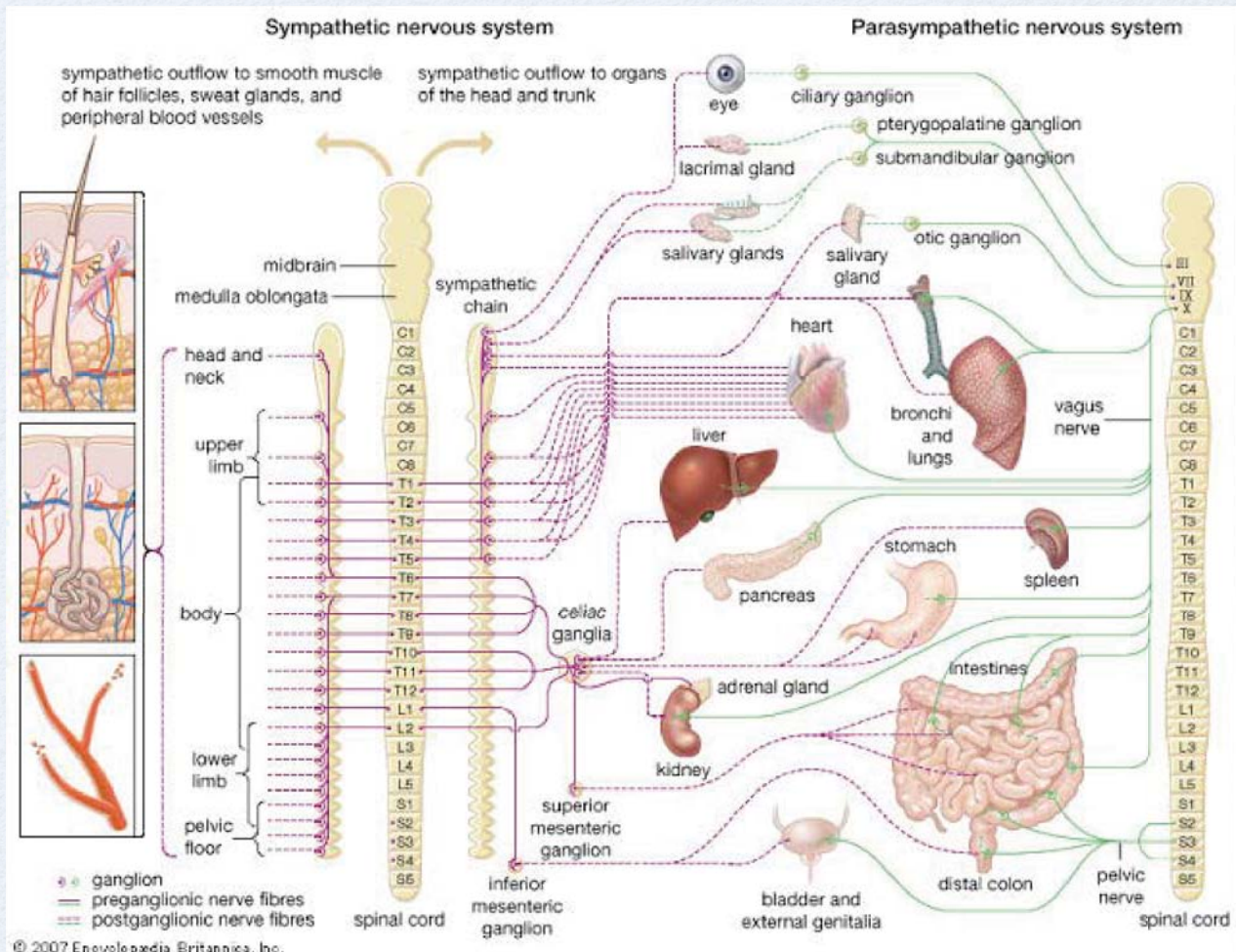


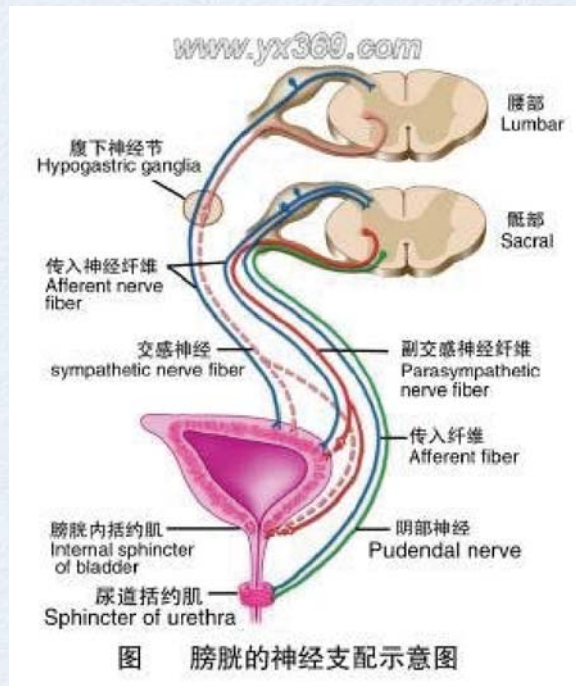
Psychological Approaches to Interstitial Cystitis

台中榮總精神部 莊凱迪



膀胱與排尿的調整

- 膀胱收縮與尿道口的開閉都有複雜的自律神經調整。



