術後疼痛好困擾?中醫治療來幫你!

文/臺中榮總傳統醫學部醫師 陳羿汝

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【主治專長】

1. 中醫傷科: 顳頷關節痛、下背痛、膝痛、頸部 僵痛、肩痛、肢體無力麻木/活動困難、肌肉 扭拉傷。針灸治療、拔罐、刮痧。

2. 中醫一般科: 頭痛、頭暈、耳鳴、鼻過敏、乾眼症、咳嗽、心悸、潮熱、胃食道逆流、失眠、便秘、頻尿、月經不調、水腫、抽筋、骨質疏鬆等。

【門診時間】

週二上午/週四上午

▶ 術後疼痛真困擾

64 歲的林小姐,35 年前卵巢癌曾經做過手術及化療,今年 6 月因為膽結石做腹腔鏡膽囊切除手術,術後回家卻持續有腹痛的情形,家人趕快送來急診,診斷為腸阻塞,剖腹探查發現小腸嚴重沾黏、完全阻塞,因此切除 50 公分的小腸,但是術後仍然有腹痛,而且多日沒有排便、排氣,於是會診中醫希望改善腹痛、促進腸胃蠕動。林小姐的狀況符合健保中醫「術後疼痛」輔助計畫,經過針灸治療後腹痛顯著緩解,很快也恢復排便、排氣。

針灸治療術後疼痛真有效

歷史上以針灸治療術後疼痛最為人 所熟知的是一篇 1971 年的新聞,當年 美國《紐約時報》記者雷斯頓(James Reston)訪問中國時,因急性闌尾炎開刀,術後腹痛不止,接受針灸治療後不到1小時疼痛就得到大幅減輕,讓他非常震驚,因而發表了報導,掀起美國針灸熱潮。

針灸治療疼痛的機轉是透過穴位刺激,誘發大腦中樞與周邊神經系統釋放出不同的內源性腦內啡,達到止痛效果、增進血液循環、修補受傷組織,不會上癮,也不會刺激胃部,可以替代鴉片類止痛藥物而避免其濫用的問題。

針灸合併中藥雙管齊下能夠有效治療術後疼痛,但是有些患者已經服用很多西藥,不想再吃中藥,那麼針灸也是不錯的選擇。如果是害怕傳統針灸的病人,不妨嘗試看看雷射針灸,不需針刺,而是以低能量雷射照射穴位,也可以達到不錯的止痛效果。

術後疼痛會診中醫真方便

根據「全民健康保險西醫住院病患 中醫特定疾病輔助醫療計畫」,今年新 增了「術後疼痛」項目,當次住院開刀 後需中醫輔助醫療協助,且符合診斷碼 (ICD-10: F45 \ G89 \ M22-26 \ M36 \ M76-77 \ M79-81 \ N23 \ R10 \ R14 \ R39 \ R51-R52 \ R68 \ S38-39 \ S80 \ S82-83、\$86-89) 者皆可適用。會請患者先 填寫量表,包含:視覺類比量表(Visual Analogue Scale, VAS)、簡易麥吉 爾疼痛問巻(Short Form McGill Pain Questionnaire, SF-MPQ)、歐氏失能 量表 (Oswestry Disability Index, ODI), 使中醫師可以清楚了解患者疼痛的程 度、類型、是否影響日常生活,針對不 同的疼痛給予最合適的中醫治療建議,

期使舒緩患者不適症狀、提升生活品 質、縮短住院天數、降低整體醫療費用 支出。

Now, About My Operation in Peking By JAMES RESTONSpecial to The New York Times New York Times (1857-Current file); Jul 26, 1971; ProQuest Historical Newsj

Now, About My Operation in Peking

PEKING, July 25—There is something a little absurd about a man publishing an obituary notice on his own appendix, but for the last 10 anys this correspondent has had a chance to learn a lit-tle about the professional and political direction of a major Chinese hospital from the in-side, and this is a report on how I got there and what I found. days this correspondent has

In brief summary, the facts are that with the assistance of 11 of the leading medical of 11 of the leading medicial specialists in Peking, who were asked by Premier Chou En-lai to cooperate on the case, Prof. Wu: Wei-jan of the Anti-Imperialist Hospital's surgical staff removed my appendix on July 17 after a normal injection of Xylocain and Benzocain, which an-esthetized the middle of my body.

There were no complica-

tions, nausea or vomiting. I was conscious throughout, folwas conscious throughout, fol-lowed the instructions of Pro-fessor. Wu as translated to me by Ma Yu-chen of the Chinese Foreign Ministry dur-ing the operation, and was back in my bedroom in the hospital in two and a half hours.

However, I was in consider-able discomfort if not pain during the second night after the operation, and Li Chang-yuan, doctor of acupuncture at the hospital, with my ap-proval, inserted three long, thin needles into the outer part of my right elbow and below my knees and manip-ulated them in order to stim-ulate the intestine and relieve the pressure and distension of the stomach.

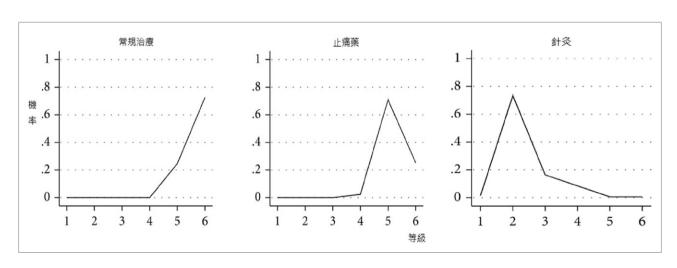
the stomach.

That sent ripples of pain racing through my limbs and, at least, bad the effect of diverting my attention from the distress in my stomach. Meanwhile, Doctor Li lit two pieces of an herb called ai, which looked like the burning stumps of a broken cheap cigar, and held them close to my abdomen while occasionally twirling the needles into action.

All this took about 20 minutes, during which I remem-

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▲ 1971 年美國《紐約時報》記者雷斯頓(James Reston)對針灸治療的報導 (Now, About Mt Operation in Peking >



▲ 以針灸治療混和型痔瘡術後疼痛為例,相較於常規治療(5.3%)及止痛藥物(15.3%),針灸可以 有效降低術後疼痛分數 (73.5%)。 SUCRA (surface under the cumulative ranking curve),代表曲線 下的面積,橫軸表示療效。圖片擷取及翻譯自 Three Acupuncture Methods for Postoperative Pain in Mixed Hemorrhoids: A Systematic Review and Network Meta-Analysis. Sunsong Ye, Jianhua Zhou, Xiutian Guo, and Xiaoxue Jiang. Comput Math Methods Med. 2022 Sep 26:2022:5627550