

尚至醫療集團 Virtus Medical Group



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所有長期痛症患者都適合參加「尚至綜合痛症治療計劃」嗎？ Are All Chronic Pain Patients Suitable to Join the Virtus Integrated Pain Management Programme?

長期痛症治療可分為「藥物治療」和「非藥物治療」兩方面。

痛症治療專科醫生會為患者作臨床診斷及檢驗，找出痛症源頭，再對症下藥。例如為患者處方安全性較高的藥物，又或安排痛症治療，如射頻治療等。若情況合適，醫生會安排患者參加「尚至綜合痛症治療計劃」，並進行「非藥物治療」，加強治療效果。

Broadly speaking, there are two main arms of chronic pain management: Drug treatment and Non-Drug treatment.

Pain Programme is a component of the "Non-Drug" treatment arm. Before joining the Pain Programme, the patient will meet up with a pain specialist for an initial consultation. During this, an in-depth assessment will be made, and the specific pain condition diagnosed. The pain specialist may commence a regimen that is safe and effective in the long term. The pain specialist may also offer the patient additional interventional procedures such as ultrasound guided pain blocks or radiofrequency ablations as indicated. Based on the initial assessment findings and response to early treatment, the pain specialist will tailor the content of the Pain Programme according to the patient's needs.

計劃目的 Programme Objective

從「藥物治療」及「非藥物治療」兩方面入手，為患者制定個人化的痛症治療計劃，加強療效之餘亦能助患者控制長期治療所需的時間和金錢。

The aim of our programme is to maximise the effectiveness of "Non-Drug" remedies, hence reducing patient's reliance on medications and money spent in the long term.

醫生或會使用的「非藥物治療」項目包括：
Pain Programme may include any combinations of the following:

物理治療 Physiotherapy

物理治療師會為患者作功能性的檢查，指導患者進行安全的主動式運動訓練。需要時或會配合輔助治療，如電療、衝擊波治療等。

Physiotherapists will conduct a comprehensive assessment of patients' physical function and supervise active rehabilitation programme. Electrotherapy or shock wave therapy may be incorporated when indicated.

營養指導 Nutrition Consultation

為患者提供個人化的飲食建議，協助管理體重，並為患者評估營養補充劑的需要及作詳細的分析和諮詢。

Our accredited dietitians will provide patients with personalized diet recommendation, weight management counselling and education on use of nutrient supplements if required.

臨床心理輔導 Psychotherapy

指導患者應付痛症的方法，如鬆弛法、專注技巧及其他行為治療。

Clinical psychologists will teach patients pain coping skills and strategies, such as cognitive behavioural therapy.

整個痛症治療計劃一般為期4至6星期，另外尚至的健康顧問將會全程監察參加者的進度及提供專業意見。

The entire programme typically lasts for 4 to 6 weeks. Pain Specialist will regularly follow up with patients during this period and conduct a comprehensive review at the end. In addition, a dedicated Virtus Health Consultant will be assigned to each patient. He or she will explain the logistics and answer questions about the programme.

