

## Managing Chronic Pain in Older Adults (v8-v11)

### 8. Non-Pharmacologic Approaches in Managing Chronic Pain in Older Adults

以非藥物療法緩解長者的慢性疼痛

Pain is the most common health problem in urban dwellers

痛症是都市人最常見的健康問題。

It is usually caused by illness, accident, or long-term poor posture.

通常是由疾病、意外或長期姿勢不良等引發。

But if the pain lasts for more than three months, it is a chronic pain.

但假如痛楚持續超過三個月，就屬於慢性痛症。

Chronic pain in later life is a worldwide problem.

晚年慢性疼痛是一個世界性的問題。

Study found that 20-30% of people in Hong Kong had chronic pain.

研究發現，全港有兩至三成人人口有慢性痛症。

The most common being headache, back pain and neck pain, and about half of the older people had more than one affected location of pain, such as knee pain, or hip pain.

最常見是頭痛、背痛及頸痛；約一半的長者更有多過一個位置的痛症，例如膝關節痛，或髖關節痛等。

For pain management to be effective in the older people, the health professionals need to be skillful in pain assessment; capable of recognizing the importance of a holistic, interdisciplinary team approach to care; and knowledgeable of both pharmacologic and non-pharmacologic approaches to management.

為有效地緩解長者的疼痛，醫護專業須要對疼痛評估有熟練的技巧，能夠認識到整體的，跨專職團隊護理的重要性，並熟悉藥物及非藥物的治療方法。

In the management of pain, it is no longer just the use of oral medications.

在疼痛治療上，不再只是單純使用口服藥物。

In fact, many people who took oral medications often could not have their pain relieved.


事實上許多患者服用口服藥物，也不能得到適當的疼痛舒緩。

Seniors may even get fearful of taking too many medications.

而且長者吃太多藥也吃怕了。

Hence, other than using drugs, there are other alternative therapies to manage patients' pain problem more comprehensively.

所以除了使用藥物治療外，還有其他替代治療方法，以針對患者疼痛問題作更全面性的處理。

	File	Handout - Managing Chronic Pain in Older Adults (v8-v11)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	1

The following section will introduce some non-pharmacological methods for seniors or their carers to manage these common chronic pain conditions.

在以下部分，將為長者或照顧者介紹一些非藥物治療方法處理常見的慢性痛症。

Chronic pain decreases physical functions and increases the incidence of depression.

慢性疼痛會降低身體機能並增加抑鬱症的發病率。

Although medicines are sometimes necessary for controlling chronic pain conditions, the effects are sometimes short lasting.

儘管有時有需要用藥物來控制慢性疼痛，但往往效果持續的時間很短。

Non-pharmacological options are frequently underused and should be considered in every older adult with chronic pain.

非藥物療法也經常使用不足，其實每位患慢性疼痛的長者都應考慮使用。

At least, it can serve in conjunction with drug therapy as a helpful adjunct to decrease the dosage and frequency of medication when it is used.

至少，它可以與藥物治療結合使用，作為輔助減少使用藥物的劑量和頻率。

The general guidelines for non-pharmacological management of chronic pain include:

以非藥物療法緩解長者的慢性疼痛的一般指南包括：

- Adopt non-medical method of home physical modalities such as using a transcutaneous electrical nerve stimulation, hot and cold therapy, acupuncture and massage therapy along with your regular pain medicines.

連同服用常規的止痛藥，可採用實體家居程式，例如使用經皮電神經刺激，冷熱敷，穴位按壓和按摩療法。

- Cognitive-behavioral therapy such as life-style changes, or coping skills such as practicing relaxation techniques.

認知行為療法，例如生活方式改變，或應對技巧，例如練習放鬆技巧。

- Regular and individualized stretching and core muscle exercise program.

定期和個人的伸展和核心肌肉鍛煉計劃。

- Use appropriate assistive device.

