

New Book Highlight:

《我想改變，才會有變：跨過痛苦的日子 – 慢性痛患者的故事》

“I CHOSE TO CHANGE: LIVING WITH CHRONIC PAIN -- STORIES FROM PATIENTS”

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Patients are 'living human documents' (Boisen, 1925 cited in Hall, 1992, p. V). How to read depends on readers. It is easy for the busy health care professionals to look at the physical data of a patient but overlook the psychological, social and spiritual aspects.

《我想改變，才會有變：跨過痛苦的日子 – 慢性痛患者的故事》 has been published recently to arouse the concern of public on the voice of chronic pain patient in a holistic way.

The book which is written in Chinese and the English translated name is 'I chose to change: living with chronic pain -- stories from patients'. Fourteen COPE¹ students shared their stories and struggles followed by comments and suggestions from COPE instructors and NICHE² workers. Analgesic overuse, depression and anxiety, suicidal ideation, family support or stress, low self-esteem and negative self-identity are not only a term but also a vivid story. As stated by the self-help group representative, 'we understand the pain cannot be cured but mutual acceptance, respect and support would have a healing effect especially on psychospiritual aspect. It leads to better self-esteem and treasure the present (p. 20)'. The book is published by NICHE. With the kind donation from the Alice Ho Miu Ling Nethersole Charity Foundation, printed version is delivered free of charge to patients and electronic version is free to download from the NICHE website in below:

http://www.nethersole.org.hk/booklet/media_04.html

¹ Comprehensive Outpatient Pain Engagement (COPE) is a multidisciplinary chronic pain program which has been run by pain doctor, pain nurse, clinical psychologist, physiotherapist, occupational therapist, medical social worker and hospital chaplain in Alice Ho Miu Ling Nethersole Hospital (NTEC) Pain Management Center since 2002.

² NICHE is the Nethersole Institute of Continuing Holistic Health Education.



Chapter one: 「豐盛俱樂部——痛患者互助小組」的成立，源於二零一二年在雅麗氏何妙齡那打素醫院舉辦「豐盛人生」抗痛計劃十周年慶祝活動後的集思。當天出席活動的課程畢業生都因這大型重聚日而興奮，大家無不緬懷以前在課堂上互相學習、互相支持的氣氛。我們雖來自不同的屆別，但簡單的一聲「你好、早晨」或一個點頭、微笑，便將我們「師兄弟、姐妹」的關係更加拉近，剎時場內充滿了關愛及正能量。隨後，院內的新界東聯網痛症治療中心及健康資源中心便為我們聯袂籌措現在的互助小組。目的除了延續「豐盛人生」抗痛計劃的「自理」概念，亦進一步鞏固互助互勵的精神。同時透過這小組來加強我們及其他痛患者、家屬及義工之間的聯繫，促進自助助人，重新融入社會。

Reference:

Hall, E.C. 1992. *Head and heart: the story of the clinical pastoral education movement*. USA: Journal of Pastoral Care Publications, Inc.

李綺枝，馬連，許配靈，陸亮 (2015) 《我想改變，才会有變：跨過痛苦的日子 – 慢性痛患者的故事》 香港：那打素全人健康持續進修學院。