

Managing Chronic Pain in Older Adults (v2)

2. Demystifying about pain and older adults

破解長者與疼痛的誤解

Myth #1: Chronic pain is an inevitable part of ageing and nothing can be done about it

誤解#1: 慢性疼痛是老化過程中不可避免的一部分

Pain is not a normal part of ageing, but is a signal that something is wrong.

疼痛不是老化的一部分，而是意味著出現了問題的訊號。

When pain occurs, it is important to evaluate and determine the underlying cause of the pain.

當發生疼痛時，評估及確定引起疼痛的根本原因是很重要的。

Curing or treating the underlying cause will often eliminate the pain.

治癒或處理根本原因通常可以消除疼痛。

Pain can also be managed with a wide variety of medicines.

疼痛也可通過使用不同類型的藥物來控制。

Myth #2: To acknowledge pain is a sign of personal weakness

誤解#2: 承認疼痛是個人軟弱的象徵

Acknowledging pain is the first step toward treating the cause or getting the pain under control.

承認疼痛是啟動處理或控制疼痛的第一步。

There is no benefit in suffering pain when treatment is readily available.

長者無須強忍疼痛，因為治療方案彼彼皆是。

It is important for older people to work with health care provider, and to be honest about their level of pain so that the proper treatment can be provided.

長者與醫療人員之間的合作是非常重要的，能夠坦誠道出疼痛的程度，以便提供適當的治療。

Myth #3: Chronic pain always indicates the presence of a serious disease

誤解#3: 慢性疼痛的出現總是與嚴重疾病有關

Serious disease can sometimes be accompanied by pain, but pain has many possible causes.

嚴重疾病有時可能伴隨著疼痛，但導致疼痛可能有許多的原因。

The cause of chronic pain may be something that can be treated or cured.

慢性疼痛的原因是可能處理或治癒的。

It is important to seek medical help when pain occurs so that the cause of the pain can be identified.

關鍵在於出現疼痛時必須尋求醫療協助，以便能夠找出疼痛的原因。

Myth #4: Addiction to narcotic pain medications is a common problem


誤解#4: 普遍認為服用麻醉性止痛藥會導致成癮

Medications known as opioids such as morphine do have the potential to cause addiction.

然而嗎啡這類被稱為鴉片類藥物的確有可能引起成癮。

Most people who use pain medications under the supervision of their doctor never become addicted.

大部份人在醫生的監督下使用止痛藥是不會成癮。

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Myth #5: Morphine and other narcotics are given only to people who are about to die

誤解#5：嗎啡和其他麻醉藥只用於臨終患者

Morphine and other narcotics can be helpful for people in hospice care at the end of life, but they are also effective for other painful conditions as well.

嗎啡和其他麻醉藥能為臨終患者提供協助，但對其他疼痛情況亦同樣有效。

These medicines may be used to control acute pain following surgery.

這些藥物可用於控制手術後的急性疼痛。

Myth #6: Reliance on the use of Pharmacological Intervention

誤解#6：依賴藥物的介入

A desire for rapid and temporary pain relief has frequently led to older adults suffering from chronic pain to seek for medical treatment.

患有慢性疼痛的長者經常渴望尋求治療及依賴使用藥物以達至快速和暫時緩解疼痛。

Studies showed that among the old adults suffered from chronic pain, over 75% of them had tried self-treatment or sought medical intervention.

有研究表示，在患有慢性疼痛的長者中，超過 75% 的長者曾經嘗試過自我治療或尋求醫療介入。

However, only a small portion of them considered the treatment definitely helpful.

但是，只有一小部分長者認為治療是有幫助的。