使用適當輔助裝置。

- Healthy eating in traditional Chinese medicine

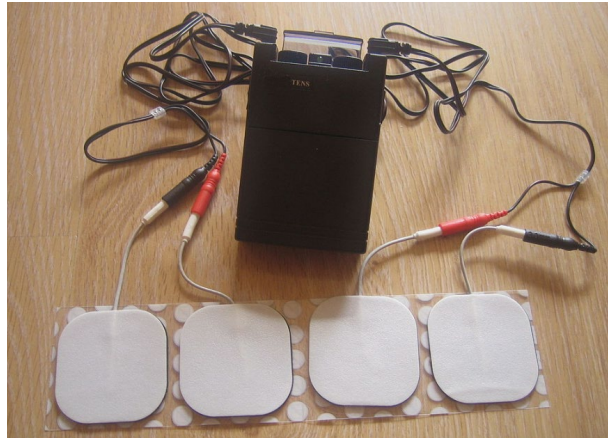
中醫飲食養生。

## 8.1 Transcutaneous electrical nerve stimulation (TENS)

經皮電神經刺激

TENS involves the use of battery driven small device to deliver low-voltage electric current to treat pain.

TENS 使用電池驅動的小型設備來提供低壓電流以治療疼痛。



The therapy changes the individual perception of pain.

該療法改變個人對疼痛的感覺。

TENS works from two theories.

TENS 行使兩種理論。

The first theory is called the “Pain Gate Theory”.

第一個理論稱為「門控學說」。

It works by using high frequency electric current of larger than 100 hertz to stimulate nerve cells that blocks the transmission of original chronic pain signals.

它通過使用大於 100 赫茲的高頻電流來刺激神經細胞，從而阻止原始慢性疼痛信號的傳遞。

As a result, perception of pain may be modified or minimized.

因此，可以改變或減少對疼痛的感覺。

The second theory is the use of low frequency current of smaller than 10 hertz to stimulate the pain perception nerve fibers, and raise the level of endorphins.

第二種理論是使用少於 10 赫茲的低頻電流來刺激痛覺神經纖維，並提高內啡肽的水平。

Endorphin is the body’s natural pain-killer.

內啡肽是人體的天然止痛殺手。

The endorphins then block the perception of pain.

內啡肽會阻止疼痛感。

The most common conditions for which TENS can be used include:

TENS 最常用於以下情況：

- **Osteoarthritis 骨關節炎**  
It is degenerative joint disease or “wear and tear” arthritis.  
骨關節炎或稱退化性關節炎
- **Fibromyalgia 纖維肌痛症**  
It is a chronic disorder that presents with muscle ache and tenderness throughout the body.  
纖維肌痛症是一種慢性疾病表現為全身肌肉疼痛。  
The affected person also easily complains of fatigue.  
患者也容易抱怨疲倦。
- **Tendinitis, is an inflammation of a tendon.**  
肌腱炎，是肌腱發炎。
- **Chronic low back pain is pain on the back, lumbosacral and sacral region that lasts greater than three months.**  
慢性腰背痛是指腰背、腰骶和骶髂部的疼痛，而且持續超過三個月。
- **Diabetic neuropathy, is the damage to the nerves that connect the brain and spinal cord to the rest of the body.**  
糖尿病周邊神經病變是大腦和脊髓連接到身體其他部位的神經受損。

## 8.2 Acupressure

### 穴位按摩

Chinese medicine views pain as a condition where the energy of the body (Qi) has become stagnated or stuck or an area where the qi flow has become diminished.

中醫對於身體疼痛位置是指不通則痛

Acupressure is an alternative medicine technique similar to the principle of acupuncture.

穴位按摩是一種類似針灸原理的替代醫學技術。

It is based on the concept of energy of the body known as “qi” which flows along the "meridians" in the body.

它是基於身體的能量概念，稱為「氣」，是沿著人體的經絡流動。

The theory refers to the blocked area where the acupressure soothes the flow of the “qi”, which mimics the Chinese medicine theory that “there is no pain when the flow goes smooth.

