



## 香港理工大學護理學院

### 結合保健診所

本診所是護理研究、教育培訓及結合治理中心。我們的臨床服務循證實踐，結合中西醫護和不同治理方法，為市民提供一站式、多專業的結合治理及保健服務。

### 痛症管理診所

疼痛，無論程度大小，都會影響患者的身心靈健康及生活質素。止痛藥可舒緩痛症但亦有不少副作用。本診所提供非藥物的痛症療法，例如：音樂治療、多感官刺激、香薰足底穴位按摩和中醫治療等，迎合不同人士的需要。

#### 目的

提供痛症管理服務，協助痛症患者處理身心靈健康問題。

### 痛症舒緩療法

提供痛症管理服務，協助痛症患者處理身心靈健康問題。

#### • 非藥物治療

心理社交教育 / 音樂治療 / 多感官刺激 / 運動 / 朋輩支援小組

#### • 香薰足底穴位按摩

足底穴位按摩能有效舒緩身體痛楚  
促進身體血液循環 / 減低發炎症狀 / 鬆弛身心

#### • 中醫治療

中醫理論認為疼痛的成因是血氣不平衡，如血氣不足或血氣不通，使各器官功能失調而產生疼痛。中醫理論不區分生理和情感上的痛，從身心合一的角度來處理問題。臨症時，會考慮患者的病因，病理變化，證型作出診斷及治理，以解除患者的疼痛，並提升其生活質素。

### 聯絡我們（服務預約及查詢）

香港九龍紅磡香港理工大學 AG057 室（噴泉廣場旁）

- ☎ (852) 2766 4638
- ☎ (852) 2334 3114
- ✉ sn.ihc@polyu.edu.hk
- 🌐 <http://sn.polyu.edu.hk/ihc>

#### 辦公時間

星期一至五：上午九時至下午七時  
星期六、日及公眾假期：休息



## 痛症管理診所



## Pain Management Clinic



### The Hong Kong Polytechnic University

#### Integrative Health Clinic, School of Nursing

The Integrative Health Clinic (IHC) is a centre for nursing research, education and health services. We apply conventional nursing concepts, adhere to evidence-based practice, adopt an interdisciplinary approach, and integrate Western and Eastern health care modalities to offer integrative health management and health protection services in one convenient clinic.

#### Pain Management Clinic

Pain, regardless of its level, can have a negative impact on the physical well-being, emotions, and even quality of life of individuals. Using painkillers is one method to relieve pain, yet painkillers always have undesirable side effects. This clinic adopts non-drug approaches to managing pain, such as music therapy, multisensory stimulation, aromatic foot reflexology, and traditional Chinese medicine, which cater to the needs and health problems of different people.

#### Aim

This clinic aims to provide pain management services to individuals with pain and associated physical and psychological problems.



#### Pain Relief Methods

This clinic aims to provide pain management services to individuals with pain and associated physical and psychological problems.

- **Non-drug Therapies**

Psychosocial Education / Music Therapy /  
Multisensory Stimulation / Physical Exercise /  
Peer Support Group

- **Aromatic Foot Reflexology**


*Foot reflexology can relieve pain by:*  
Increasing blood circulation / Reducing inflammation /  
Encouraging relaxation of body and mind


- **Traditional Chinese Medicine (TCM)**

TCM defines pain as an imbalance between Qi (energy) and Blood. This can be due to a deficiency of Qi or Blood, or it can happen when Qi and Blood become obstructed, causing the organs to begin to function improperly, leading to the development of pain. TCM does not differentiate between physical and emotional pain: the TCM practitioner treats the "bodymind."

#### Contact Us (Enquiry and appointment)

AG057, The Hong Kong Polytechnic University  
(located next to Fountain Square), Hung Hom, Kowloon, Hong Kong

 (852) 2766 4638

 (852) 2334 3114

 [sn.ihc@polyu.edu.hk](mailto:sn.ihc@polyu.edu.hk)

 <http://sn.polyu.edu.hk/ihc>

#### Office hours

**Monday to Friday:** 9:00 am - 7:00 pm

**Saturday, Sunday & Public Holidays:** Closed

