

疼痛照護指導單(英文版)

Pain Care Instructions

您有疼痛的經驗或經歷嗎？因為疼痛是許多住院或接受醫療照護的人都可能會有的經驗，但疼痛不舒服的感受是可以被緩解及處理的，希望藉由對疼痛的瞭解而能更有效的控制疼痛，讓您睡的好、有活力、心情愉快。

Do you have experience in pain? Pain is the most likely experience which many hospitalized or persons receiving medical treatment and care could perceive. However the perception of pain and discomfort could be alleviated and handled. Understanding pain will help you better control pain so that you could sleep well, be energetic and have a pleasant mood.

1. What is pain?

疼痛是一種痛苦的感覺，它可能是持續性的或一陣陣的，也可能是鈍痛、刺痛或尖銳痛，而只要你感覺到痛，它便存在，只有你自己才能描述它，因為不同的疼痛所用的藥物不太一樣，藉由詳細說明疼痛情況已便醫護人員盡快調整藥物或處置以改善疼痛。

Pain is a feeling of agony that could be consistent or on and off. It could have been dull pain, stabbing pain or sharp pain. It exists whenever you perceive pain and only you could describe. Different pain is applied with different medication and hence the detailed description of pain will help the medical staff to quickly adjust the medication or treatment for improvement on pain.

2. How do you remind and express the pain to medical staff?

* 明白告知醫護人員第一次痛是什麼時候？而且多久痛一次？

Clearly inform the medical staff of your first pain and how often you feel the pain.

* 建議您可以說明哪個地方疼痛外，也可用手指出疼痛的部份？

We suggest you to identify which areas are painful while pointing out where the pain is.

* 提醒您明確說清楚疼痛的感覺如何，例如：鈍痛、刺痛或尖銳痛？

We would like to remind you to clearly express your perception for pain, i.e.: dull pain, stabbing pain or sharp pain.

* 明白告知醫護人員疼痛是否已影響平常的生活作息？

Clearly inform the medical staff if the pain has affected your daily routines?

* 建議您可利用 0~10 分或圖表來表達疼痛情況；0 分不痛、10 為不可忍受之疼痛(下圖為疼痛分數參考表)。

We suggest you to use 0~10 points or scale to express the level of pain: 0 point for no pain and 10 is the unbearable pain (please refer to the following pain scale).



3. The following situation or emotion could lead to pain increase:

* 心情不好、情緒低落有可能增加您對疼痛的感覺增強。

Bad mood and depression could enhance your pain perception.

* 孤單、寂寞時，您的心思多數會集中於疼痛感上。

When you stay in lonely or isolated, your mind will most likely focus on the perception of pain.

* 當您的其他身體部份有不舒服症狀時，也會增加對疼痛的感覺。

Your feeling for discomfort with other body parts will also increase your perception for pain.

4. Apart from medical treatment, the following methods can be applied for pain relief:

* 建議您時常放鬆心情、保持愉悅心情，如可藉由家人友人的陪伴與鼓勵，給予心理支持，有助於您對疼痛感覺的減輕。

We suggest you to relax and keep a pleasant mood. The company and encouragement from family and friends will offer you psychological support that will help you alleviate the perception to pain.

* 擺放您平時感覺最舒服的姿勢

Lie in the position you usually perceive the most comfort from.

* 建議您可藉由一些活動來分散對疼痛的注意力如聽喜愛的音樂、打牌、打麻將、外出散步。

We suggest you to divert the attention from pain through activities such as listening to your favorite music, playing poker, playing mahjong, and going out to talk a walk.

* 可藉由宗教的信仰祈禱、念佛，來分散對疼痛的注意。

Divert your attention to pain through religious belief, prayer and Buddha script chanting.

*當疼痛無法忍受時，您還是可以告知醫師，調整止痛藥物。

Inform your physician when the pain becomes unbearable to adjust the amount of pain killer.

*可詢問您的主治醫師是否可接由冰敷或熱敷減緩疼痛情況。

Ask your attending physician if the pain situation can be relieved by ice or hot compress.


參考資料：

衛生福利部食品藥物管理署制作的癌症疼痛治療處方手冊

安寧療護疼痛處置參考指引

若您想對以上的內容進一步了解，請洽諮詢各護理站之護理人員電洽 05-2756000

轉_____病房，分機：_____、_____。

天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院 關心您

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