該理論是指穴位按摩舒緩氣血流動受阻塞的區域，這類似中醫理論的「通則不痛」。

During treatment, physical pressure is applied to acupuncture points with the aim of clearing blockages in these meridians.

在治療過程中，對穴位施加按壓，以清除經絡中的阻塞。

Pressure may be applied by fingertips, knuckle or with a massage probe.

可以透過指尖，指關節或按摩探頭施加按壓。

Some medical studies have suggested that acupressure may be effective in managing low back pain, tension headaches, despite the effect could be due to placebo effect.

一些醫學研究顯示，穴位按摩可有效治療腰背痛，緊張性頭痛，儘管效果可能是由於安慰劑效應。

Use of acupressure is helpful to relieve headache in older adults.

使用穴位按摩有助於緩解長者的頭痛。

The acupuncture point we choose is Fengchi.

選擇的穴位是風池穴。

It is located posteriorly at both sides near the junction between proximal part of neck and base of the head.

它位於后側，靠近頸部近端部分和頭部底部之間的交匯點。

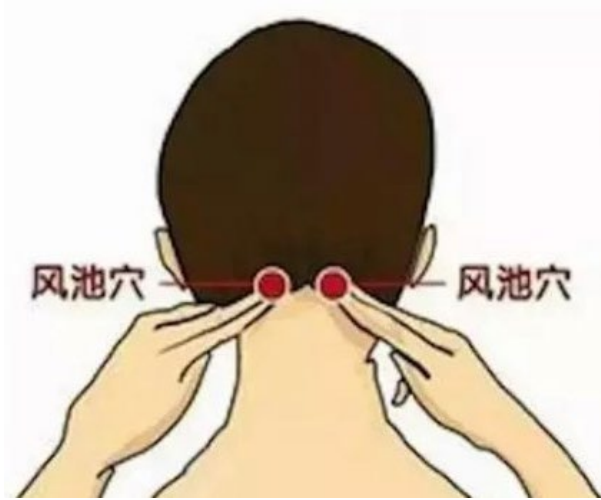


Image from 圖片來源: <https://i1.go2yd.com/image.php?url=0JtJuw6WCT>

Use fingertips to press the acupressure point at the painful side of headache and hold for 10 seconds, then repeat with 5- 10 times until the headache is lessen.

用指尖按壓頭痛一側的穴位並保持 10 秒，重複 5 至 10 次，直到頭痛減輕。

### 8.3 Massage Therapy

#### 按摩療法

Massage is one of the earliest health care modalities that people used to relieve pain, but cannot be used as the main therapy

按摩是人們用來緩解疼痛的最早保健程式之一，但不能當為主要療法。

It involves manipulating the soft tissues of the body.

它涉及推拿身體的軟組織。

Many studies on massage therapy have been conducted on pain from osteoarthritis, headaches, and low-back pain.

許多按摩療法的研究也曾試用於骨關節炎、頭和腰背的疼痛。

Osteoarthritis often causes joint pain, especially in the elderly.

骨關節炎常會導致關節疼痛，尤其是長者。

Regardless of the level of evidence was not as strong as acupuncture, it is less invasive.

儘管證據顯示效果不及針灸，但它的入侵性相對較小。

Results also showed that massage might help with pain and anxiety.

結果也顯示，按摩有助於舒緩疼痛和焦慮。

Nowadays, some rechargeable massage probes are commonly used.

現今，一些可充電的按摩探頭已被廣泛使用。

They are handy and seniors can do the massage by themselves or carers can also assist, as needed.

使用很方便，長者可自行操作，照顧者也可根據需要提供協助。

Massage is preferable to be performed by a trained therapist.

按摩最好由受過訓練的治療師進行。



## 8.4 Hot and Cold Therapies

### 冷熱療法

Hot and cold therapies are simple and common physical modalities used by people to relieve muscle or joint pain.