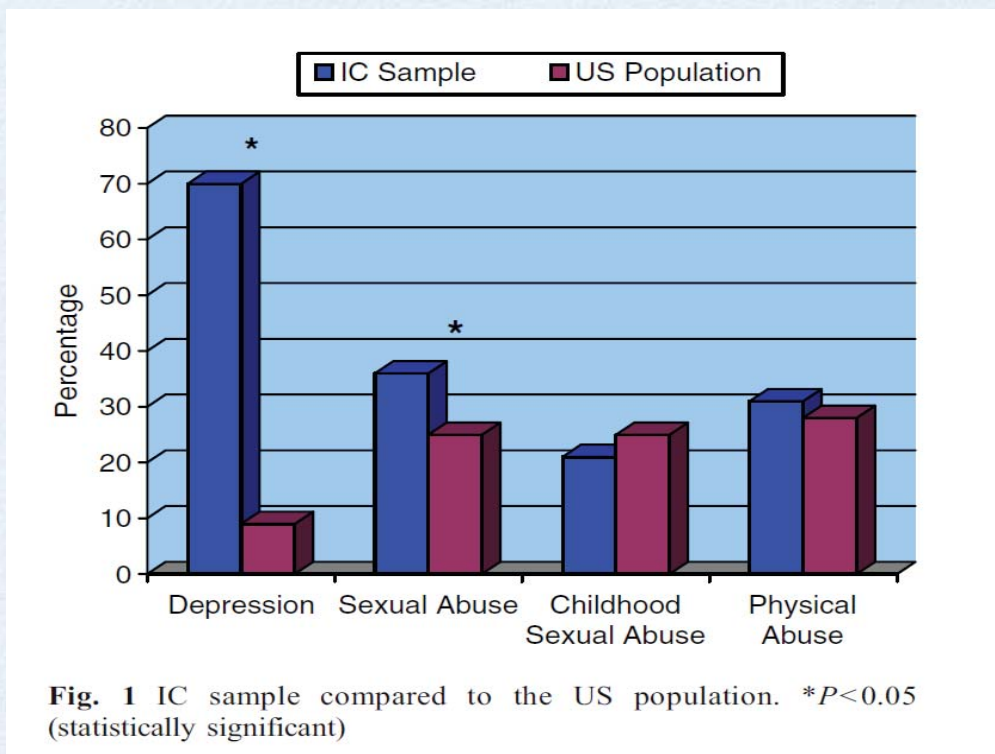
自律神經系統

- 又稱為自主神經系統。
- 包含交感神經與副交感神經系統。
- 交感神經負責處理緊急事件，讓營養修復工作暫緩，讓心跳、呼吸、血壓上升，腸胃下降。
- 副交感神經讓身體休息、進行營養修復工作。免疫、腸胃功能上升，心跳、血壓、呼吸下降。

