

痛症管理 Pain Management

以非藥物方法治療痛症 Non-pharmacological approaches to manage pain

疼痛是每個人一生中都經歷過的。不論程度大小，它都會影響我們身心靈健康及生活質素。現時，多達7成居於護老院的長者深受疼痛困擾，因而減少身體和社交活動，甚至患上抑鬱症和焦慮症等情緒病。

為緩和患者的痛楚，來自理大活齡學院的多名義工組成「朋輩義工痛症組」，向長者提供有關痛症及非藥物治療的方法。另外，理大護理學院的結合保健診所設立痛症管理診所，專門提供各種非藥物治療。



朋輩義工接受無線電視體育記者訪問
Peer volunteers were interviewed by a TVB sport reporter



朋輩義工教授毛巾操
A peer volunteer is teaching towel exercises

Everyone has experienced pain in their life time. Regardless of its intensity, pain poses a negative impact on our physical and psychosocial well-being and our quality of life. The prevalence of pain among nursing home residents was as high as 70%. This leads to a decrease in mobility, social interaction, depression and anxiety.

The Institute of Active Ageing (IAA) established by PolyU has recruited volunteers and formed a team to provide a peer-led pain management programme for older adults living in the community centers and in nursing homes. Besides, the Integrative Health Clinic of PolyU has established the Pain Management Clinic, which adopts non-pharmacological approaches in managing pain.

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特色與優點

- 朋輩義工在自我評價上對疼痛管理的認知上有顯著增長。
- 成功協助參與長者掌握緩和疼痛的方法，令疼痛程度下降，提升活動能力及開心指數。
- 痛症管理診所提供非藥物治療方法，與患者同行。

應用

- 為受長期痛症困擾的社區中心及護老院院友長者提供疼痛管理訓練
- 痛症管理診所為全香港市民提供痛症管理服務



伸展運動是其中一個疼痛管理的方法
Stretching exercise is a pain management strategy



朋輩義工與護理職員一同教授院友
Peer volunteers work with nursing staff to teach nursing home residents

Special Features and Advantages

- Peer volunteers showed a significant increase in self-rated pain management knowledge.
- The pain management programme helped the older adults to manage their pain, reduce pain intensity, enhance activity of daily living, and increase happiness.
- The Pain Management Clinic provides non-pharmacological approaches to manage pain.

Applications

- Provide pain management education and coping strategies for older adults suffering from chronic pain in community centres and nursing homes
- Pain Management Clinic provides pain management service to the Hong Kong Citizen



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