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Perspective in pain management using traditional Chinese medicine: East meets west

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An exchange of ideas with University of Minnesota students through email, Skype and Facebook communication was done to compare pain management between United States (US) and Hong Kong (HK). There are quite a lot of differences with US people view pain as a weakness with the saying Pain is weakness leaving the body. HK elderly percept pain as essential of aging process, which is a defining characteristic of human life, and it is related to climatic and seasonal conditions to be treated with over-the-counter pain relief patches. Both countries people prefer non-pharmacological approaches first before taking analgesic by hot and cold packs, aromatherapy, humidifier for sore throat used in US; application of medicinal wine or salve, eating preserved fruits such as citrus peel and kumquat for sore throat used in HK. Alternative treatments such as moxibustion are becoming more recognized but slow to be accepted in US with a lack of evidence-based research to support efficacy. In addition, they are not covered by medical insurance. In HK, several charities subsidized Chinese medicine clinics have acupressure and acupuncture specialties to provide trustworthy and inexpensive treatment to people. But moxibustion remains a less popular and recognized therapy, which can be administered easily with moxa stick ignition.

Biography

Chan Tak Yin is a Registered Nurse of Hong Kong Public Hospital. She is studying Master of Science in Nursing in the Hong Kong Polytechnic University. She was awarded Sir Edward Youde Memorial Prize in 2002; Outstanding student for CM(N), KCC Award in 2003; Ida Martinson Scholarship for Advanced Nursing Development (Overseas Placement) in 2017 during her school life. She has been to Sun Yat-sen University in Guangzhou for academic exchange and communication in 2016 and awarded Third Prize in the Nursing Researcher Forum. The Ida Martinson Scholarship placement in Florida broadens her horizon and enriched her learning experience in a professional and international context. She had just applied as member of Sigma Theta Tau International.

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