冷熱療法是人們用來舒緩肌肉或關節痛的簡單且常見的物理程式。

If onset of pain is new and presented with signs of acute inflammation indicated by redness, swelling and heat, local application of cold pad can help lessen the feeling of pain by partly numbing the painful area.

如疼痛是新出現的，並呈現紅、腫、熱等急性炎症狀，則局部使用冷敷療法，可麻痺疼痛區域來幫助減輕疼痛感。

Also, cold therapy can induce local constriction of blood vessels to reduce the local swelling.

而且，冷療可令局部血管收縮以減少腫脹。

When using cold therapy, one should remember not to use it over any area where the blood circulation or sensation is poor.

使用冷療時，緊記勿冷敷在血液循環或感覺差的任何區域。

Also, do not apply cold therapy for more than 15 minutes at one time.

另外，每次使用冷敷不能超過 15 分鐘。

For chronic pain, heat therapy often relieves muscles soreness.

熱療通常可以舒緩肌肉酸痛。

Heat can promote local circulation flow so that it helps get rid of local metabolites that cause the pain.

熱能可以促進局部血液循環，從而幫助消除引起疼痛的代謝產物。

Moreover, heat can improve the elasticity of soft tissue to relax muscle spasm or tightness.

此外，熱能可以改善軟組織的彈性，緩解肌肉痙攣或僵硬。

When use heat for pain relief, traditional rubber hot pot is not recommended because of risk of scald.

使用熱療法舒緩疼痛時，不建議使用熱水袋，因有燙傷的危險。

An electric hot pad with temperature and moisture options is much safe.

帶有溫度及濕度顯示的電熱墊比較安全。

Gel pack heated in a microwave oven can also be a choice.

可以放進微波爐加熱的凝膠熱敷袋也是一種選擇。


When using heat therapy, the therapeutic temperature should not be set higher than 42 degree Celsius.

當使用熱敷療法時，溫度不應高於攝氏 42 度。

The time of application is recommended between 10-15 min.

建議施用時間為 10 -15 分鐘。

## 9. Cognitive-behavioral Therapy

	File	Handout - Managing Chronic Pain in Older Adults (v8-v11)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	8



## 認知行為療法

Cognitive behavioral therapy is a form of talk therapy that helps people identify and develop skills to change negative thoughts and behaviors.

認知行為療法是一種談話治療法，幫助人們識別和發展改變消極想法和行為的技能。

Cognitive behavioral therapy reckons it is the individuals, not outside situations and events that create their own experiences, including pain.

認知行為療法認為是個人，而不是外部的情況和事件建立個人的經驗，包括疼痛。

By changing their negative thoughts and behaviors, people can change their awareness of pain and develop better coping skills, even if the actual level of pain stays the same.

通過改變個人消極的思想和行為，人們可以改變他們對疼痛的意識，並開發更好應對的技能，即使實際疼痛程度仍然保持不變。

Self-management is important to manage chronic diseases.

要緩解慢性疾病，自我管理很重要。

And the purpose of self-management is to empower people, so that they can actively manage their situation.

而自我管理的目的是使人增權，使他們能夠積極管理自己的情況。

This is especially important for chronic pain management in the older people.

這對緩解長者慢性疼痛尤其重要。

Cognitive-behavioral approaches aim at improving functions while cautiously using medications is a practical approach to manage chronic pain in older people.

認知行為方法旨在改善功能，同時謹慎使用藥物是緩解長者慢性疼痛的實用方法。

In addition, the combination of physical and behavioral therapy increases the likelihood of raising patient activity levels.

此外，結合物理和行為療法更能提高患者的活動能力。

These behavioral approaches include activity pacing, exercise, relaxation or stretching.

這些行為方法包括活動節奏，運動鍛煉，鬆弛或伸展運動。

### 9.1 Activity Pacing

#### 活動節奏


Older people should aware what they can and cannot do.

