

# 癌症疼痛

## Cancer Pain

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### 摘要

癌症疼痛的盛行率居高不下，它也是癌症病人最為害怕與難以忍受症狀之一，未曾緩解的疼痛會造成日常生活功能與生活品質的負面影響。癌症疼痛嚴重度的區分點是決定疼痛評估與處置的指標，完整的疼痛記錄是疼痛處置的起點；促進有效的疼痛處置，需要了解病人、醫療人員、醫療機構與醫療體系四者，對於疼痛評估、再評估與疼痛緩解的觀點。疼痛教育介入措施可提供改善癌症疼痛評估與處置的問題，其中嗎啡類藥物是癌症疼痛治療的主要藥物，護理人員應有能力處理該類藥物引發的副作用，以協助癌症病人獲得最大程度的疼痛緩解。

### Abstract

The incidence of pain in patients with cancer is high. Pain is also one of the most feared and burdensome symptoms in cancer patients. Unrelieved pain has the negative effects of reducing daily functionality and quality of life. The main indicators of degree of pain and evaluators of how to handle that pain are markers of cancer pain. Complete records are the starting point for pain management. Improvements in pain management require an understanding of the views of patients, staff, health care providers and health care systems about pain assessment and reassessment, and about pain management. As regards the problem of pain education to improve cancer pain assessment and management, opioids are the main drugs for cancer pain management. When nurses care for cancer patients they need to know how to handle their side effects in order to ensure that cancer patients experience the maximum possible pain relief and comfort.