



傳媒報導 Media Report

大包小袋藥物易溝亂 重複服用有危險 招募藥劑師教隱蔽長者食藥

香港生活指數愈來愈高，通脹不斷攀升，專家預不少長者因病須長期服食多種藥物，易出錯漏，例如食錯藥、亂停藥或重複食藥情況不時出現。聖雅各福群會與香港醫院藥劑師學會合辦「病患者藥療輔導服務」計劃，不定期以講座及個別諮詢方式，矯正長者不良用藥習慣，該學會呼籲更多藥劑師投身義工行列，協助上門輔導更有迫切需要的隱蔽長者。

近三十名銀髮族，個個拿著大包小袋五顏六色的藥丸，以及預先整理好的問題紙，等待義務藥劑師個別輔導，解答用藥疑問。其中一位參加者鄧太，其89歲行動不便的母親分別患有帕金森症、胃潰瘍、高血壓和腎衰竭等病症，每日服食7至8種藥物，「阿媽唔同嘅病，睇唔同專科，擔心嘅藥互相重複，有影響都唔知！」

擔心藥性會相沖

鄧太抱怨醫管局的醫生面診時間太短，難解服藥疑問。月前其母意外跌倒，手術後獲骨科醫生開處補充骨質藥物，鄧太從說明書中發現，該藥不宜腎功能有問題者服用，令她不知應否繼續讓母親服食，又擔心同時與其他藥物使用，造成危險，「問幫阿媽睇血壓的內科醫生，佢又唔肯答，叫我問番開藥的骨科，但骨科覆診又排期半年之後，唔知點做好。」後來鄧太得悉聖雅各福群會舉辦免費藥物輔導講座，遂即報名參加。香港醫院藥劑師學會副會長蘇耀華指，醫管局資源不足，醫生在數分鐘診症時間內，難以解釋各種藥物功效與副作用，甚至出現與其他病科重複開藥情況，「最普遍係胃藥、止痛藥同鈣片，長者睇唔同專科都有機會被處方，變成食多咗，好似過量食中和胃酸藥同胃藥，會影響電解質，干擾到心跳；食太多鈣片，又容易有腎石。」

須調節服食時間

此外，病人同時服用多種藥物，需要調節服食時間，才達最佳療效，蘇耀華指出，「胃藥可能影響其他藥物吸收，最穩陣隔兩個鐘頭先食其他藥；醫胃酸倒流的藥，應該晚飯前半小時食，先夠時間發揮藥效，減低晚間發病機會」。他又指，許多長者因不知個別藥物反應，服後感不適，即擅自停藥或減藥，影響病情，故希望透過此計劃向長者灌輸正確用藥知識，「希望多些藥劑師加入做義工，上門為隱蔽長者提供服務」。如有意擔任義工的藥劑師可致電2835 4320或8107 8324聯絡聖雅各福群會。

BAGS OF MEDICINE EASY TO MIX UP DANGEROUS TO REPEAT MEDICATION

Pharmacists wanted to teach proper medication to hidden elderly

Because of illness, many elderly people must take different kinds of medicine on a long term basis. Mistakes and omissions in taking medicine are common, such as taking the wrong drugs, quitting at will, or taking the same drugs repeatedly. A Pharmaceutical Care Service for Patients Project jointly sponsored by St. James' Settlement and the Society of Hospital Pharmacists of Hong Kong holds unscheduled lectures and individual consultations to correct the improper medication habits of elderly people. The Society is appealing for more pharmacists to join the ranks of volunteer workers, to help make house calls on hidden elderly persons who are in more urgent need of counselling.

Close to 30 silver-haired elderly people, each carrying bags of pills in varied colours and a list of prepared questions, were waiting for individual consultations with pharmacists to answer their questions. One of them was Mrs. Tang, whose 89-year-old mother, disabled by Parkinson's disease, stomach ulcer, high blood pressure and renal failure, takes 7 or 8 kinds of medicine everyday. "My mother sees different specialists for different illnesses. I'm worried that she may be taking the same drugs prescribed by different doctors, without us knowing the effects!"

Worried the drugs may be conflicting

Mrs. Tang complained that doctors of the Hospital Authority spend too little time at each consultation to answer questions on medication. Last year her mother had an accidental fall. After surgery the bone specialist prescribed a bone-strengthening medicine. Mrs. Tang discovered from reading the instructions that the medicine is not suited to patients with a renal condition. She was also worried that it might be dangerous for this drug to be taken along with other drugs. "I asked the physician my mother sees for high blood pressure, but he won't answer me. He told me to ask the bone specialist who prescribed the medicine, but the next appointment to see him was 6 months away. I didn't know what to do." Then Mrs. Tang learned about SJS's free medication counselling lectures, and signed up right away. So Yiu-wah, Vice Chairman of the Society of Hospital Pharmacists of Hong Kong, pointed out that, due to the Hospital Authority's lack of resources, its doctors could only spend several minutes with each patient. Not only is it hard for the doctor to explain the effects and side effects of the drugs, but he may sometimes prescribe medicines already prescribed by a different specialist. "The most commonly prescribed drugs are stomach medicine, pain killers and calcium tablets. The same elderly patient may be prescribed the same drugs by different specialists. So he is over-dosed. Over-dosage in stomach medicine that neutralizes gastric acid can affect the electrolyte and interfere with heart beat; excessive intake of calcium tablets can cause bladder stones."