長者應該意識自己可以做什麼和什麼不能做。

When they are alert and feeling less pain, they can perform daily activities that demand more energy.

當長者在清醒而疼痛減少時，他們可以進行需要更多精力的日常活動。

On the other hand, when feeling tired, they may use a method that requires less effort, or to perform the task within a shorter time, and with more rest time in between.

	File	Handout - Managing Chronic Pain in Older Adults (v8-v11)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	9

另一方面，當感到疲倦時，他們可能需要使用一種省力的方法，或者在較短的時間內執行工作，以及之間有更多的休息時間。

Use hot or cold pad when feeling tired is also a good choice.

疲倦時使用熱或冷敷也是不錯的選擇。

For performing a similar or the same task, the senior should try different methods to learn which works best for them.

對於執行相似或相同工作，長者應該嘗試不同的方法以學習那種方法最適合他們。

They may keep a record of what makes them feel better and what does not help.

他們可以記錄什麼使他們感覺好些和什麼沒有幫助。

In recent years, graded activity is applied in many multimodal chronic pain management programs in middle-aged adults with promising effects.

近年來，分級活動被應用到中年人的多模式慢性疼痛管理計劃中，效果令人鼓舞。

It means to adopt a gradually increase quota-based exercises based on the individual's actual functional capacity.

這是指根據個人實際能力逐步增加練習。

When the older adults are going to perform exercises, they should start with low intensity and duration.

長者進行運動時，應從低強度和短的持續時間開展。

The intensity and duration are gradually increased according to the capacity of the individual.

強度和持續時間應根據個人能力逐漸增加。

From clinical encounters, older people were noticed to be busy in doing household tasks especially around traditional Chinese festivals, in particular the Lunar New Year.

通過臨床接觸，長者被發現忙於做家務，尤其是在傳統的中國節日前後，特別是農曆新年。

These tasks include intensive cooking, cleansing or tidying household tasks.

這些家務包括密集的烹煮，清潔或整理家居等。

The physical requirement of these tasks might have exceeded the functional capacities of the seniors.

這些家務的體力需求可能已經超出長者的能力。

It resulted in fatigue, recurrent of back pain or muscle strain.

而導致疲勞，背痛復發或肌肉拉傷。

Therefore, understanding and rearrangement of tasks according to the senior's tolerance and with adequate rest period in between the tasks are essential to avoid these adverse consequences.

因此，根據理解長者的耐度和工作之間的適當休息時間來重新安排工作，對於避免這些不良後果至關重要。

## 9.2 Relaxation with Breathing Exercise

### 鬆弛呼吸運動

Relaxation helps relieve pain or keeps it from getting worse by reducing muscle tension.

鬆弛有助於減輕疼痛或通過減輕肌肉緊張來防止疼痛加劇。

It can help seniors to improve their sleep, feeling less tired, and reduce worries.

它可以幫助長者改善睡眠，減輕疲勞，和憂慮。

Relaxation exercise can be done in a comfortable sitting or lying position.

鬆弛運動可以在舒適的坐姿或臥姿下完成。

And should be done in a quiet place whenever possible.

盡可能在一個安靜的場所做。

Arms and legs should not be crossed because that may impede circulation and cause numbness or tingling sensation.

手臂和雙腿不可以交叉，因會阻礙血液循環並引起麻痺或刺痛感。

In doing so, the seniors should keep eyes close and at the same time listen to relaxing music that one likes.

做的時候，長者應保持雙眼緊閉，同時聽著自己最愛的輕鬆音樂。

Relaxation can also be performed with slow, rhythmic relaxed breathing methods in a serene environment.

放鬆也可以用緩慢，有節奏的鬆弛呼吸方法在安靜環境中進行。

The sequences are as the followings:

次序如下：

- Close eyes and focus on one's breathing.

閉上眼睛，專注呼吸。

- Take slow, deep breath.

慢慢深呼吸。

As one breathes in, tense the muscles such as squeezing the hands.

