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| • 計畫中文名稱 | 臺灣女性慢性疼痛治療情況之調查研究 | | |
| • 計畫英文名稱 | The study of treatment for chronic pain in Taiwan female | | |
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| • 研究人員 | 李元文,陳大樑 | | |
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| • 英文關鍵字 | ；；；；；；；； | | |
| • 中文摘要 | 疼痛是一般民眾就醫最常見的原因之一，也是一項重要的醫療照護問題。根據大規模的研究報告指出，大約 20%的成年人有慢性疼痛的困擾，其中將近一半的慢性疼痛患者對疼痛治療感到不滿意。而包括癌症疼痛、背痛、關節炎以及頭痛等慢性疼痛患者，常常必須藉由長期使用類鴉片藥物來減緩疼痛症狀。由於這些慢性疼痛患者的人數也逐年上升，因此近年來類鴉片藥物的使用也逐漸增加。不過，根據衛生署的統計資料顯示，長期使用類鴉片藥物治療之非癌症慢性疼痛病人當中，女性病患的比例卻明顯低於男性。但是，越來越多的研究證據顯示，女性的慢性疼痛盛行率比男性要高，然而女性患者卻可能因爲各種社會條件、文化差異與經濟限制等因素而無法接受適當的治療，因而長期飽受疼痛問題的困擾。因此，確實瞭解台灣女性慢性疼痛疾病與治療的情況，給予更好的醫療照護，對於這些女性病患必定有相當的助益。近年來由於性別不同對於疼痛的影響逐漸受到關注，因此有許多相關的臨床及基礎研究論文發表。本研究將利用實證醫學的研究方式，針對女性疼痛治療方法進行評估，以期能找出較佳的臨床治療策略。另一方面，因爲台灣有完善的健保制度，目前納保民眾已超過總人口的 99%。因此，本研究將利用全民健保資料庫來分析台灣女性在各類疼痛疾病就醫的狀況以及長期使用類鴉片藥物的情形，以瞭解台灣女性疼痛治療的現況，並參考國外實證醫學研究之建議，以期給予女性民眾更好的疼痛照護。本研究之重點歸納如下：一、女性慢性疼痛病患治療方式之文獻分析，以實證醫學方法進行評估。二、台灣女性慢性疼痛患者治療現況及類鴉片藥物使用情形之探討，以全民健保資料庫進行分析。 | | |
| • 英文摘要 | Pain is one of the most common reasons that people seek medical care. It is also an important medical care issue. According to the previous | | |

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| | extensive studies, approximately 20% adults suffer from chronic pain. Nearly half of these patients felt unsatisfied with pain treatment. The patients with chronic pain, including cancer pain, low back pain, arthritis, and headache, usually use the opioids to relieve pain for a long period of time. As the number of patients with chronic pain increases gradually, the use of opioids has also increased in recent years. However, according to statistical data of National Health Administration, the proportion of women with chronic non-cancer pain who regularly used opioids is far lower than men. A large body of studies have shown that the frequency of occurrence in female chronic pain is higher than that of the males. Nevertheless, women are more likely to suffer from pain and are also less likely to be treated adequately because of social norms, culture, and governmental policies. We need to address the condition of chronic pain therapy in Taiwanese women and provide them with better medical care in order to benefit them. In the recent years, since gender differences in pain have been noticed gradually, there are a lot of clinic and basic research about the issue. There are two parts in this proposed study. First, this research will apply the method of evidence-based medicine to evaluate the therapeutic measures of pain management in women and find out the possible better treatments. Second, currently, as 99% of the population in Taiwan are already included in the National Health Insurancesystem, this study intends to retrieve data of Taiwanese females' treatment of various types of pain and the situation of their prescription of opioids from National Health Insurance reimbursement database. At the end of the study, implications and suggestions for better pain treatment for female chronic pain patients will be offered. The purposes of this study are as follows. The researchers would like to: (1) Apply the methods of evidence-based medicine to analyze and evaluate the literature in female chronic-pain treatment. (2) use data-mining technique to analyze and discuss the current treatment situations of Taiwanese female chronic-pain patients and their usage of opioids based on the data retrieved from National Health Insurance reimbursement database. |