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疼痛医学 原理与实践

Principles & Practice
of Pain Medicine

第 2 版

原 著 CAROL A. WARFIELD
ZAHID H. BAJWA

主 译 樊碧发



人民卫生出版社

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《疼痛医学原理与实践》译序

疼痛是与生俱来的不愉快感受，是生物学界“趋利避害”基本功能的一个重要组成部分。从“病”与“痛”两字的经常连用，也可充分反映出疼痛与疾病的紧密联系。因此，专注研究疼痛原理、诊断和治疗的疼痛医学，必然构成现代医学的重要组成部分。

疼痛医学在最近半个世纪才得到大规模发展。1965年Wall和Melzack提出疼痛的闸门控制学说，1972年美国医生Bonica创办国际疼痛学会，对全世界疼痛医学的发展起了促进作用。在中国，1989年成立中国疼痛学会，2007年中国卫生部发布227号文件确认在全国二级以上医院成立一级临床科目“疼痛科”，成为推进疼痛医学大发展的重要里程碑。在此形势下，对疼痛专业医师的需求突然加大，对疼痛医学参考书的需求也有猛增之势。

由Carol A. Warfield和Zahid H. Bajwa主编、美国麦格劳-希尔（亚洲）出版公司出版的“疼痛医学原理与实践”一书受到人民卫生出版社和疼痛医学家樊碧发教授的重视，有意将其翻译为中文，对此我表示十分赞成和支持。

该书有一个“疼痛医学发展的历史回顾”，使读者对该领域发展的背景有一个了解。全书分为五个部分，分别讨论疼痛的解剖生理和生物学基础，疼痛的判定方法（躯体和神经检查），疼痛的诊断（按照发病部位、发病机制、年龄差异等等分类），及其治疗（药物、非药物治疗和理疗康复等等），最后论及与疼痛及其诊疗有关的法律法规。脉络清晰，资料完整，叙述详尽，值得精读。

急性疼痛是最常见的症状之一，慢性疼痛是最常见的疾病之一。但是发生在每一个患者身上的疼痛都有其独特的表现方式，需要根据患者的主观体验和客观表现，从不同的角度加以综合思考，才能对发病机制加以破解，才有可能设计有效的治疗方案。因此，作为一名疼痛医师，首要的任务是对疼痛的性质作出正确判断，不要因为集中精力关注疼痛而忽略了隐伏的癌症等更严重病情的发现；另一方面，在判定疼痛来源后，又要有足够的、先进的处理办法，包括药物和非药物手段加以干预，在较短时间内有效地消除疼痛。为此需要从多个方面汲取广泛而深入的知识和经验。具有不同文化历史背景的患者，对待疼痛的态度可以有很大差别，因此还要涉及各国、各民族人文和社会方面的知识。他山之石，可以攻玉。翻译本书的目的，是希望从国外疼痛专著中发现亮点，得到启发，为我所用，进一步提高自身疼痛诊疗的水平。

精选的疼痛医学专著是培养我国疼痛医师队伍成长、壮大的营养品，我们衷心希望有更多佳作问世。是为此序。

韩济生

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疼痛是个常议常新的话题。正如国际著名疼痛医学专家 R. Melzack 和 P. D. Wall 曾经指出的一样，疼痛是医学和生物学中最富有挑战性的问题之一。免除疼痛是患者的基本权利，也是医生的神圣职责。随着疼痛医学的迅猛发展，疼痛的理念及诊疗技术已经取得了很大的进步。疼痛已成为继呼吸、脉搏、血压、体温之后的第五大生命体征。从全球范围讲，疼痛医学已提到了一个前所未有的高度，相应地疼痛科学也迅速成为当今医学热点学科之一。

疼痛医学在我国也已走过了二十多年的历程。疼痛医学及疼痛科，在公众心目中逐渐树立起威信，成为医疗卫生中不可或缺的一个重要环节。进入 21 世纪以来，以微创介入为主的疼痛诊疗技术得到了飞速的发展，为广大慢性疼痛患者带来了福音，而支撑这些疼痛诊疗技术应用的是深厚的疼痛医学基本知识。

