

Managing Chronic Pain in Older Adults (v7)

7. Impact of not managing well with chronic pain in older people

處理慢性疼痛不善對長者的影響

The consequences of untreated pain can profoundly impact the older person's quality of life. 未經治療的痛症會嚴重影響長者的生活質素。

In addition, physiologic risks associated with untreated pain such as cough suppression with subsequent retention of pulmonary secretions, depression, impaired cognitive function, sleep disturbance, impaired functional abilities, diminished socialization, and increased health care use and costs are all associated with the presence of pain in older adults.

再加上相關的生理風險，例如抑制咳嗽引致肺部痰涎聚積，抑鬱，認知功能受損，睡眠障礙，身體失能，社交減少，從而增加醫療使用率和費用等，皆與長者出現疼痛有密切的關係

Analgesics are commonly prescribed for pain reduction for older adults suffering from arthritis and back pain, but the effect is usually unsatisfactory.

鎮痛藥物通常用於減輕長者患有關節炎和腰背痛，但效果通常不能令人滿意。

Its side effect like gastro-intestinal is also well known.

其對腸胃道的副作用也是眾所周知的。

It is common that older adults are taking multiple medications for concomitant medical problems.

通常長者患有多種健康問題，而須服用多種藥物。

As age advances, the number of functioning hepatocytes decrease.

隨著年齡增長，能發揮功能的肝細胞數量減少。

This leads to changes in drug metabolism which may defer the rate of detoxication of drug by-product.

這會導致藥物代謝變化，從而延慢藥物副產物的解毒速度。

This in turn increases the risks of older people in regarding the side effects of multiple medications.


這反過來也增加了長者服用多種藥物副作用的風險。

In Chinese Medicine theory, the liver functions of older adult will decline, leading to less blood flow and affecting the "Qi" inside the meridian.

在中醫理論中，長者的肝功能會下降，血液流量會減少，從而影響經絡內的「氣」。

As a result, it may lead to depressed mood or anger in the older person.

結果，可能會導致長者情緒低落或易怒。

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Due to fear of movement because of chronic pain, other chronic diseases such as diabetes, hypertension, and heart disease of the senior that requires ongoing ambulatory activities for maximal control, may become worsen.

由於慢性疼痛而害怕活動，可能會使長者的其他慢性疾病例如糖尿病，高血壓，和心臟病惡化，因這些慢性疾病需要患者進行持續活動，才能獲得最大程度的控制。

Moreover, a senior with chronic multiple joints pain if walked unaided would carry added pain and limping.

此外，患多個慢性關節痛的長者步行時，如果不使用助行器，會令其疼痛加劇及步履蹣跚。

The stress on the painful joints would be exaggerated.

也會加重疼痛關節的壓力。

It will lead to a vicious cycle of unresolved pain and degeneration.

這將會導致疼痛無法解決和退化的惡性循環。

As such, the duration permitting the senior with independent walking will be lessen.

因此，長者能獨立行走的時間將更為縮短。

Furthermore, it will increase the risk of fall and leads to fragility or even permanent disability.

而且，它會增加跌倒的風險，並導致衰弱甚至永久性殘疾。

In a state of persistent pain, older adults may limit what they do, either because activity exacerbates the pain or because they are afraid of re-injury or falling.

在持續的疼痛狀態下，長者可能會限制自己的活動，這可能是因為活動加劇了疼痛，或因他們害怕再次受傷或跌倒。

This in turn leads to the senior further restriction in activities, decreased participation, and greater disability.

這反過來導致長者進一步的活動限制，減少參與和殘疾加重。

Apart from a reduction in social activities, a decline in physical activity because of pain is also associated with weight gain and obesity.

除了減少社交活動外，由於疼痛導致的體力活動減少，是與體重增加和肥胖有關。

It can contribute to even greater pain, especially in the knees, hips, and lower back.

它會加劇疼痛，尤其是膝蓋，臀部和下背部。

Persistent pain may also lead to chronic problems in initiating and maintaining sleep.

持續疼痛會導致入睡和維持睡眠的長期問題。

Older adults with severe, persistent pain are twice as likely to report difficulties in initiating sleep, in staying asleep, and with sleeping longer than usual.

患有嚴重，持續性疼痛的長者反映有困難入睡，保持睡眠狀態及比平常睡長時間一點，是一般人的兩倍。

The relationship between pain-related sleep deprivation and physical inactivity may also be cyclical.

與疼痛有關的失眠和缺乏運動，兩者之間的關係也可能是循環性的。

Since poor sleep leads to persistent fatigue in older adults, and fatigue leads to decreases in physical activity and to greater disability.

因為睡眠不足會導致長者持續疲勞，而疲勞會導致體力活動減少及殘疾加重。