調整自律神經

- 藥物：抗憂鬱藥物。
- 運動。
- 呼吸。
- meditation

Depression and abuse in IC



Comorbid chronic pain in IC

Table 1 Number of concomitant chronic pain conditions

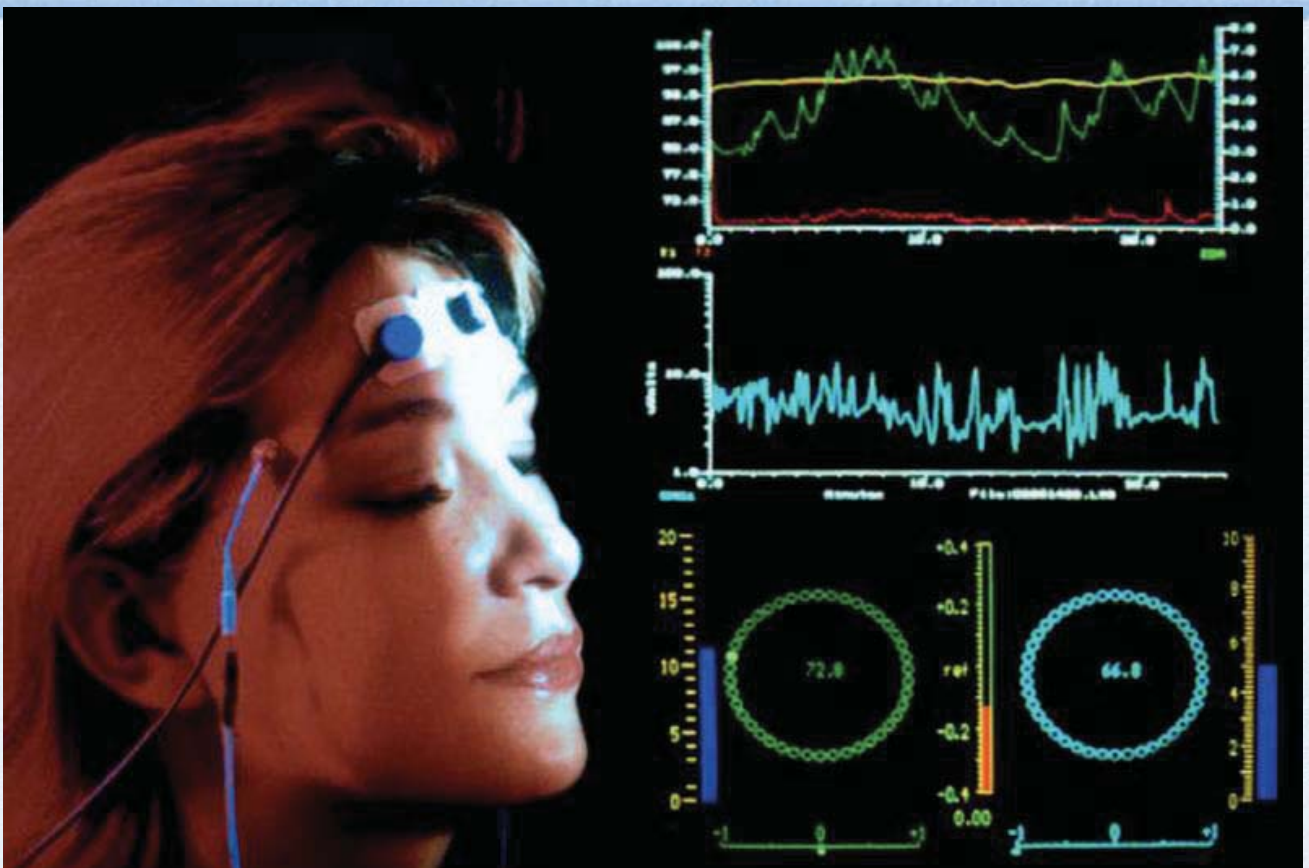
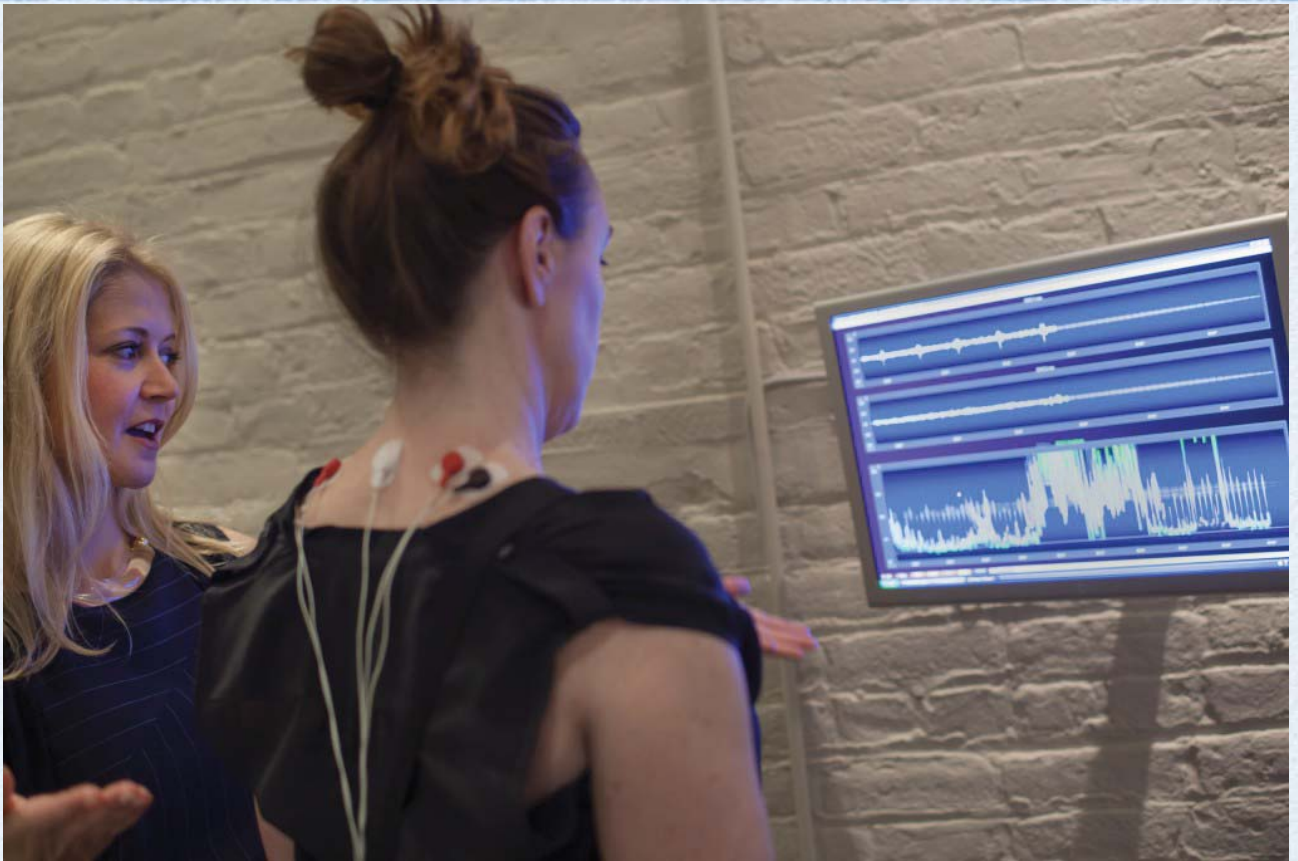
Number of concomitant chronic pain conditions	Number (%)
1 chronic condition	25 (17.7%)
2 chronic conditions	44 (31.2%)
3 or more conditions	72 (51.1%)

Int Urogynecol J (2008) 19:1683–1686

Biofeedback 生物回饋

- Transforming biological signals into visual or audial signals to help the patient become more aware of physical conditions;
- Encourage the patient to gain control of bodily functions or to relax, or both;
- Heart rate, skin conduction, muscle tone, temperature etc.





