

在炎夏如何管理慢性腎病

Managing Chronic Kidney Disease during Extreme Summer Weather

常見資源 General Resources

影響身體耐熱的因素

Factors Affecting the Body's Heat Tolerance

- | | |
|---|--|
| <ul style="list-style-type: none">• 氣溫 Air temperature• 濕度 Humidity• 風 Wind• 服裝 Clothing• 飲酒和咖啡因 Alcohol and caffeine consumption | <ul style="list-style-type: none">• 活動強度 Intensity of activity• 年齡 Age• 醫療狀況（例如腎臟疾病） Medical condition (e.g. kidney disease)• 藥物 Medications• 水份 Hydration |
|---|--|

脫水和炎熱相關疾病的體征和癥狀

Signs and Symptoms of Dehydration and Heat-related Illness

- | | |
|--|--|
| <ul style="list-style-type: none">• 尿液顏色深• 虛弱疲勞、頭暈、噁心• 口渴、嘴唇乾燥/口乾• 出汗過多 | <ul style="list-style-type: none">• Dark-colored urine• Fatigue, weakness, dizziness, nausea• Thirsty, dry lips/dry mouth• Excessive sweating |
|--|--|

脫水和炎熱相關疾病的體征和癥狀（續）

Signs and Symptoms of Dehydration and Heat-related Illness (continued)

- 皮膚可能濕潤或乾燥
- 體溫升高
- 意識模糊、激動、癲癇發作、昏迷
- 呼吸急促
- 心率加快
- 併發症（器官損傷）：
 - 腎衰竭、橫紋肌溶解症、電解質失衡
 - 心律失常、心力衰竭
 - 肝酶升高
 - 彌散性血管內凝血 (DIC)：凝血異常
- Skin may be moist or dry
- Increased body temperature
- Confusion, agitation, seizures, coma
- Rapid breathing
- Fast heart rate
- Complications (organ damage):
 - Kidney failure, life-threatening muscle breakdown (rhabdomyolysis), mineral imbalances (electrolyte derangement)
 - Heart rhythm (arrhythmia), heart failure
 - Increase in liver proteins (enzymes)
 - Increased risk of blood clots (disseminated intravascular coagulation (DIC): coagulation abnormalities)

降溫策略與避暑方法

Cooling Strategies and Heat Avoidance

- 補水並飲用運動飲料補充鈉損失
- 如果熱痙攣，按摩/放鬆/伸展有關肌肉
- 脫掉多餘的衣服，鬆開衣服
- Drink lots of water. Have a sports drink if you are sweating
- If you experience heat cramps, massage/relax/stretch the involved muscle
- Remove excessive clothing, loosen clothing

降溫策略與避暑方法（續）

Cooling Strategies and Heat Avoidance (continued)

- 將患者移至陰涼或涼爽的環境
 - 將涼爽、濕潤的布抹在額頭和臉上
 - 用水噴灑並給病人扇風
 - 飲用少量冷水、冰片、補水液
 - 不要使用退熱藥，因為它可能會加重肝損傷
- Avoid the sun. Move to a shady or cooler environment (air circulating) with a fan or air conditioner. Keep blinds or curtains closed.
 - Apply cool, wet clothes to forehead and face
 - Spray yourself with water, sit next to a fan, or fan yourself
 - Small amounts of cool water, ice chips, hydrating fluid
 - Avoid taking fever suppressant (antipyretic agents) as these may harm the liver

如果病情惡化，請致電911。如有其他查詢，請致電811。

Call 9-1-1 if symptoms are severe or conditioning is worsening.

