



- **FACT SHEET No. 7**

促进慢性疼痛的自我管理教育

自我管理是疼痛护理阶梯的第一步——其次是初级护理，包括专科护理和可以解决复杂问题的疼痛中心的护理(4, 7, 17)。大部分慢性疼痛患者的治疗都在医保系统之外。在这种情况下，他们不得不忍受疼痛对生活带来的巨大影响(2)。Lorig 等人认为(8)，成功地管控由慢性疼痛等疾病引起的日常问题是一种教育过程，患者需要完成一系列重要任务，包括：

- 与卫生保健提供者建立伙伴关系
- 使用积极的认知和行为策略来最大限度地发挥功能，减少疼痛和其他症状
- 根据需要修正家庭、社会和工作职责以维护重要的关系及生活角色
- 处理在慢性疼痛状态下的情绪起伏
- 维持和/或建立一个以压力管理为特色的健康的生活方式，定期进行锻炼，健康饮食和健康的睡眠习惯
- 使用适当的资源和管理介入治疗，如使用药物，外科手术和辅助治疗。

正如一位疼痛病人所说：“我必须重新学习如何生活”(4)。

成功的自我管理项目教育过程通常以社会，认知和行为理论为基础，旨在提高患者信心以实现最佳身体功能，接受身体局限性以及更积极的思考，感受和行动(11)。例如，自我效能理论的应用已经确立，除了传播教育内容外，还涉及提高个人的组织能力，整合认知，社交和行为技能，从而才能更好地管理日常慢性痛的状况。

通过以下所提供的途径，可达到实施自我效能原则和自我管理计划来提高患者对实现最佳健康信心的目的：

- 技能掌握 — 在适宜环境中锻炼自我管理技巧
- 建模—学习促进者和同伴的改善健康行为
- 重新解释症状——检查可能导致异常行为的疾病相关信念（例如，久坐行为作为避免持续疼痛的手段）
- 社会说服 ——来自志趣相投的同伴的支持和鼓励(11)

什么是慢性疼痛自我管理干预？

如果缺少信息、支持和教育，掌握自我管理技能往往是一个漫长而令人沮丧的过程，反复地尝试和犯错会浪费大量的时间。慢性疼痛自我管理教育的目的是通过提供有证据证明的信息来加速试错学习，更为重要的是促进得到这种自我管理技能的适宜环境，如解决问题，做出决策，使用适当的资源，并采取行动来改变(1, 9)。

虽然存在各种各样的自我管理方案，但对自 2007 年以来发表的关于慢性疼痛自我管理干预进行回顾性研究发现，大多数干预措施可以归为三大类：

1. 斯坦福模式旨在提供一套治疗疼痛的知识和技能，以及控制疼痛所致其身体，社交和情感后果(7, 12, 16)。
2. 接受和承诺疗法，重点在于改变受其由害怕疼痛所激发的行为，尽管疼痛，但仍愿意重新开展有价值的活动（5, 19）。
3. 认知行为治疗的原则是帮助识别思想，情感和行为之间的关系，来激发积极的自我管理行为(3, 14, 18)。

虽然绝大多数试验报告表明，自我管理干预能够显著缓解慢性疼痛对身心的危害作用。但也有证据表明效果并不乐观，这可能与促进者的技能水平，研究样本中疼痛情况的异质性和所采用方法等问题相关(10, 13)。所有成功自我管理干预的所具有的一个关键特征是：建立人们对疼痛及其对生活影响的信心或自我效能感(6, 10)。



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资源和战略

建议采取以下行动来提高教育者对慢性病的认识，促进疼痛自我管理的教育：

- 加强对卫生相关专业人员和慢性疼痛患者的自我管理原则和沟通技巧的培训（2,4,10,20）
- 提供有关慢性疼痛自我管理计划的信息
- 无论收入或居住地，确保所有人都能获得项目所带来的益处

这将需要新的传播模式，例如使用社交媒体，更好地协调社区服务和初级卫生保健服务，以便更为适当和及时的转诊，稳定基于社区和基础护理自我管理教育的资助(1, 4, 15)。无论采用何种方法，都必须：

- 量身定制适合不同年龄段，疼痛状况，残疾情况，文化和受教育水平的人群的循证教育资料和项目(1, 4, 10)
- 继续完善自我管理干预措施，来实现自我效能提高的策略
- 对自我管理干预患者的准备情况进行更多研究，并做到联合治疗优化（例如抗抑郁药，结构化运动等）与自我管理干预相结合（10）。

RESOURCE TEXT

English: LeFort SM, Webster L, Lorig K, Holman H, Sobel D, Laurent D, Gonzalez V, Minor M. Living a healthy life with chronic pain. Boulder, CO: Bull Publishing; 2015. <http://www.bullpub.com/>

Spanish: LeFort SM, Webster L, Lorig K, Holman H, Sobel D, Laurent D, Gonzalez V, Minor M. Vivir una vida sana con dolor cronico. Boulder, CO: Bull Publishing; 2016.

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至于疼痛教育卓越的全球年部分，IASP 提供了一系列的九个事例表格涵盖疼痛教育相关的特定主题。这些文件已翻译成多种语言，可供免费下载。登陆 www.iasp-pain.org/globalyear 网站获取更多信息。



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