

Title: Barriers to Pain Management in a Community Sample of Chinese American Patients with Cancer

Dr. Angela Sun

Executive Director

Chinese Community Health Resource Center

San Francisco, CA, USA

angelas@chasf.org

Abstract

Cancer pain is complex and its score (0 to 10) is influenced by various components such as physiological, sensory, cognitive, neurological, as well as patient's cultural belief and attitude. Studies ^{i,ii,iii} suggest that Chinese American cancer patients' pain scores are underreported due to patient and medical system barriers. The practice of cancer pain management is affected by these barriers. In a study ^{i, iv} of convenient community sample of Chinese American breast cancer patients, the highest patients' barrier scores were tolerance, followed by time of dosage, disease progression, addiction, distracting physicians in treating the cancer, fatalism, side effects, religious fatalism, and being a good patient. In another study^v, findings suggested that Complementary Alternative Medicine is considered effective among foreign and US born Chinese American cancer patients in alleviating aches and pains. However, both groups are less likely to consider it to be effective for alleviation of pain resulting from breast cancer.

Biography

Dr. Sun is the Executive Director the Chinese Community Health Resource Center (CCHRC) and has been serving the Asian American community, including Chinese, for over 20 years and has dedicated her professional career to identify, develop, implement, and evaluate effective health communication strategies on various health topics. Partnering with health care providers, and community leaders and members, Dr. Sun developed programs and services of the CCHRC from inception into a comprehensive, multi-faceted community resource center with the mission of building a healthy community through culturally competent preventive health, disease management, and research programs. Under her leadership, the Chinese community of the San Francisco Bay Area has come to recognize CCHRC as a leader and principal source of culturally competent health education programs. In 2006, CCHRC's user-friendly bilingual (Chinese and English) website, www.cchrchealth.org was recognized for increasing access to bilingual (Chinese and English) health information by the National Committee of Quality Assurance. Dr. Sun had been invited to speak and present at national and international professional conferences, symposiums, forums on various topics, including cancer. Selected conferences include: Many Faces One Voice - Susan G. Komen for the Cure, 32nd Annual National Diversity Conference - Kaiser Permanente, International Symposium on Breast Cancer - Tianjin, and XuZhou International Oncology Forum. In collaboration with academic institutions, Dr. Sun has served as a Principal Investigator for numerous community-based participatory research projects and authored many publications, including pain management.

References:

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- ^{iv} Edrington, J, Sun, A, Wong, C, et al. (2010). A pilot study of relationships among pain characteristics, mood disturbances, and acculturation in a community sample of Chinese American patients with cancer. *Oncology nursing forum*, 37(2), 172-81.
- ^v Wong Kim, E, & Merighi, J R. (2007). Complementary and alternative medicine for pain management in U.S.- and foreign-born Chinese women with breast cancer. *Journal of health care for the poor and underserved*, 18(4 Suppl), 118-29.