當吸氣時，繃緊肌肉，例如擠壓手部。

Hold the breath for 5 to 10 seconds.

屏住呼吸 5 至 10 秒。

- Then breathe out, relax one's muscles and feel the comfort of the tension draining off.

呼氣，放鬆肌肉，並感受到壓力釋放的舒適感。

- Stay relax and begin breathing slowly and comfortably.

保持放鬆，開始緩慢舒適地呼吸。

- Repeat the above breathing rhythm for about 5 times.

重複上述呼吸節奏約 5 次。

- Then repeat the above breathing relaxation method, choosing the muscle groups in lower limbs such as squeezing the toes.

然後重複上述鬆弛呼吸方法，可以選擇下肢的肌群，例如收縮腳趾。

### 9.3 Increase Flexibility of Body Soft Tissue through Regular Stretching Exercise

定期伸展運動以增加身體軟組織的柔韌性

Muscle is a soft body tissue consisting of long cells that contract when is being stimulated, and produce motion.

肌肉是由身體長細胞組成的軟組織，在受到刺激時收縮，併產生運動。

If the muscles remain immobilized and stay contracted for a period of time, or have been injured, the softness will decrease, resulting in physical discomfort.

若肌肉固定一段時間不動，長期保持在收縮狀態，或曾經受傷，柔軟度便會降低，因而產生身體不適。

Stretching can lengthen the muscle and improve symptoms of physical discomfort.

伸展可使肌肉增長，改善身體不適症狀。

In many cases, discomfort at the joints is caused by muscle and fascia tension, and stretching can improve this problem.

很多時候，關節位置感到不適是肌肉及筋膜繃緊所導致的，伸展運動可改善這方面的問題。

Many musculoskeletal pain problems including trigger finger, tenosynovitis, anterior knee pain, and plantar fasciitis are commonly found among older adults.

許多肌肉骨骼疼痛問題包括彈弓指，腱鞘炎，前膝關節疼痛和足底筋膜炎在長者中很常見。

The causes are due to repetitive movements, sudden movement with an excessive force, or maintaining the same working posture for a long period of time.

原因是由於重複移動，過度用力的突然移動或長時間維持相同的工作姿勢。

As a result, tendon sheath may develop micro traumatic inflammation.

因此，肌腱鞘可能發展為微創炎症，

Pain, swelling, fatigue, burning feeling may arise in the affected area(s) which lead to activity impairment or even affect our daily lives.

疼痛，腫脹、疲勞，灼熱感可能會出現在受影響的區域，從而導致活動受障礙，甚至影響日常生活。

In order to minimize or relieve musculoskeletal discomfort, older people are recommended to do stretching exercises daily.

為了減少或減輕肌肉骨骼不適、建議長者每天進行伸展運動。

Stretching exercises can improve blood circulation and flexibility of the soft tissue of the body.

伸展運動可促進血液循環，及改善身體軟組織的柔韌性。

A better muscular flexibility produces faster muscle contraction response.

更好的肌肉柔韌性可以產生更快的肌肉收縮反應。

It minimizes the chance of soft tissue sprain injury.

從而減少軟組織扭傷的機會。

#### 9.4 Preserving Core Muscle Mass or Strength to Support Daily Functional Activities

保持核心肌肉量或肌力以支援日常功能活動

From the time we are born, the muscles grow larger and stronger.

從出生那一刻起，肌肉就變得更大更強壯。

But around age of 30, body begins to lose muscle mass and function.

但是從 30 歲左右，身體便開始失去肌肉量和功能。

This is what we call age-related sarcopenia, the loss of muscle mass with ageing even if you are active.

這就是我們所說的與年齡相關的肌少症，即使你還活躍，肌肉量也會隨著老化而減少。

It has been reported that in physically inactive people can lose as much as 3% to 5% of their muscle mass each decade after age 30.

