



Rehabilitation Medicine
Quick Reference

Ralph M. Buschbacher
SERIES EDITOR

CANCER 肿瘤

康复医学速查丛书

主编 [美] Ki Y. Shin
译者 周谋望 刘楠 邢华医



山东科学技术出版社
www.lkj.com.cn

Rehabilitation Medicine
Quick Reference

Ralph M. Buschbacher
SERIES EDITOR

CANCER

肿瘤

康复医学速查丛书

主编 [美] Ki Y. Shin

译者 周谋望 刘楠 邢华医



山东科学技术出版社

图书在版编目 (CIP) 数据

肿瘤 / (美) 凯 Y. 尚恩 (Ki Y. Shin) 主编; 周谋望, 刘楠, 邢华医译. — 济南: 山东科学技术出版社, 2017.8
ISBN 978-7-5331-8937-2

I . ① 肿… II . ① 凯… ② 周… ③ 刘… ④ 邢… III . ① 肿瘤 - 防治 IV . ① R73

中国版本图书馆 CIP 数据核字 (2017) 第 141324 号

Cancer (9781936287048)

by Ki Shin, MD

Copyright © 2014 by Demos Medical Publishing, LLC. All Rights Reserved.
The original English language work has been published by Demos Medical Publishing, LLC. New York, New York, USA. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without prior permission from the publisher.

The Simplified Chinese Language edition © 2017 Shandong Science and Technology Press Co., Ltd.

版权登记号: 图字 15-2014-89

肿 瘤

主编 [美] Ki Y. Shin

译者 周谋望 刘楠 邢华医

主管单位: 山东出版传媒股份有限公司

出版者: 山东科学技术出版社

地址: 济南市玉函路 16 号

邮编: 250002 电话: (0531) 82098088

网址: www.lkj.com.cn

电子邮件: sdkj@sdpress.com.cn

发 行 者: 山东科学技术出版社

地址: 济南市玉函路 16 号

邮编: 250002 电话: (0531) 82098071

印 刷 者: 山东星海彩印有限公司

地址: 济南市花园路 17 号星河民营工业园 P 座

邮编: 250100 电话: (0531) 82687701

开本: 850mm × 1168mm 1/32

印张: 11.25

字数: 302 千

印数: 1-2000

版次: 2017 年 8 月第 1 版 2017 年 8 月第 1 次印刷

ISBN 978-7-5331-8937-2

定价: 48.00 元

本书献给我们的患者，他们的勇气、坚忍和感恩之情帮助并激励我们进行工作。许多人都曾接触过肿瘤，它就发生在周围认识的人身上，甚至他们自己就是肿瘤患者。所有的肿瘤患者都应该获得尽可能好的医疗护理，以帮助改善他们的生存状况。所有的患者都应该获得基本的、周全的康复治疗，使疾病本身及其治疗所带来的影响降至最低。我们很荣幸能够看到肿瘤康复得到的认可逐渐增加，并且该领域正在不断发展。我们希望本书各个章节中的临床资料可以作为实用的资源，帮助临床医生为肿瘤患者提供更多的康复治疗。

我们特别感谢 Ms. Marilyn Lyles, 她的辛勤努力使得本书得以完成。还要感谢 Dr. Theresa Gillis, 他在得克萨斯州休斯敦的 MD Anderson 肿瘤治疗中心创建了康复医学项目。

丛书主编

Ralph M. Buschbacher, MD

Professor, Department of Physical Medicine and Rehabilitation
Indiana University School of Medicine
Indianapolis, Indiana

主 编

Ki Y. Shin, MD

Associate Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

副主编

Jack B. Fu, MD

Assistant Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Ying Guo, MD, MS

Associate Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Benedict Konzen, MD

Associate Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Amy Ng, MD, MPH

Instructor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Rajesh R. Yadav, MD

Associate Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

编者

Etsuko Aoki, MD, PhD

Assistant Professor

Department of General Internal Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Annie Arteau, MD

Fellow

Department of Orthopedic Oncology

The University of Texas MD Anderson Cancer Center

Houston, Texas

Arash Asher, MD

Assistant Professor

Cedars-Sinai Medical Center

Los Angeles, California

Ahsan Azhar, MD, FACP

Fellow

Department of Palliative Care and Rehabilitation Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Walter Baile, MD

Professor

Department of Behavioral Science

The University of Texas MD Anderson Cancer Center

Houston, Texas

Diwakar Balachandran, MD

Associate Professor

Department of Pulmonary Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Lara Bashoura, MD

Associate Professor

Department of Pulmonary Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Karina Bouffard, MD

