuncture 神經阻滯、神經外科或針灸

MEASURES TO PROMOTE COMFORT AND RELIEVE PAN 促安撫平措施



- Taking medication at the appropriate time.
在適當的時候服藥
- Maintain good body alignment. 保持良好的身體對齊
- Use appropriate turning, lifting and moving techniques.
使用適當的轉動、提升和移動技術
- Use touch to provide comfort. 使用觸摸來提供舒適感
- Provide a calm, quiet environment. 提供一個平靜、安靜的環境
- Avoid sudden movements. 避免突然的動作
- Provide soft music if desired. 如果需要，提供柔和的音樂
- Ensure body temperature is not too warm or cold
確保體溫不會太熱或太冷

DEFINE PAIN ACUTE VS. CHRONIC

急性疼痛和 突然出現疼痛 之間的不同

THE DIFFERENCE BETWEEN

ACUTE PAIN

- Comes on suddenly
- Usually the result of injury, surgery or something similar
- Last 6 months or less
- Relieved when cause is threatened

急性疼痛

- 突然出現
- 通常是受傷、手術或類似情況的結果
- 持續 6 個月或更少
- 治療病因後緩解

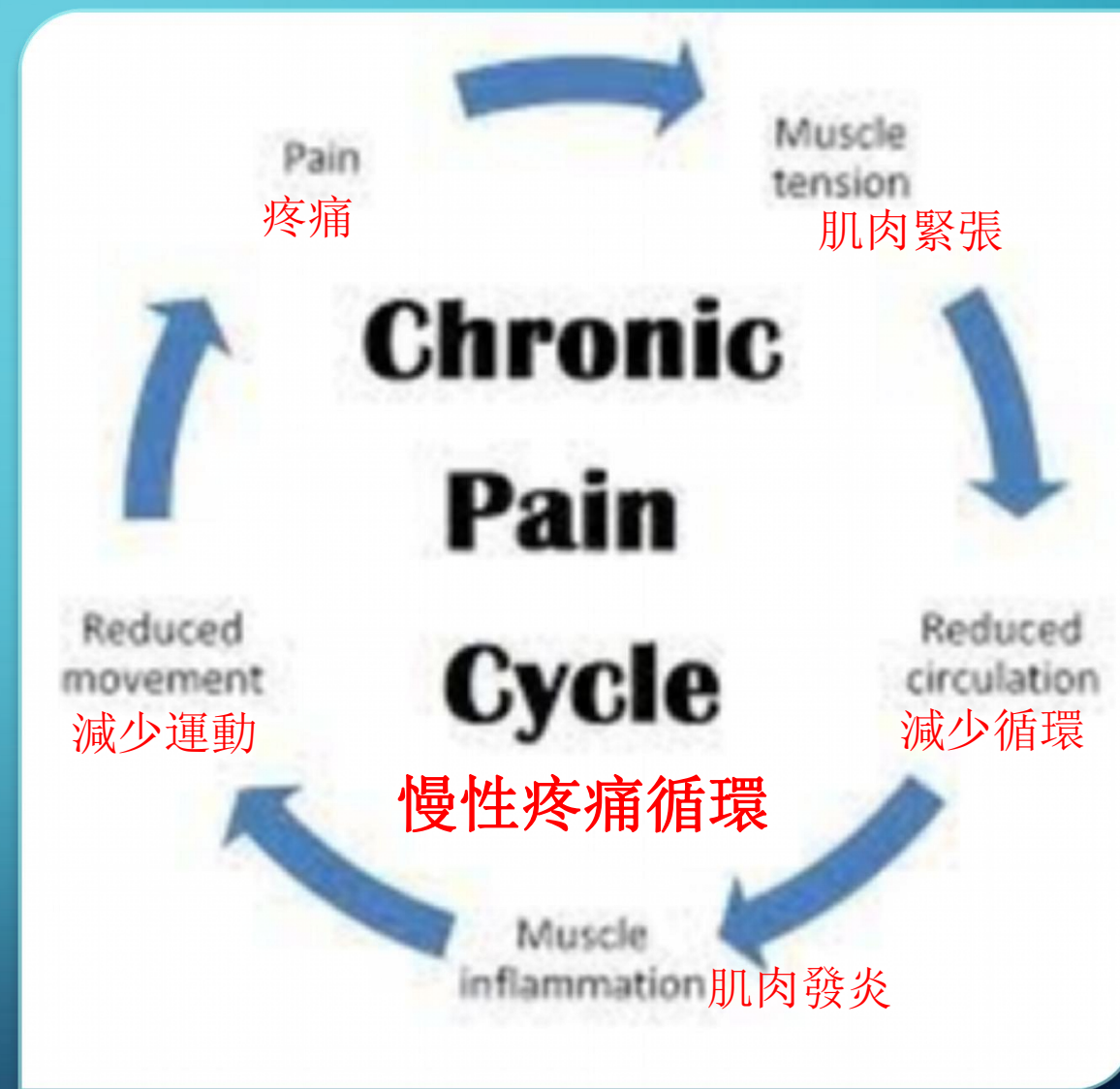
CHRONIC PAIN

- Comes on gradually
- Usually the results of conditions that are difficult to treat or diagnose
- Lasts more than 6 months
- Difficult to find lasting relief

慢性疼痛

- 疼痛逐漸發生
- 通常是難以治療或診斷的疾病的結果
- 疼痛持續超過 6 個月
- 難以找到持久的解脫

THE IMPACT OF PAIN:
BIOPSYCHOSOCIAL MODEL
疼痛的影響：
生物心理社會模型



GATE CONTROL THEORY OF PAIN

門控疼痛理論

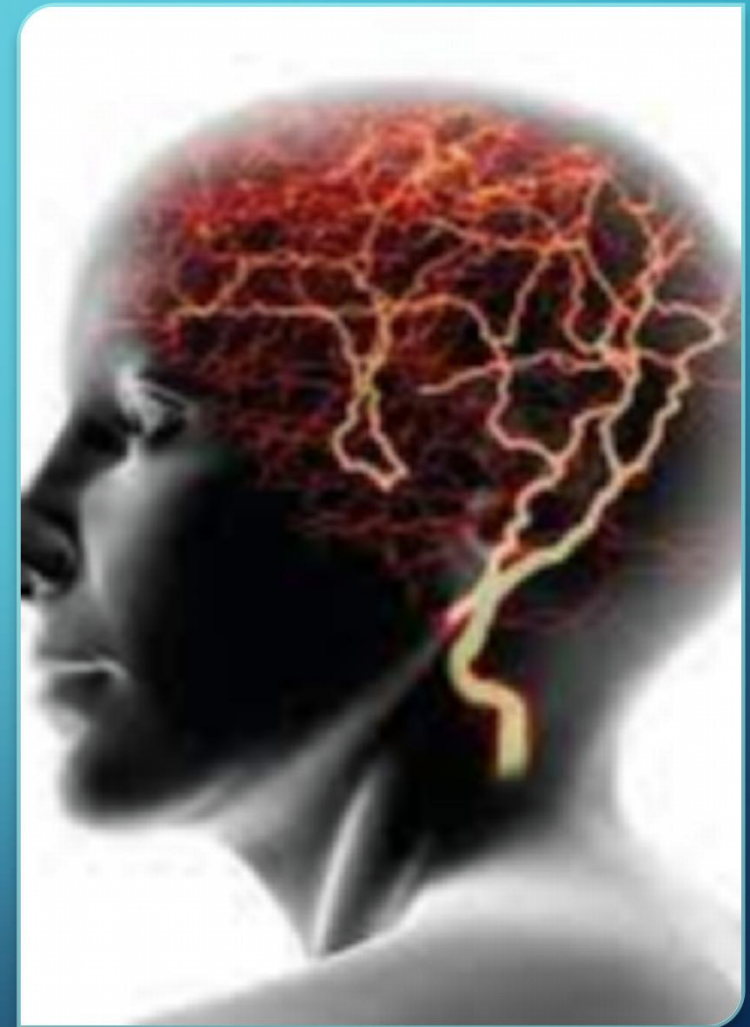
3 Factors that open the gate (bring more pain):

3個打開大門的因素（帶來更多的痛苦）

- 1. Stress and Tension:** being anxious, worried, angry, and depressed.
壓力和緊張：焦慮、擔心、憤怒和沮喪
- 2. Mental Factors:** focus on pain and boredom
心理因素：關注痛苦和無聊
- 3. Lack of Activity:** stiff joints and lack of fitness
缺乏活動：關節僵硬和缺乏健康

Brainstorm: what are the opposites of 'openers'?

