



疼痛 快速诊治手册

THE 5-MINUTE
PAIN
MANAGEMENT
CONSULT



主编

〔美〕David M. Sibell, MD

〔美〕Jeffrey R. Kirsch, MD

主译

于布为 娄强 吴韬

上海科学技术出版社



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100
Essential Questions
and Answers
for
Pain Management

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译者序

疼痛作为一种常见症状涉及许多临床专业。传统医学模式对于疾病的诊治重视有余,而对于疼痛的观察、分析和处理却十分不够,导致许多患者的疼痛无法得到及时、正确和有效的解决,不但身心健康遭受影响,而且生理功能和生活质量均严重下降,因为剧烈和持久的疼痛而致残或自杀的案例在全球比比皆是。随着社会经济文化的发展和人们健康意识及健康需求的提高,“病要治,痛也要除”已经成为医患双方共同的追求,“免除疼痛是患者的基本权利和医师的神圣职责”也已经成为一种共识。因此,早在20世纪40年代初,就由美国麻醉医师 Ruvenstine 率先吹响了向疼痛进军的号角,此后在世界各地相继成立了疼痛门诊和疼痛研究机构,并且已有越来越多的麻醉、骨科、神经科、康复科、肿瘤科等专业医师加入到这一治疗领域里来,为许多患者消除疼痛作出了贡献。

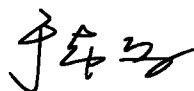
然而,疼痛涉及的专业众多,产生的机制和发展的过程又是相当的复杂;因此疼痛治疗需要不断的探索和实践才能满足患者的需求。对于疼痛治疗专业医师,特别是麻醉专业出身的疼痛医师而言,不但需要掌握常用和特殊的疼痛治疗方法,还需要诊断和鉴别疼痛产生的真正原因,防止漏诊和误诊;而对于非疼痛治疗专业的医师来讲,如何及时、正确地判断和处理疼痛也必须要有个具体和明确的指导。正是在这种情况下,这本由美国 Portland 两位著名的麻醉疼痛教授组织其他专业医师编写的《The 5-Minute Pain Management Consult》于2006年在美国问世。

鉴于本书是迄今为止第一部把涉及尽可能多的临床专业的疼痛问题,以简明扼要和具体实用的方法进行了概括和总结,呈现给读者一套完整的疼痛临床诊疗体系以及疼痛临床操作常规和诊疗原则。本书无论是对疼痛治疗专业和非疼痛治疗专业的医师都是一本不可多得的参考指导书籍,所以上海麻醉学会疼痛学组的几位同仁组织和

邀请了上海多家医院不同专业的专家学者翻译了此书,旨在为该专业的发展和普及做一点应有的贡献。相信该书的出版,能在一定程度上为上海乃至全国范围内的临床医护人员在认识和处理疼痛问题方面提供有益的帮助。

在此我谨代表我个人和疼痛学组向直接或间接地参加了此书翻译的工作人员们表示最诚挚的谢意!同时,对为此书的引进、出版和发行作出努力的上海科学技术出版社表示感谢!

由于时间仓促,书中不妥之处在所难免,希望广大读者给予批评指正!

A handwritten signature in black ink, appearing to be '陈力' (Chen Li), written in a cursive style.

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致 谢

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