

臨 床 経 験

頭頸部領域の疼痛症例に対する 漢方方剤の外来即時内服の有用性についての検討

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要旨：当院では、急性期症例に対して、有効と思われる方剤をその場で内服してもらい、漢方薬が内服可能かの飲み心地をはじめ、その有効性を確認するようにしている。今回、特に疼痛症例に対する成績を整理検討し、今後の診療に寄与させることを目的とした。対象は、2014年の1年間に当院を受診した患者で、外来で方剤の即時内服を実施した頭頸部領域の疼痛症例194例である。このうち、15～20分後に評価可能であった128例について検討した。即時内服後、服用前の疼痛の程度を10として、服用後のそれを数値化して答えさせる方法（numerical rating scale：NRS）で評価した。128例の年齢は6歳から87歳にわたり、男性51例、女性77例、平均年齢37.9歳であった。単剤投与が48例（37.5%）で、2剤以上の複数方剤の併用投与が80例（62.5%）であった。即時内服後、全症例中NRS 5以下となったものが54例（42.2%）であった。また方剤別では、五苓散投与群の有効率が高かった（NRS 5以下が47例中26例55.3%）。

索引用語：頭頸部疼痛、漢方の即効性、外来即時内服、五苓散

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A study on the usefulness of immediate outpatient administration of
Kampo medicines for patients with pain in the head and neck region
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Abstract: At our hospital, we have patients with acute conditions take prescribed Kampo medicines for immediate ingestion. This is done to confirm whether the patient can tolerate the medication and whether the Kampo medicine effective, by asking patients to provide feedback on the sensation after ingestion. The purpose of this study was to organize and review the results, especially for pain cases, and to contribute to future clinical practice.

The subjects were 194 patients with pain in the head and neck region who visited our outpatient department during the year 2014, and who received immediate oral administration of prescribed Kampo medicine. Of these, 128 cases that could be evaluated 15-20 minutes later were examined. The degree of pain immediately after oral administration and before administration was set to 10, and it was evaluated by a numerical rating scale (NRS).

The ages of the 128 patients ranged from 6 to 87 years old, 51 males and 77 females, with an average age of 37.9 years. Forty-nine patients (38.2%) were treated with a single drug, and 78 patients (60.9%) were treated with a combination of two or more drugs. Regarding the usefulness after immediate oral administration, 54 patients (42.2%) had an NRS of 5 or less. By formulation, the efficacy rate was higher in the Goreisan group (55.3% in 26 out of 47 patients with NRS of 5 or less).

Key words: head and neck pain, immediate effect of Kampo, immediate outpatient oral administration, goreisan

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