Need to adjust medication schedule

Besides, a patient on many kinds of medicine should adjust their medication schedule in order to achieve the best result. So Yiu-wah said, "Stomach medicine can affect the absorption of other drugs. It is safest to take the other drugs two hours before. Drugs for gastric reflux should be taken 30 minutes before dinner in order to allow it sufficient time to take effect and to reduce the chances of attacks at night." He added that many an elderly patient, not knowing the reactions to each drug, would stop taking it or reduce the dosage on his own advice when feeling discomfort after taking it, thus affecting his own condition. He therefore hopes that, through this project, elderly patients can be taught how to properly take medicine. "I hope more pharmacists will join the volunteer service, to make house calls on hidden elderly persons to serve them." Pharmacists willing to serve as volunteers can telephone SJS AT 2835-4320 OR 8107 8324.



我們需要你的捐助
We Need Your Donation

呼吸困難炎夏尤甚 弱老急需電費資助

天氣酷熱，很多市民都會安坐家中享受冷氣；不少長者為解「暑熱」卻要走到冷氣開放的商場渡過炎夏。可是對於肺功能衰退、經常要使用呼吸機以助呼吸、寸步難行的羅伯伯來說，要出外「納涼」實屬難上加難。

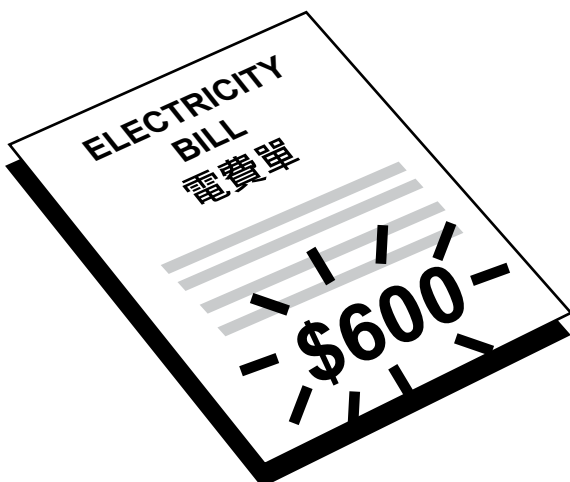
基於老人的健康需要，也為了讓他在清涼的家居環境中生活，我們獲得一名善長的慨助，月前在羅伯伯的家中為他安裝了一部冷氣機，助他渡過難熬的炎夏。

今年81歲的羅伯伯，在香港無親無故，依靠綜援過獨居的生活過。他患上睡眠窒息症已有十年，近年肺部功能又逐漸衰退，每刻每秒都要依賴窒息機及氧氣機維持呼吸及生命。他有感「時日無多」，已委託本會「後顧無憂」規劃服務為他辦理後事。

近日氣溫上升，羅伯伯的家更為酷熱。為求呼吸暢順，他只好經常開動氧氣機。可是樽裝氧氣和機器運作的電費都非常高昂，連同開動冷氣機的電費在內，他每月的電費單竟高達\$600。綜援金對樽裝氧氣的津貼相當有限，而在電費方面更毫無補助，致令他要緊縮每日的食用以省下金錢支付電費。如今氣溫在30度以上，開動風扇也無法「驅暑」，羅伯伯迫於無奈，每日要「鋌而走險」，拖著氧氣機步履闌珊地走到附近商場納涼，以逃避炎熱的天氣，並省回電費以應付生活開支，維持生命。

「我要命，就要拚命往商場避暑。」步往商場時，羅伯伯氣呼呼地掙扎著說。生活艱辛又必須「冒險」出外納涼從而偷生，實是人於到達「終點」前一大折磨。

本會的「電費助貧弱」計劃正是呼籲善長們伸出援手，慷慨解囊以拯救類似羅伯伯的長期病弱老者，助減他們的電費壓力。施善垂詢熱線：2835-4321或8107-8324。



Respiratory problem worsens in summer heat Feeble elderly needs electricity bill subsidy

Most people stay in their air-conditioned homes on hot summer days. Many elderly people, however, can only keep cool by walking to air-conditioned shopping malls. But that is a most difficult task for Uncle Lo, whose lungs are weak, who must rely on an oxygen machine to breathe, and who has trouble walking.

In view of his health condition, and in order to make his home a cool place to live in, we recently installed an air-conditioner for Uncle Lo, thanks to a generous donor who wanted to help him cope with the hot weather.

Eighty-one-year-old Uncle Lo has no one in Hong Kong. He lives by himself, drawing on CSSA. On top of a 10-year history of sleep apnea, his lungs have weakened in recent years. He relies on CPAP and oxygen machines just to keep breathing and stay alive. Feeling his years are numbered, he has already entrusted his funeral arrangements to our Funeral Navigation Services.

With the mercury rising, Uncle Lo's home has become unbearably hot. For easy breathing he has to keep the oxygen machine on all the time. But oxygen tanks and electricity are both very expensive. When he also turns on the air-conditioner, his monthly electricity bill comes to \$600! His CSSA includes a small subsidy for the oxygen, but no assistance at all for the electricity charges. He can only pinch on his food and daily expenses to save money to pay for electricity. The temperatures are now over 30 degree, so hot that an electric fan is no help. Needing to save money to meet all his expenses, Uncle Lo has no choice but to go to a nearby shopping mall everyday for some relief from the heat. The journey to and fro is perilous, with his feet shuffling as he drags his oxygen machine with him.

"I have to risk my life to stay alive," gasped Uncle Lo on his way to the mall. Already leading a hard life and still having to take a risk to go out for some cool air just to stay alive -- it is such a torture to a man nearing his end!

Uncle Lo is precisely the kind of chronically ill poor elderly persons we want to help with our Electricity Funds for the Feeble Elderly Program. Won't you please make a donation to help them pay their electricity bill? For inquiry, please telephone our hotlines 2835-4321 or 8107-8324.