

# 免費六星期 慢性疼痛自我管理課程 (廣東話)

## 課程內容：

- 處理慢性疼痛，疲勞，抑鬱的有效措施
- 制訂合理運動，健康飲食計劃
- 享受更多運動，讓自我感覺更好的方法
- 更好管理用藥，與醫生進行有效溝通的策略

語言：廣東話

日期：2月7日, 14日, 21日, 28日 3月, 7日 14日 (星期三)

時間：上午 9:30 . – 中午 12:00

地點：耆樂中心 - 課堂 C 室  
3333 Finch Ave East

歡迎所有患有慢性疼痛的成人、長者及看護人士參與。

所有參與人員將免費獲贈 “**實踐健康生活 – 慢性病自我管理手冊**” 一本及 **培訓手冊** 一份。

**參加者請於 2月5日或之前報名。**

報名登記請致電 SPLC **(416) 493 – 3333**。

“慢性病患者自我管理  
實現健康生活”

慢性疼痛自我管理課程大綱

课程大纲 (慢性疼痛)						
	第一周	第二周	第三周	第四周	第五周	第六周
自我管理课程和慢性疼痛概论	✓					
什么是疼痛?	✓					
运用思想来管理症状	✓	✓			✓	✓
良好睡眠	✓					
制定行动计划	✓	✓	✓	✓	✓	✓
行动计划反馈		✓	✓	✓	✓	✓
解决问题		✓				
处理困难情绪		✓				
体力活动与运动		✓	✓	✓	✓	
更好的呼吸		✓				
疲劳管理		✓				
平衡休息, 活动与计划			✓			
治疗方案评估			✓			
如何做出明智决定			✓			
健康饮食				✓		
沟通技巧				✓		✓
慢性疼痛药物治疗					✓	
抑郁管理					✓	
如何同医疗团队人员及医疗机构沟通						✓
体重管理与控制						✓
未来计划						✓

欲了解課程詳細信息：  
或致電：(416) 493 -3333



Central East Self-Management Training Program

## A **free** six-week program In **Cantonese** on Self-Management for People with **Chronic Pain**

### Learn About:

- Effective ways to deal with chronic pain, fatigue and depression
- Setting up exercise and healthy eating plans
- Ways to feel better and do more of the activities you enjoy
- Strategies for better managing your medication and communicating with your doctor

**Dates:** Feb 7, 14, 21, 28, Mar 7 & 14 (Wednesdays)

**Time:** 9:30pm – 12:00pm

**Location:** SPLC – Seminar Room C  
3333 Finch Ave E

Older adults, seniors with chronic pain, and caregivers are welcome to attend.

Participants will receive a free copy of the book *Living a Healthy Life with Chronic Conditions*.

**Pre-registration** is required on or before Feb 2, 2018.

To register please call: SPLC at (416) 493 - 3333.



## “Living a Healthy Life with Chronic Conditions”

### Workshop Overview (Chronic Pain)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic pain conditions	✓					
What is pain?	✓					
Using your mind to manage symptoms	✓	✓			✓	✓
Getting a good night's sleep	✓					
Making an action plan	✓	✓	✓	✓	✓	✓
Action plan feedback		✓	✓	✓	✓	✓
Problem-solving		✓				
Dealing with difficult emotions		✓				
Physical activity and exercise		✓	✓	✓	✓	
Better Breathing		✓				
Fatigue management		✓				
Pacing and Planning			✓			
Evaluating treatments			✓			
Making decisions			✓			
Healthy eating				✓		
Communication skills				✓		✓
Medications for chronic pain					✓	
Depression management					✓	
Working with your health care professional and organization						✓
Weight management						✓
Future plans						✓

**For more information about this program:**

**Phone: (416) 493 -3333**