據報導，缺乏運動的人在 30 歲以後，每十年便可能會失去多達 3%至 5%的肌肉量。

Studies have showed that sarcopenia typically happens faster around age 70s.

研究表示，肌少症通常在 70 歲左右發生得更快。

Any loss of muscle mass may lead to a decrease in muscle strength and affect mobility.

肌肉量流失都可能導致肌力下降並影響走動能力。

The primary treatment for sarcopenia is exercise, specifically resistance training and core muscle strength training.

肌少症的主要治療方法是運動，特別是抗阻力訓練和核心肌肉力量訓練。

Moreover, in taking enough calories and protein each day to sustain muscle mass are also essential.

此外，每天攝取足夠的卡路里和蛋白質來維持肌肉量也很重要。

Resistance training can help the neuromuscular system in improving an older adult ability to convert protein to energy in as little as two weeks.

抗阻力訓練可以幫助神經肌肉系統在短短兩週內將蛋白質轉化為能量，以提高長者的能力。

It is common in older adults to suffer from chronic back pain due to osteoporotic collapse of spine. 長者因脊柱骨質疏鬆性斷裂而患上慢性背痛很常見。

The stability of spine will be affected if the back core muscles are weaken.

如果背部核心肌肉減弱，則會影響脊柱的穩定性。

Therefore, maintenance of the back core muscles is very important to support the back for lower limbs activities

因此，維持背部核心肌肉對於支援背部進行下肢活動非常重要。

Seniors should work it out with an experienced physician or physiotherapist of their training plan.

長者應該與有經驗的醫生或物理治療師一起制定他們的培訓計劃。

## 10. Use of Appropriate Assistive Aids in Walking

### 使用適當步行輔助工具

Patients with chronic joint pain usually express feeling less pain or discomfort when they perform weight bearing activities with assisted walking aid(s) such as walking stick, quadripods or frame. 慢性關節痛的患者通常表示，使用步行輔助工具，例如手杖、四腳架或助行架進行負重活動時，會感覺較少的疼痛或不適。

It is because the upper limb(s) would bear part of the body weight, and the walking aid could reduce the weight bearing force making ambulatory activities easier.

這是因為上肢會承擔部分體重，而步行輔助工具可以減輕負重力，令走動更加輕鬆。

As a result, the pain viscous cycle would disappear.

因此，疼痛的惡性循環將會消失。

On the other hand, degeneration of joints or musculature are an inevitable and natural ageing process.

另一方面，關節或肌肉的退化是不可避免的自然老化過程。

However, if you could give them more attention, the occurrence of degeneration will be relatively slow down.

但是，你如果能給予它們更多的關注，退化的發生將相對減慢。

Take from a real-life example on the choice of assisted walking of 2 seniors, who have the same extent of knee joints degeneration and pain,

以兩名患有相同程度的膝關節退化和疼痛的長者在選擇輔助行走的真實個案為例。

One senior chose to walk unaided with pain.

其中一位長者在疼痛情況下沒有使用助行器步行。

In such circumstance, the senior might be able to tolerate another 2 years of pain bearing.

在這情況下，這位長者可能還可以忍受多兩年的疼痛。

Yet, the senior would be unable to walk subsequently because of the extreme pain and further degeneration.

但最終，長者會因極度疼痛及進一步退化而無法行走。

On the other side, the other senior chose to walk with appropriate walking aid and feeling less pain.

另一位長者，選擇使用適當的助行器行走，其疼痛會減輕。

As a result, this senior could be able to walk for another 5 years.

因此，這位長者可以再步行多 5 年。

This demonstrates the period of independent walking could be lengthen when appropriate walking aid was used.

這表明使用適當的助行器可以延長獨立行走的時間。



From the physiotherapy objective assessment such as Berg's Balance assessment, patients with multiple joints pain usually display poorer balance performance.

通過物理治療客觀評估，例如伯格平衡評估，患有多關節疼痛患者，其平衡力會較差。They will have higher risk of fall and may end up with femoral fracture or other adverse consequences.