Clinical Pain Fellow

Department of Pain Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Sheryl R. Brandley, OTR

Senior Occupational Therapist

Department of Rehabilitation Services

The University of Texas MD Anderson Cancer Center

Houston, Texas

Brian M. Bruel, MD

Assistant Professor

Department of Pain Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Jennifer Camp, MD

Carolinas Rehabilitation

Charlotte, North Carolina

David W. Chang, MD

Professor

Department of Plastic Surgery

The University of Texas MD Anderson Cancer Center

Houston, Texas

Edward I. Chang, MD

Assistant Professor

Department of Plastic Surgery

The University of Texas MD Anderson Cancer Center

Houston, Texas

Eugene Kichung Chang, MD

Fellow

Department of Palliative Care and Rehabilitation Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Maxine De La Cruz, MD

Assistant Professor

Department of Palliative Care and Rehabilitation Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Rony Dev, DO

Assistant Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Ahmed Elsayem, MD

Associate Professor
Department of Emergency Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Saadia A. Faiz, MD

Assistant Professor
Department of Pulmonary Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Carol Frankmann, MS, RD, CSO, LD, CNSC

Director, Clinical Nutrition
Department of Clinical Nutrition Administration
The University of Texas MD Anderson Cancer Center
Houston, Texas

Jack B. Fu, MD

Assistant Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Ying Guo, MD, MS

Associate Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Carolina Gutierrez, MD

Fellow
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Samir M. Haq, MD

Fellow in Oncologic Emergency Medicine
Department of Emergency Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Mary K. Hughes, MS, RN, CNS, CT

Advanced Practice Nurse
Department of Psychiatry
The University of Texas MD Anderson Cancer Center
Houston, Texas

David Hui, MD, MSc, FRCPC

Assistant Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Carlos A. Jimenez, MD

Associate Professor
Department of Pulmonary Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Peter Kim, MD

Assistant Professor
Department of Cardiology
The University of Texas MD Anderson Cancer Center
Houston, Texas

Benedict Konzen, MD

Associate Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

J. Anthony Leachman, MA, BCC

Chaplain
Department of Chaplaincy and Pastoral Education
The University of Texas MD Anderson Cancer Center
Houston, Texas

Richard Lee, MD

Assistant Professor
Department of General Oncology
The University of Texas MD Anderson Cancer Center
Houston, Texas

Jan S. Lewin, PhD, BRS-S

Professor
Department of Head and Neck Surgery
The University of Texas MD Anderson Cancer Center
Houston, Texas

Valerae O. Lewis, MD

Associate Professor

Department of Orthopedic Oncology

The University of Texas MD Anderson Cancer Center

Houston, Texas

Gabriel Lopez, MD

Assistant Professor

Department of General Oncology

The University of Texas MD Anderson Cancer Center

Houston, Texas

Julie A. Moeller, PT, DPT

Physical Therapist

Department of Rehabilitation Services

The University of Texas MD Anderson Cancer Center

Houston, Texas

Megan Bale Nelson, MD

Assistant Professor

University of Louisville

Frazier Rehab Institute

Louisville, Kentucky

Amy Ng, MD, MPH

Instructor

Department of Palliative Care and Rehabilitation Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

An Ngo, DO

Cancer Rehabilitation Fellow

Department of Palliative Care and Rehabilitation Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Susan Orillosa, MD

Clinical Pain Fellow

Department of Pain Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Karina Ramirez, MD

Fellow

Department of Palliative Care and Rehabilitation Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Suresh K. Reddy, MD, FFARCS

Professor

Department of Palliative Care and Rehabilitation Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Jennie L. Rexer, PhD, ABPP-CN

Assistant Professor

Department of Neuro-Oncology

The University of Texas MD Anderson Cancer Center

Houston, Texas

Kathie Rickman, DrPH, RN, CNS

Advanced Practice Nurse

Department of Psychiatry

The University of Texas MD Anderson Cancer Center

Houston, Texas

Janet Scheetz, PT

Physical Therapist

Department of Rehabilitation Services

The University of Texas MD Anderson Cancer Center

Houston, Texas

Vickie R. Shannon, MD

Professor

Department of Pulmonary Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Ki Y. Shin, MD

Associate Professor

Department of Palliative Care and Rehabilitation Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Julio Silvestre, MD

Fellow

Department of Palliative Care and Rehabilitation Medicine

The University of Texas MD Anderson Cancer Center

Houston, Texas

Pamela Austin Sumler, LMT, NCTMB

Massage Therapist

Integrative Medicine Center

The University of Texas MD Anderson Cancer Center

Houston, Texas

Kimberson Tanco, MD

Assistant Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Alan Valentine, MD

Professor and Chair
Department of Psychiatry
The University of Texas MD Anderson Cancer Center
Houston, Texas

