

## Managing Chronic Pain in Older Adults (v18)

### 18. Pain vigilant

#### 疼痛警惕

Many diseases are often discovered as a result of a complaint of "pain" feeling.

很多疾病之所以會被發現，都在於出現「疼痛」這樣的感覺。

Yet, the feeling of pain is actually very subjective, and everyone's feelings are very different.

但痛的感覺其實很主觀，每個人的感受都有很大的差異。

Chronic pain in the older people can be a complex but rewarding problem to treat.

長者的慢性疼痛是一個複雜但值得關注的問題。

Sole reliance on oral medications alone may result in significant side effects and drug interactions.

僅依靠口服藥物可能會導致嚴重副作用和藥物相互作用。

The best approach is a full biopsychosocial approach geared toward improving the senior's function with cautious medication use.

最好的方法是採用全方位的生物-心理-社會學模式以改善長者的功能，同時謹慎使用藥物。

Non pharmacologic therapies can be critical in improving symptoms and functional capacity of pain in the seniors,

非藥物療法對於改善長者疼痛症狀和身體功能至關重要，

as well as minimizing medication use and its associated side effects when managing pain.

以及在緩解疼痛時減少使用藥物和減輕其相關副作用。

When medications are used, opioids should be reserved for seniors who are unable to improve significantly without opioid therapy.

當使用止痛藥物時，應盡量避免使用鴉片類藥物，除非它是唯一對於緩解長者的疼痛有顯著效果的治療。

It is important for all formal and informal carers to understand pain and learn to identify the signs of pain in the seniors under their care.


重要的是，所有正式和非正式照顧者都必須了解疼痛並學會識別所護理長者的疼痛跡象。

Effective pain control for all persons must become a major component of health care in all treatment settings.

在任何治療環境中，對所有人進行有效的疼痛控制必須成為醫療保健的重要組成部分。

A systematic process by which pain is recognized, assessed, documented, and reassessed on a regular basis will result in improved pain management for all institutionalized older adults.

有系統地對疼痛進行定期識別，評估，記錄和重新評估將改善所有住在院舍長者的疼痛緩解。

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	Page	1

The process begins with each member of the health care team becoming pain vigilant, 這個過程從醫療團隊的每個成員對疼痛變得警惕開始。

Being constantly alert to cues that suggest the senior may be experiencing pain, and adapting assessment approaches to meet the needs of each individual.

不斷警覺長者可能正在感到疼痛的提示，並採用適當評估方法以配合每個人的需要。

Every health professional can be a “Pain Champion” by supporting the team in improving the pain assessment for all seniors in your facility.


通過支援團隊改善機構所有長者的疼痛評估，每位醫護專業人員都可以成為疼痛專家。

Pain can have a very large impact on a person, including physical discomfort, low mood, and even affect work performance, reduce the quality of life

疼痛對於一個人的影響非常大，而且是多方面的，包括身體不適、情緒低落，甚至影響工作表現，降低生活質素。

Therefore, don't ignore pain problems.

因此，千萬別忽視了疼痛的問題。

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	Page	2