疼痛科学的内涵是运用临床、影像、神经电生理和神经生化学等方法诊断并运用药物、微创介入、医疗器械以及其他具有创伤性或者侵入性的医学技术方法对疼痛性疾病进行诊断治疗。其中微创介入是疼痛科学的核心技术，在疼痛诊疗中发挥着十分重要的作用。而以药物、物理因子等为主的疼痛科综合治疗，则是疼痛科学的基本诊疗平台。疼痛科的主要工作内容为慢性疼痛的诊断与治疗。

本书在内容安排上，非常注重疼痛医学的系列知识，从基础到临床，从全新的角度，对疼痛诊疗的内涵进行了阐述。由于疼痛医学的复杂性，本书作者还特别安排了从事疼痛医学的有关法律、伦理学及经济学等方面的内容，相信对广大疼痛临床工作者具有帮助。

感谢本书的编著者们撰写出这样一部好书，为疼痛科学的同道们提供了有益的帮助，也为广大疼痛患者的康复做出了贡献。同时还要感谢人民卫生出版社引进本书的中文版版权及对我们的翻译工作给予的支持与帮助。

由于疼痛医学涉及多个学科，加之翻译时间紧迫，学科的限制，译文方面难免有失当之处，敬请诸位读者同仁提出宝贵意见，在此深表感谢。

樊碧发

序

在《疼痛治疗原理与实践》(Principles and Practice of Pain Management)第1版出版以来的10年里,疼痛医学作为一个知识广泛的多学科专业,逐渐发展成熟。第2版着重总结这些知识的基本内容,并以综合性的视角来看待疼痛医学。鉴于疼痛治疗的多学科特征,本书的内容均是由各个学科权威代表人士编写。根据每章的主题写出相关的内容并非易事,而作者和编者的任务则是将这些内容归结为疼痛医学,而且将之凝结成一本具有使用价值的教科书。每个章节都将理论、相关概念和临床治疗归纳成实用的知识点。为了满足读者进一步扩大视野需要,作者在每一章节的最后都准备了参考文献列表,以提供给读者更多的细节。

第2版讨论了疼痛的基本概念、各种疼痛疾病和疼痛为主要表现的其他疾病,以及各种疼痛治疗方法,并着重讨论了镇痛性阻滞在疾病的诊断、预后和治疗上的应用。内容涵盖了疼痛的历史、病理和慢性疼痛的生理和心理评价原则。内容按照解剖部位、综合征(如急性和围手术期疼痛)、神经病理性疼痛、终末期疾病疼痛、儿科和老年疼痛等展开。作者仔细讨论了每个疾病的症状和解剖,以及MRI、CT和常规X线表现。在其后的各章节里,作者讨论了疼痛治疗,包括药物治疗、介入治疗、辅助治疗和物理治疗的细节。最后,由于目前疼痛医学的发展已经超过了其临床医学的范畴,笔者还介绍了疼痛医学的新领域、法律、伦理学和经济管理等方面的内容。

疼痛医学发展的幅度之大,速度之快,促使了本书再版。新版的各个章节均反映了疼痛医学的最新发展。我们还将本书第1版的名字——《疼痛治疗原理与实践》(Principles and Practice of Pain Management)改为《疼痛医学原理与实践》(Principles and Practice of Pain Medicine),以表明疼痛医学作为一门学科已经具有自己的医学实践范畴。我们也尝试将对疼痛医学的理解从多学科视角,转变为综合性视角,无论读者的背景和执业训练是麻醉学、神经学、物理医学和康复、神经外科、心理学,还是其他专业,均为他们呈现一幅第1版即已呈现的多面性的和持续发展的疼痛医学画卷。我们也期待着所有读者的评论、建议和建设性批评。

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计量单位换算表

本书为反映其英文原版之风格，并且避免反复换算带来不必要的计算错误，保留了部分英制计量单位。鉴于我国推广使用法定计量单位之要求，现将这些单位与法定计量单位的换算关系列表如下。本表仅供参考。