Khanh D. Vu, MD

Associate Professor
Department of General Internal Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Cynthia A. Worley, BSN, RN, CWOCN

Department of Nursing
The University of Texas MD Anderson Cancer Center
Houston, Texas

Rajesh R. Yadav, MD

Associate Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Sriram Yennu, MD, MS

Assistant Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

Donna S. Zhukovsky, MD, FACP, FAAHPM

Professor
Department of Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center
Houston, Texas

译 者

周谋望 刘 楠 邢华医

丛书序言

谨将《康复医学速查丛书》献给工作繁忙的临床工作者。虽然大家都能努力跟上最新的医学知识,但是仍有很多时候,当我们在日常工作中发现问题时,需要进行查找;最为重要的是,我们需要快速找到它。

每当此时,我们无暇进行完整的文献搜索或者阅读一个详尽的章节或综述,而只是需要对可能不是常规碰到的问题进行快速了解,或仅是刷新我们的记忆。有时出现的问题在我们日常工作范围之外,但是这可能影响我们的治疗。因此,我们编撰了这套丛书。

无论你需要快速查找如 Tarlov 囊肿是什么,还是需要阅读有关神经康复并发症抑或治疗方法的内容,《康复医学速查丛书》都会给予帮助。

《康复医学速查丛书》不仅包含在繁忙的工作中最常见的问题,也包含许多不常见的问题。

我非常荣幸能够召集这样一个非常默契的编者团队,他们组成了一个优秀的编写小组。因此,我希望并且确信本系

列丛书中的内容，可以为日常的临床工作提供丰富的参考。作为丛书主编，在正式出版前，我当然会率先审读，并且我可以告诉大家，我现在经常在临床工作中使用它们，以提高我的工作效率。

书中每一章节的构成简明扼要，以知识点精粹的格式呈现。丛书中所有分册的章节均遵循这一格式，因此一旦你习惯于这一格式，进行查找将非常容易。

虽然《康复医学速查丛书》的着眼点是康复医学，但在临床其他学科的应用也非常广泛。

我希望每一位读者能够像我一样逐渐开始赞赏这套《康复医学速查丛书》，我对创作出这些可读的、实用的篇章的优秀编者和作者团队表示祝贺。

Ralph M. Buschbacher, MD

前 言

20年前，对预后和获益有限的认识阻碍了许多康复专业人员为其肿瘤患者提供康复干预。令人欣慰的是，自那以后我们不仅看到肿瘤康复的接受程度和有效性得到显著提高，并且我们也参与到这一过程中。随着肿瘤患者存活时间的延长，这一群体对康复治疗的需要将持续增加。康复医生可以对肿瘤相关的功能障碍进行诊断和治疗。我们还可以帮助我们的肿瘤科同事对患者生活质量的功能部分予以更好的理解，并划分优先顺序。与《康复医学速查丛书》的其他分册相似，肿瘤康复是非常广阔的范畴。康复问题从最初的治疗开始，一直延续到姑息治疗阶段。由于肿瘤类型不同，与其相关的医疗问题可能是复杂的。值得庆幸的是，不同类型肿瘤对康复治疗造成的挑战具有普遍性，并且常见于康复医生已熟知的其他疾病过程。本书的目的是为康复医生在临床实践中可能遇到的各种问题提供简明的总结和治疗选择。本书的作者均是其所领域的专家，并且工作于得克萨斯大学 MD Anderson 肿瘤治疗中心。我非常感谢他们参与本书的编写并

提供帮助。为满足肿瘤患者的需求，将会需要更多的肿瘤康复医生对其提供帮助，我们希望本书能够帮助他们在一定程度上满足这一需求。

Ki Y. Shin, MD

目 录

I 背景、评估和干预措施	1
1 肿瘤康复：基本观点和原则	3
2 运动	7
3 作业治疗	10
4 功能能力评定	13
5 躯体损害，治疗措施和评定指南	17
6 肺康复	21
II 主要关注点和疾病	29
7 骨髓移植	31
8 脑部：软脑膜疾病	35
9 脑部：转移性肿瘤	40
10 脑部：原发性肿瘤	44
11 血液系统肿瘤	49
12 肿瘤骨转移：康复治疗方法	53
13 肿瘤骨转移：手术治疗方法	60
14 神经纤维瘤病 I 型及 II 型	70
15 脊髓压迫症	74