

Managing Chronic Pain in Older Adults (v1)

1. Introduction

簡介

Pain is a common complaint in the elderly.

疼痛是長者常見的身體不適。

As the number of individuals older than 65 years continues to rise, frailty and chronic diseases associated with pain will likely increase.

隨著 65 歲以上長者人口持續增長，與疼痛相關的慢性疾病和衰弱亦隨之增加。

Older individuals commonly suffer from multiple diseases with chronic pain and take numerous pain relief medications.

長者通常患有多種帶有慢性疼痛的疾病，並需要服用多種止痛藥。

Chronic pain is defined as pain persisting for more than 3 months.

慢性疼痛是指任何持續超過 3 個月以上的疼痛。

A study on the prevalence of common chronic pain in Hong Kong adults showed approximately 10.8%.

一項有關對香港成年人患慢性疼痛的研究反映其普遍率為 10.8%。

Another study on the epidemiology of pain in 5000 Hong Kong older adults found 34.9% of the seniors reported pain lasting more than 3 months.

另一項包括 5000 名香港長者之疼痛流行病學研究發現，34.9%的長者患有持續超過 3 個月之疼痛。

It affects adults aged over 60 years, and in particular women

它影響 60 歲以上的成年人，特別是女性。

Among the old people suffer from chronic pain, 70.8% of them said the pain had interfered with their daily life.

在患有慢性疼痛的長者當中，70.8%訴說疼痛已經影響了他們的日常生活。

Chronic pain disorders caused by knee arthritis, osteoporosis and spinal neuropathy often cause pain when doing weight bearing activities which may lead to kinesiophobia, that is fear of movement.


由膝關節炎，骨質疏鬆症和脊柱神經病引起的慢性疼痛，在進行負重活動時會經常引起疼痛，這可能導致運動性恐懼症，即害怕移動。

Besides, Chinese older adults are relatively reluctant to carry walking aids as they mistakenly think that this is a representation of disability and disgrace.

此外，華人長者一般來說不願意使用助行器，因他們誤解這是傷殘和羞恥的象徵。

As a result, they may choose to walk with a limping or unsteady gait.

結果，他們寧可選擇跛行或步履不穩。

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Older people are often either untreated or undertreated for pain.
患有疼痛的長者經常沒有接受或未能夠得到充分的治療。

The consequences of under treatment for pain can have a negative impact on their health and quality of life, resulting in depression, anxiety, social isolation, immobility, and sleep disturbances in older people.

結果因為缺乏足夠的疼痛治療而可能導致對其健康及生活質數產生了負面的影響，從而導致長者抑鬱，焦慮，社交孤立，行動不便和睡眠障礙。

Therefore, proper management of chronic pain in older people is a critical issue in the society.
因此，適當地處理長者的慢性疼痛是社會上的一個關鍵議題。

Yet, relatively little clinical attention has been paid to the assessment of pain in the geriatric population.

然而，臨床上對年長人士疼痛之評估相對地較少關注。

Nevertheless, it has been found that solving the issue is not an easy task.
不過，解決此問題並非一件容易的事。

The misconceptions of coping with chronic pain, inadequacies in education and proper coping strategies in older adults are some of the barriers for effective pain management.


長者對慢性疼痛所產生的誤解，教育和應對策略之不足，都是構成有效控制疼痛的障礙。

Pain assessment and management are necessary for the control and/or alleviation of pain.
評估及處理疼痛對於控制和/或減輕疼痛是必要的。

It can be conducted in any clinical or home care setting.
並可在臨床上或家中進行。

Pain management techniques should include both pharmacologic and non-pharmacologic approaches with the common goals in pain reduction and improved function.

疼痛處理技術應包括藥物和非藥物方法，其共同目標是減輕疼痛和改善功能。

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