

以實證為基礎的疼痛處置

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摘要

疼痛為癌症病人面臨的主要問題，然而由研究及臨床觀察發現疼痛並未被有效控制，本文介紹以實證為根據的疼痛護理處置，運用疼痛處理的原則，經由“護理研究之執行與運用”（Conduct and Utilization of Research in Nursing, CURN）的模式，利用多元的證據，以疼痛為例，說明如何使用科學證據落實疼痛的臨床處置、疼痛處置之品質監測及疼痛教育。

Abstract

Pain is one of the most threatening problems faced by cancer patients, and it has not been well controlled. In order to increase the effectiveness of pain control, an evidence based pain management model, and its implications, are introduced in this paper. How to use and integrate evidence into clinical pain management, quality assurance, and pain education are discussed.