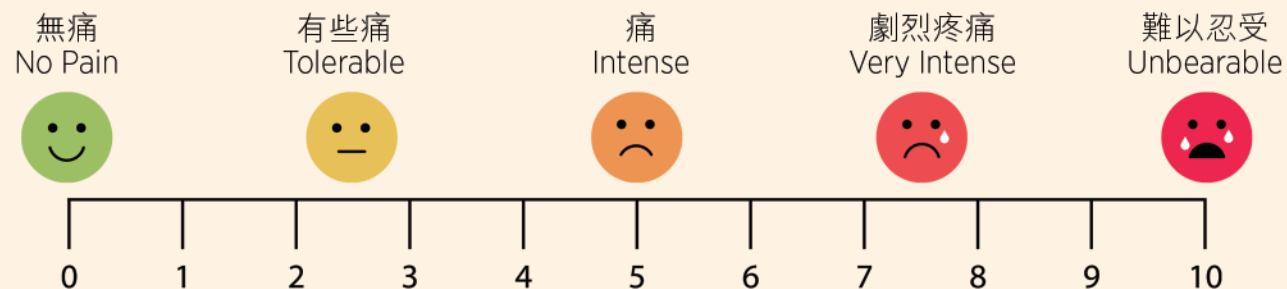


綜合痛症 治療計劃 Integrated PAIN Management Programme



每個人或多或少都曾經患有一種或以上的痛症，例如頭痛、關節痛或腰背痛等。若痛症久醫不癒，即使服用止痛藥仍無法止痛，便要留意自己是否已患上長期痛症。

疼痛指數 Pain Scale ▼



Pain conditions are common among Hong Kong people. Many chronic pain conditions are missed and not treated appropriately. If pain conditions persist for more than 3 months despite regular analgesics, one may be suffering from chronic pain.

甚麼是長期痛症？ What is Chronic Pain?

- 痛症指數達到3分或以上（0 - 10分，10分為最痛）
Moderate intensity with 3 or above on the pain scale (Scale of 0-10, with 10 being the worst pain one can imagine)
- 痛症持續三個月或以上
Pain lasts for more than 3 months
- 已接受藥物治療但情況未有好轉
Simple analgesics offer little relief
- 痛症長期得不到確診或治療，開始影響心理健康(如失眠、情緒低落)
Some patients may develop emotional stress and disturbances such as insomnia

治療長期痛症，切忌藥石亂投 Early Diagnosis and Appropriate Treatment are Crucial

一般的止痛藥未必能夠舒緩長期痛症帶來的不適，患者或會因找不到病因而藥石亂投。胡亂服用補充劑或採取偏方治療不僅浪費時間和金錢，更有可能為身體帶來不良的影響。

Patients with chronic pain will find simple analgesics not helpful. If their chronic pain is not recognized early and treated, many will seek relief by turning to alternative medicine. For them, their journey to find help is often frustrating, costly and unfulfilling.

It is important for patients with symptoms and signs suggestive of chronic pain to be referred to a pain specialist so that their conditions can be diagnosed, safe and effective interventions can be initiated.

急性痛症 Acute Pain

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長期痛症 Chronic Pain

創傷 (如骨折、肌肉拉傷)、手術後出現的疼痛，痛楚會隨著傷口的癒合而消失。
Caused by traumatic injury (e.g. bone fracture, muscle strain) or surgery, will disappear after the body damage is healed.

即使創傷或手術的傷口已經癒合，但疼痛仍然持續超過三個月或以上。
Persists after initial injury from trauma or surgery has healed.

患處清晰可見 (如傷口紅腫)。
There are usually signs of tissue damage (e.g. oedema or erythema).

沒有明顯的傷患處，別人難以理解其痛楚。
There may not be visible wound nor signs of ongoing disease, therefore it may be difficult for a third person to comprehend.

疼痛持續少於三個月。
Short lived and ends after healing has completed within 3 months.

疼痛持續或間歇性出現多於三個月或以上。
Duration of 3 months or longer.

藥物能有效舒緩痛楚。
Relieved by simple analgesics in majority of people.

一般止痛藥未能舒緩痛楚。
Simple analgesics are rarely helpful.

休息有助患者痊癒。
Rest is appropriate during treatment and healing phase.

休息未能改善痛症。
Rest may not be beneficial in management.

對患者的心理影響較小。
Emotional or psychological stress are not major components of patients' conditions.

為患者帶來不同程度的心理壓力。
Patients are more likely to have emotional or psychological issues related to the pain.

常見的長期痛症 Examples of Chronic Pain



● 頭痛
Headache



● 關節痛
Joint pain



● 神經病理性疼痛
Neuropathic pain



● 頸及腰背痛
Neck and back pain



● 肌筋膜疼痛
Myofascial pain



● 其他慢性或原因不明的痛症
Some patients may have chronic pain with no obvious precipitating events nor identifiable pathologies



超聲波引導痛症治療
Ultrasound-guided Pain Procedure



物理治療
Physiotherapy



註冊營養師諮詢
Dietitian Consultation