Call 8-1-1 for questions and support

脫水需擱置的藥物

Medications Required to be On Hold during Dehydration

- ACEi 或 ARB（降壓藥）
 - 利尿劑
 - NSAID（消炎藥）
 - 某些糖尿病藥物
- ACEi or ARB (Blood pressure medications)
 - Diuretics
 - NSAID (Anti-inflammatory medications)
 - Certain diabetes medications

請諮詢您的醫生，因為每個人的病歷均不同
Consult your doctor as everyone is different

應對炎熱緊急情況的建議

Essential Steps to Prepare for Heat Emergencies

- 請參閱天氣預報的媒體（加拿大環境部，EmergencyInfoBC）和您的衛生當局，了解有關熱浪緊急情況的更多信息。
- 如有需要，請提前購買水。在天氣炎熱和感到口渴時，請定期喝水。
- 與您的醫療提供者確認在極端高溫期間需要調整哪些處方藥和非處方藥。
- 修改您的戶外活動計劃，例如在清晨或傍晚散步。
- 準備風扇或空調，在家中製造涼爽的区域（開風扇，關閉窗簾等）。
- 如果您的家不涼爽，請計劃在極端高溫期間去其他地方，如與家人/朋友，公共設施（如購物中心，公園，宗教場所等）或避暑中心（在熱浪緊急情況期間定期檢查位置）等。
- Listen to the media on weather forecasts (Environment Canada, EmergencyInfoBC) and your health authority for more information about heat emergencies.
- Purchase water ahead of time if needed. Drink water when you are thirsty and regularly when it is very hot.
- Check with your healthcare provider on which prescription and over-the-counter medications to modify during extreme heat.
- Modify your outdoor activity plans e.g. walk in the early morning or evening.
- Have a fan or air conditioner ready to use and make a cool area in your home (fans, drapes closed, etc.).
- If your home is not cool, plan where to go during extreme heat e.g. with family/friends, public buildings (such as malls, parks, religious centres, etc.) or a cooling centre (regularly check locations during heat emergencies) etc.

p. 4

應對炎熱緊急情況的建議（續）

Essential Steps to Prepare for Heat Emergencies (Continued)

- 制定計劃在熱浪緊急情況期間與家人或朋友互相檢查。
- 如果需要，請打電話給他們或在緊急情況下撥打9-1-1。
- Make a plan to check on, or be checked, by family or friends during heat emergencies.
- Call them when needed or 9-1-1 in an emergency.

社區資源 Community Resources

卑詩健康資訊 HealthLink BC

電話 Call: 8-1-1

(每天24小時提供卑詩省醫療保健系統的信息，設有中文服務)

(health system navigators 24 hours per day and Chinese speakers are available)

網頁 Website: www.healthlinkbc.ca

使用應用程式 Use App

(Available on App Store, Google Play, or Microsoft store)

(可於 App Store、Google Play 或 Microsoft store 網路商店免費下載)

卑詩省家庭照顧者中心 Family Caregivers of BC

照顧者熱綫 Caregiver Support Line: 1-877-520-3267

Self-Management British Columbia - Chronic Pain Program

網頁 Website: www.selfmanagementbc.ca/chronicpainselfmanagement

社區資源 Community Resources

卑詩省長者指南 BC Seniors' Guide

附有中文，如要預訂指南的副本，請致電：1-877-952-3181

Available in Chinese To obtain a print copy, call: 1-877-952-3181

卑詩省腎臟中心 BC Renal

網頁 Website: <http://www.bcrenal.ca/>

加拿大腎臟基金會 Kidney Foundation of Canada

網頁 Website: <https://kidney.ca/>

華人腎臟互助協會 Chinese Renal Association

網頁 Website: <https://kidney.ca/ON/CRA>

加拿大紅十字會 Chinese Red Cross

Heat Waves: Before, During & After (英文版本 English Version)

網頁 Website: <https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/types-of-emergencies/heat-waves>

 www.iconproject.org

 icon.support@ubc.ca

 [iconproject](https://www.facebook.com/iconproject)

 [ehealthstrategy](https://www.youtube.com/channel/UC6E8eR01Ug01v3oU0X0K3kQ)

歡迎掃描二維碼訂閱「安康」通訊，定時接收最新活動消息和健康生活資訊。

Please scan the QR code to join iCON mailing list and receive upcoming event news and healthy living tips.