他們有更高的跌倒風險，並可能導致股骨骨折或其他不良後果。

However, it was noticed that the balance and gait performance would be better if the senior perform the assessment with appropriate walking aid.

但是，注意到長者使用適當助行器進行評估，則平衡和步態表現會更好。

Likewise, the risk of fall leading to fatal or permanent disability would be greatly reduced.

同樣，跌倒導致致命或永久性殘疾的風險將大大降低。

## 11. Healthy eating in traditional Chinese medicine

### 中醫飲食養生

According to traditional Chinese medicine theory, foods are classified in a way similar to Chinese herbal products.

根據中醫學理論，食物的分類方式與中草藥相似。

In the practice of traditional Chinese medicine nutrition and dietary therapy, foods are just as herbs that are classified into five characteristics of cold, cool, warm, flat and hot.

在中醫營養和飲食療法的實踐中，食物與草本植物一樣，分為寒、涼、溫、平、熱等五種不同屬性。

They can be selected and prepared appropriately to tonify the body, eliminate pathogenic factors, and regulate the yin and yang balance of the body.

可以適當地選擇和準備，以補益身體，消除致病因數，及調節身體的陰陽平衡。

### Eat according to season

Traditional Chinese medicine theories refers people's adaptation to changes of the four seasons to achieve health and longevity.

中醫學理論有指人能夠適應四季的變化，以實現健康和長壽的目的。

The season and time of the year is another factor when it comes to food choices.

每年的季節和時間是選擇食物的另一個因素。

For instance, in spring and early in Hong Kong is often humid and sticky.


例如，香港在春季和初夏通常是潮濕和粘稠。

The body would easily accumulates dampness that leads to feeling of heaviness in the head and body.

身體很容易積聚濕氣，導致頭部和身體的沉重感。

So, it is recommended to use red beans、coic seed、green bean、winter melon to make soup as these facilitate fluid excretion and removal of dampness in our body

所以推薦用赤小豆、薏苡仁、綠豆、冬瓜煲湯，有助於利尿祛濕。

	File	Handout - Managing Chronic Pain in Older Adults (v8-v11)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	15



Summer is hot, so we need food to cool us down, such as watermelon and cucumber.

夏天很熱，所以我們需要食物來冷卻我們身體，例如西瓜和黃瓜。

In autumn, the weather is dry which means we need food to lubricate our body.

秋天是乾燥的，這意味著我們需要食物來潤滑我們身體。

The soft tissue and joints of the body are easier to be lacking of nourishment and become stiff.

身體軟組織和關節更容易缺乏營養，變得僵硬。

Pear, coastal glehnia root or dendrobium are recommended for making soup.

建議用雪梨，沙參或石斛煲湯。

These ingredients can nourish the body and make it less dry.

這些材料可以滋養身體，減少乾燥。

Winter is cold, so we need food which warm up the body, such as beef or shrimps.

冬天很冷，所以我們需要溫暖身體的食物，如牛肉或蝦。

Healthy eating is a unique feature of traditional Chinese medicine.

飲食養生是中醫學一個獨有的特點。

Chinese medicine food therapy attach importance to the properties of food.

中醫食療養生重視食物的屬性。

One needs to choose a suitable diet to regulate the body's yin and yang in order to regulate the Qi-blood, functions of internal organs at a balanced state.

每個人需要選取適宜的飲食以調節人體的陰陽、氣血、臟腑功能的協調平衡。

One size does not fit all.

單一種食療並不適合所有的人。

Just like we all have different personalities, we also have different body constitutions, "tizhi".

就像我們都有不同的個體，我們也從不同的體質構成。

Each type of food, depending on its nature, might better or worsen the situation.

每種食物，取決於其性質，可以令情況更好或惡化。

After all, it's all about balance from the perspective of traditional Chinese medicine.

畢竟從中醫學來說，這一切都是關乎人體平衡的。