

# 免費六星期 慢性疼痛自我管理課程（普通話）

## 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：普通話

日期： 07月14日, 21日, 28日, 8月04日, 11日, 18日（星期五）

時間： 下午 12:30 . – 下午 3:00

地點： Bridlewood 圖書館  
2900 Warden Ave #157a, Scarborough, ON M1W 2S

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 **7月7日或之前**報名。

報名登記請致電聖保羅中心 (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 **Mandarin** 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:** July 14, 21, 28, August 04, 11, 18 (Fridays)

**Time:** 12:30pm – 3:00pm

**Location:** Bridlewood Library  
2900 Warden Ave #157a, Scarborough, ON  
M1W 2S8

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 July 7, 2017.

To register please call SPLC (Senior Persons Living Connected) 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**