啟發思維：“開場白”的對立面是什麼？



MANAGE PAIN

THE CHRONIC PAIN EXPERIENCE 管理疼痛慢性疼痛體驗

- EVERYONE'S PAIN IS DIFFERENT
每個人的痛苦都不一樣
- LOCATION 疼痛發生的地方
- INITIAL CAUSE 最初的原因
- PERCEIVED SEVERITY, ETC. CHRONIC PAIN PATTERN 感知嚴重性或慢性疼痛模式
- CONTINUOUS : PRESENT ABOUT ½ THE DAY OR MORE 連續的：大約 ½ 天或更多
- FLARE-UP: INCREASE FROM 'USUAL' PAIN LEVEL AND MAY VARY IN HOW LONG IT LASTS 爆發：從“通常”的疼痛水平增加，並且持續多長時間可能會有所不同



CHRONIC PAIN TREATMENT 慢性疼痛治療



PSYCHOLOGICAL /
BEHAVIORAL 心理/行為



STIMULATION 刺激



PHYSICAL MEDICINE
理療



SPECIALTY
PAIN CLINIC
專業疼痛診所

SURGICAL
外科手術

MEDICATIONS
藥物

**MANAGE PAIN
CHANGE YOUR
THINKING:**

管理疼痛改變
你的想法

**SELF-CARE AND
MANAGEMENT**
自我保健和管理



**WHAT DO I DO TODAY TO HELP
MANAGE MY PAIN?**

我今天做什麼來幫助控制我的痛苦



**HOW CAN I STILL DO THINGS
IMPORTANT TO ME EVEN IF PAIN IS THERE?**

即使有痛苦，我怎麼還能做對我重要的事情



**WHAT HAS HELPED ME GET THROU A
BAD PAIN DAY IN THE PAST?**

是什麼幫助我度過了過去痛苦的一天

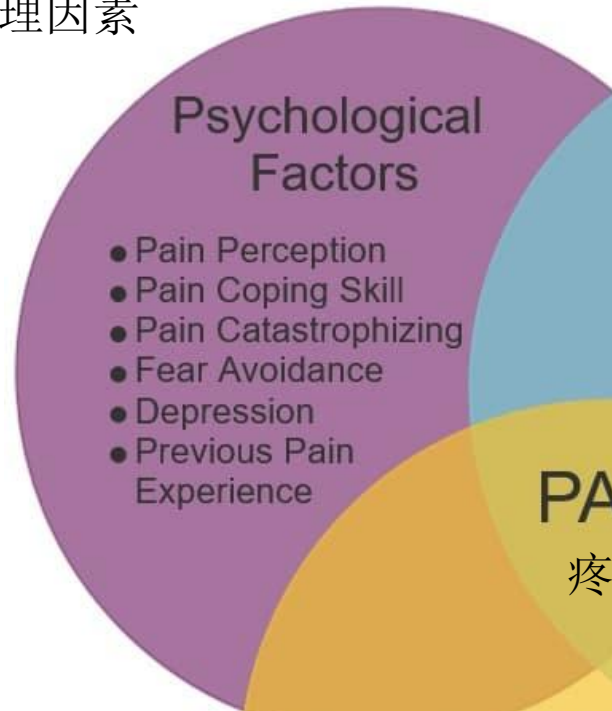
MANAGE PAIN

管理疼痛

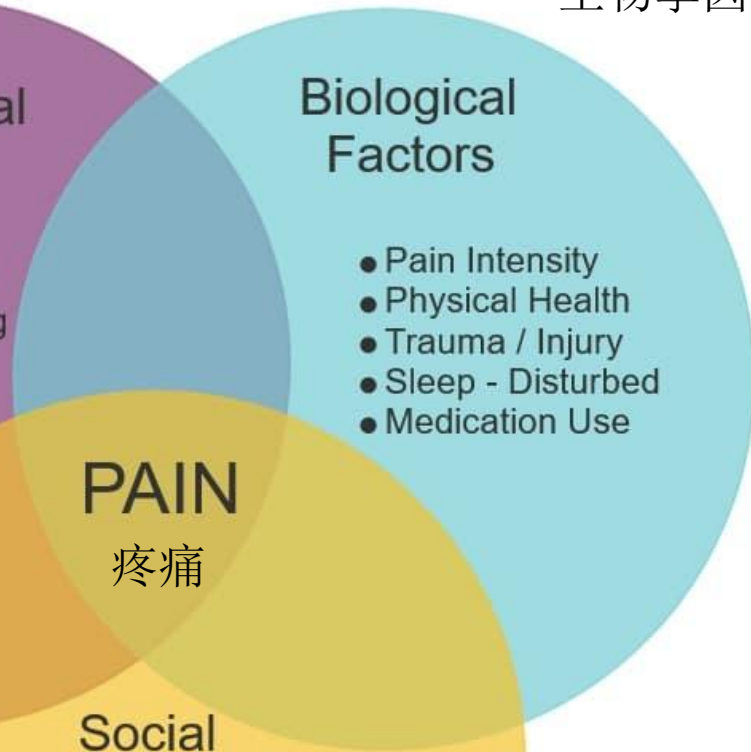
OUR RESPONSE TO PAIN MATTERS

我們對疼痛的反應很重要

心理因素



生物學因素



PAIN

疼痛

社會因素

MANAGE PAIN 管理疼痛

OUR RESPONSE TO PAIN MATTERS 我們對疼痛的反應很重要

UNHEALTHY RESPONSE INCREASE PAIN

沒有人明白我正在經歷什麼

Thoughts

My life is controlled by my pain

我的生活被我的痛苦控制

No one understands what I'm going through 沒有人明白我正在經歷什麼

Behaviors

Inactivity

不活躍

Insolating from others

與他人隔離

Not taking care of oneself 不照顧自己