英制单位 (符号)	法定计量单位 (符号)	换算关系
埃 (Å)	米 (m)	$1\text{Å} = 10^{-10}\text{m}$
盎司 (常衡) (oz)	克 (g)	$1\text{oz} = 28.35\text{g}$
盎司 (药衡) (oz)	克 (g)	$1\text{oz} = 31.10\text{g}$
盎司 (美液) (oz)	升 (L)	$1\text{oz} = 0.02957\text{L}$
盎司 (英液) (oz)	升 (L)	$1\text{oz} = 0.02841\text{L}$
磅 (lb)	克 (g)	$1\text{lb} = 453.59\text{g}$
标准大气压 (atm)	帕 (Pa)	$1\text{atm} = 101325\text{Pa}$
达因 (dyn)	牛 (N)	$1\text{dyn} = 10^{-5}\text{N}$
打兰 (美液) (dr)	升 (L)	$1\text{dr} = 0.0037\text{L}$
打兰 (英液) (dr)	升 (L)	$1\text{dr} = 0.00355\text{L}$
当量 (Eq)	摩尔 (mol)	$1\text{Eq} = 1\text{mol}$ (1价离子)
当量 (Eq)	摩尔 (mol)	$1\text{Eq} = 0.5\text{mol}$ (2价离子)
当量 (Eq)	摩尔 (mol)	$1\text{Eq} = 1/3\text{mol}$ (3价离子)
尔格 (erg)	焦 (J)	$1\text{erg} = 10^{-7}\text{J}$
辐透 (ph)	勒 (lx)	$1\text{ph} = 10^4\text{lx}$
格令 (gr)	克 (g)	$1\text{gr} = 0.064799\text{g}$
毫米汞柱 (mmHg)	帕 (Pa)	$1\text{mmHg} = 133.322\text{Pa}$
华氏度 (°F)	开/摄氏度 (K/°C)	$1^\circ\text{F} = 5/9\text{K} (^\circ\text{C})^*$
加仑 (美) (gal)	升 (L)	$1\text{gal} = 3.785\text{L}$
加仑 (英) (gal)	升 (L)	$1\text{gal} = 4.546\text{L}$
居里 (Ci)	贝可 (Bq)	$1\text{Ci} = 3.7 \times 10^{10}\text{Bq}$
卡 (Cal)	焦 (J)	$1\text{Cal} = 4.18\text{J}$
夸特 (qr)	千克 (kg)	$1\text{qr} = 12.70\text{kg}$
夸脱 (美) (qt)	升 (L)	$1\text{qt} = 0.946\text{L}$
夸脱 (英) (qt)	升 (L)	$1\text{qt} = 1.137\text{L}$
拉德 (rad)	戈 (Gy)	$1\text{rad} = 10^{-2}\text{Gy}$
雷姆 (rem)	希 (Sv)	$1\text{rem} = 10^{-2}\text{Sv}$
厘米水柱 (cmH ₂ O)	帕 (Pa)	$1\text{cmH}_2\text{O} = 98\text{Pa}$
哩 (mi)	米 (m)	$1\text{mi} = 1609\text{m}$
伦琴 (R)	库每千克 (C/kg)	$1\text{R} = 2.58 \times 10^{-4}\text{C/kg}$
码 (yd)	米 (m)	$1\text{yd} = 0.914\text{m}$
品脱 (美) (pt)	升 (L)	$1\text{pt} = 0.473\text{L}$
品脱 (英) (pt)	升 (L)	$1\text{pt} = 0.568\text{L}$
蒲式耳 (美) (bu)	升 (L)	$1\text{bu} = 35.24\text{L}$
蒲式耳 (英) (bu)	升 (L)	$1\text{bu} = 36.37\text{L}$
英尺 (ft)	米 (m)	$1\text{ft} = 0.3048\text{m}$
英寸 (in)	米 (m)	$1\text{in} = 0.0254\text{m}$

* 此为温差度量的换算。对于温度而言可按下式换算：摄氏度 = 5/9 (华氏度 - 32)

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