Pelvic floor biofeedback in chronic prostatitis

Mean (SD) variable	Before	After
Urodynamics		
Q _{max} , mL/s	8.2 (4.1)	15.1 (7.3)
Pdet.max, cmH ₂ O	125.1 (75.3)	86.3 (54.2)
MUP, cmH ₂ O	124.3 (23.3)	65.4 (23.0)
MUCP, cmH ₂ O	101.5 (43.6)	43.5 (16.7)
NIH-CPSI scores		
Discomfort	4.0 (2.0)	2.2 (1.7)
Urination	7.9 (2.1)	2.2 (1.9)
Life impact	9.6 (2.7)	2.9 (2.6)
Total	21.7 (4.8)	8.4 (4.6)

BJU International 2009;105:975–977

Pelvic floor biofeedback

- Anal or vaginal electrodes to record pelvic floor muscle tone
- Abdominal electrodes to record abdominal muscle tone
- Encouraging increasing pelvic floor muscle tone without increasing abdominal muscle tone

Biofeedback-assisted relaxation training

- has been proved to be effective in several chronic pain conditions;
- encouraging slow breathing frequency, decreased skin conductance, lower muscle tone;
- using biofeedback to help patients understand subjective feelings of relaxation;

Guided imagery

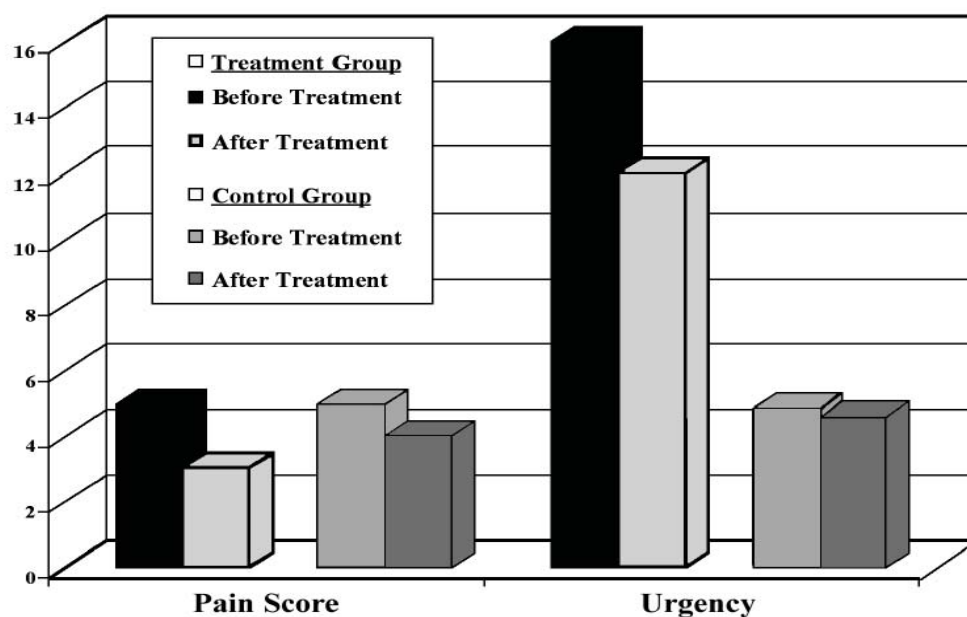


FIG. 3. Pain-urgency in both groups before and after treatment.

Mindfulness meditation

- 覺察腦海中所有的想法、感受、念頭。
- 不要判斷好壞對錯，全部接受！
- 覺察整個人的身心，覺得身心整合在一起。
- 愛護、享受身體裡面所有小小地地方。

以呼吸為基礎的放鬆法

- 把注意力完全集中在呼吸上。
- 讓呼吸放慢速度，每次呼吸時間拉長。
- 不要特別用力呼吸。
- 由鼻子吸氣，感受空氣流過鼻腔與鼻咽。
- Aware, but do not control!