HEALTHY RESPONSE DECREASE PAIN

健康反應減輕疼痛

Thoughts

When I felt pain like this in the past, it was helpful to apply a hot compress 以前有這樣的痛感時，熱敷會很有幫助

I am having a bad pain day, but I can still get things done 我度過了痛苦的一天，但我仍然可以完成工作

Behaviors

Doing things you enjoy 做你喜歡的事情

Being physically active 身體活躍

Taking care of yourself (physically & mentally) 照顧好自己的身心

**MANAGE PAIN
SELF CARE STRATEGIES
管理疼痛自我護理策略**

- RELIEVE STRESS 緩解壓力
- IMPROVE SLEEP 改善睡眠
- HEALTHY WEIGHT 健康體重



COMMUNICATE EFFECTIVELY 有效溝通

10 TIPS TO GET THE MOST OUT OF YOUR DOCTOR'S VISIT 充分利用醫生就 診的 10 條提示

1. PREPARE	PREPARE FOR THE VISIT 為訪問做準備
2. GET	BE CLEAR AND GET TO THE POINT 說清楚，直奔主題
3. KNOW	KNOW YOUR HEALTHCARE TEAM 了解您的醫療團隊
4. TAKE	TAKE MEDICINES AS PRESCRIBED 按規定服用藥物
5. STAY	BE HONEST AND OPEN 誠實和開放
6. LISTEN	LISTEN CAREFULLY AND TAKE NOTES 仔細聽並做筆記
7. ASK	ASK ABOUT TIMING OF EXPECTED RESULTS 詢問預期結果的時間安排
8. PHONE	PHONE CALLS: PLAN YOUR MESSAGE AHEAD 電話提前計劃您的信息
9. ASK	ASK ABOUT FOLLOW-UP: WHEN, TRIGERS 詢問跟進
10. ARRIVE	ARRIVE EARLY (PARKING, CHECK-IN, ETC.) 提前到達

TODAY'S SUMMARY 總結

WE CAN LIVE BETTER WITH PAIN IF WE DO A FEW THINGS: 如果我們做一些事情，我們可以在痛苦中生活得更好

- **UNDERSTAND OUR PAIN BETTER**
更好地理解我們的痛苦
- **BE AN ACTIVE PART OF OUR OWN PAIN MANAGEMENT** 積極參與我們自己的疼痛管理
- **TEAM UP WITH PROVIDERS AND COMMUNICATE WELL** 與供應商合作並進行良好的溝通



**THANK
YOU!**

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