



Mission Statement

The Hong Kong Pain Society (HKPS) aims to advance professional knowledge and expertise in managing pain through education, training and research; and aspires to promote public understanding towards pain and a positive attitude to persons with pain.

Our Objectives

The objects for which the Society is established are:

- To promote exchanges of knowledge and foster collaboration among different Specialty Groups (as defined in the Articles of Association) who are interested in the research and management of pain
- To promote training and continued education in the field of pain medicine
- To promote public education and knowledge of pain and its management
- To promote research in the science, practice and development of techniques and technologies related to pain medicine
- To advise relevant regional agencies and organizations on the advances of pain medicine

Who are we?

The Hong Kong Pain Society is a multidisciplinary society with representations from different medical specialties and healthcare disciplines.

We believe that it is the right of every individual who suffers from pain to have access to appropriate services.

Hong Kong Pain Society Limited has been granted Charitable Status by the Inland Revenue Department effective from 24 Oct 2007.

Enquiries can be directed to Hon. Secretary Email: painsec@hkpainsociety.org or Fax no. 2666 6773

Website: www.hkpainsociety.org

香港疼痛學會是一個非牟利的聯科組織，委員會由不同醫學及護理專科人員組成，希望透過教育、培訓和研究工作，提高醫護及公眾對處理疼痛的知識和技能，提倡積極、正面面對疼痛之訊息。

服務理念與宗旨

1. 促進知識交流、合作和科研，改善疼痛處理；
2. 促進醫護對疼痛之處理的訓練與持續教育；
3. 促進公眾對疼痛之處理的訓練與持續教育；
4. 作為倡導者角色，向政府或相關組織提出建議或意見。

持續進行之活動

- 定期進行公眾教育講座及接受電台訪問，宣揚正確處理疼痛的資訊
- 為醫護工作者舉辦疼痛處理研討會、課程及培訓工作坊
- 促進與疼痛有關之本地研究

STEP 1

痛是一個主觀的投訴，無法量度和檢測，醫者主要靠患者對痛的描述和匯報，從而作出適當評估。首先，醫者要相信疼痛的存在，並將患者對疼痛之描述作為計劃治療的起步點；病者，則需要接受和理解疼痛的存在屬事實。

STEP 2

疼痛處理涉及多個專業範疇，醫生除對患者的疼痛本身作評估外，還應包括疼痛對患者之活動能力、工作、情緒、家庭，以至社交等影響。

STEP 3

疼痛極容易消磨人的意志，持續受疼痛困擾的人士加上重重壓力的影響，個人便容易迷失和失去生活焦點。所以，處理疼痛的最重要一環，就是針對改善患者的功能，讓其能找到或重拾對人生、生活及工作之目標與鬥志。

處理慢性疼痛

3步曲

香港全能運動學會主辦：斜路王挑戰盃長跑賽系列 2011
Hong Kong Multisports Association : Ramp Challenge series 2011



Sponsorship Form 贊助表格

(Please complete this form in BLOCK LETTERS 請以正楷填寫表格)

Participant's Name 參加者姓名：_____

Contact No. 聯絡人電話：_____

Address 地址：_____

	Name of Sponsors 贊助人姓名	Day time Contact No. 日間聯絡電話	Amount (HK\$) 贊助金額	Receipt (✓) 收據
1				
2				
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Total Amount 贊助總額：HK\$_____

- * Please copy this sponsorship form if necessary.
如有需要，請自行影印此贊助表格。
- * Please complete the sponsorship forms, and return to **the Secretary, Hong Kong Pain Society, c/o Pain Management Centre, Block A1, Alice Ho Miu Ling Nethersole Hospital, Tai Po**, together with the sponsorship by post (Cheque payable to **“Hong Kong Pain Society”**)
請集齊善款，以支票連同贊助表格寄回「Secretary, Hong Kong Pain Society, c/o Pain Management Centre, Block A1, Alice Ho Miu Ling Nethersole Hospital, Tai Po」(支票抬頭請寫「香港疼痛學會」)。
- * Receipt will only be issued to all donations over HK\$100 (tax-deductible) upon request. Please “✓” the receipt column if it is required.
捐款滿港幣一百元者，方獲得免稅收據。如需收據，請於收據欄中填上“✓”號。