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目 次 CONTENTS

述 评 Editorial

从《阿拉木图宣言》到《阿斯塔纳宣言》: 全科医学发展

是实现全民健康覆盖的重中之重

Declarations from Alma-Ata and Astana: Development of General Practice is a Top Priority for

Achieving Universal Health Coverage 杨辉 1

中国全科医疗/社区卫生服务工作研究 Chinese General Practice/Community Health Service

基层全科医生在医联体内的角色定位研究

Roles of General Practitioners Working in Primary Healthcare Settings Joining in a Regional Medical Consortium

..... 王荣华, 李云涛, 赵玲, 欧婷, 汤忠泉, 季国忠 5

全科统筹门诊在分级诊疗中的实践与效果研究

Practice and Performance Evaluation of the Collaborative General Practice Clinic in Hierarchical Medical System

..... 冯伟, 王卫忠, 辛文琳 10

社区居民签约家庭医生行为的影响因素模型构建研究

Construction of a Conceptual Model for Identifying the Factors Associated with Signing a Health Service Contract

with the Family Doctor in Community-dwelling Residents 贾薇, 杜亚平, 范敏华 15

未分化疾病患者在综合医院全科与专科就诊情况对比研究

Comparative Study on Visit Status of Patients with Medically Unexplained Physical Symptoms from General Practice

Ward and Specialist Ward in General Hospitals 赵稳稳, 王荣英, 张金佳, 王雅依, 张雅丽, 孙彦杰 20

北京市医药分开综合改革后社区门诊患者的就医行为及影响因素研究

Status and Associated Factors of Patients' Behaviors of Seeking Community-based Outpatient Services

after the Comprehensive Medical Reform of Separating Drug Sales from Medical Treatment

Launched in Beijing, 2017 戴云鹤, 王涛, 俞红霞, 卜晓仙 24

上海市流动老年人口卫生服务利用情况及其影响因素混合研究

Health Services Utilization and Influencing Factors in Elderly Migrants in Shanghai: a Mixed-method Study

..... 王泳仪, 王伟, 严非 32

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女性生育子女数量与糖尿病发病风险的前瞻性研究

Parity and Risk of Type 2 Diabetes among Women from Sichuan, China: a Prospective Study

.....程筱玲, 万沁, 邓偲婕 38

社区老年人失能状况及慢性病对其影响研究

Disability Status of Community-dwelling Elderly and the Influence of Chronic Diseases on Them

.....白金文, 马潇斌, 陈长香 43

脑卒中合并日间嗜睡对卒中后血压变异性的影响

Impact of Stroke with Excessive Daytime Sleepiness on Post-stroke Blood Pressure Variability

.....王文熠, 万福铭, 李澎 48

膳食维生素C摄入水平对膝关节骨赘及关节间隙狭窄的影响研究

Association between Dietary Vitamin C Intake and Knee Osteophytes and Joint Space Narrowing

.....李嘉添, 吴紫莺, 李满晓, 龙慧中, 徐备, 钱宇轩, 王伊伦, 谭英 54

急性胰腺炎患者住院早期胃肠功能与病情进展的相关性研究

Correlation between the Gastrointestinal Functions at Early Hospitalization and Progression of Acute Pancreatitis

.....王昱静, 方小萍, 李雪阳, 陈明霞 59

体穴按压联合运动干预对老年人血清胆固醇边缘性升高的干预效果研究

Acupoint Acupressure Combined with Exercise for Marginally Elevated Serum Cholesterol in the Elderly

.....霍永彦, 唐斌, 邱怡敏, 余静珠, 郭景虎 63

非器质性失眠症患者氧化应激水平研究

Oxidative Stress Level in Patients with Nonorganic Insomnia王新源, 陈强, 潘燕, 李玲, 余琴 67

全科医学教育研究 General Practice Education

角色扮演情景模拟录像分析教学模式在全科医师规范化培训中的应用效果研究

Effect of Videotaped Role-play Simulation in Standardized Training of General Practitioners

.....王雅依, 王荣英, 贺振银, 汪雁, 张金佳, 李玉坤, 赵稳稳 71

社区医师对脑卒中二级预防可控危险因素的认知情况及培训效果研究

Effect of Training on Community Physicians' Awareness Level of Controllable Risk Factors in

Secondary Prevention of Stroke: a Pre- and Post-training Comparative Study

.....高彩红, 裴建基, 马丽芳, 穆利春, 朱倩倩, 安强 75

卫生政策与实践 Health Policy and Practice

医师对多点执业政策的认知情况研究

Physicians' Perceptions of the Policies Related to Multi-site Practice宋宝香, 祝嫦娥, 夏晨彬 79

医师多点执业政策“叫好不叫座”的原因及对策研究

Policies Related to Physician Multi-site Practice: Good But Difficult to Implement

.....祝嫦娥, 圣孟飞, 宋宝香 85

基于扎根理论的医院管理者视角下医师多点执业现存问题及对策的质性研究

Hospital Managers' Perspectives on the Problems and Countermeasures in Multiple-site Physician

Practices: a Qualitative Study Based on Grounded Theory黄辉华, 余昌胤, 张年, 魏来, 冯毅 91

全科医学科研动态 Trends in General Practice Research

动机性访谈对社区卫生服务中心吸烟患者戒烟效果的随机对照试验

Motivational Interviewing for Smoking Cessation in Community Health Service Centers:

a Single Center Randomized Controlled Trial张振汉, 黄亚芳, 刘涛, 郭爱民 97

长期服用降压宝系列中成药对高血压患者结局影响的队列研究

Effect of Long-term Use of Jiangyabao Series of Chinese Patent Medicines on the Outcome of Hypertension:

a Cohort Study崔伟锋, 范小会, 王守富, 范军星, 武可文, 邓松涛, 范军铭 101

社区糖尿病专病护理服务需求的帕累托分析与对策研究

Pareto Analysis of the Needs of Community-based Diabetes Care in Community-dwelling Residents

with Diabetes or Prediabetes and Suggested Countermeasures尤建华, 邱寒艳, 庄汝洁 106

全科医生诊所 General Practitioner Clinic

首诊2型糖尿病的全科诊治思路

Primary Diagnosis and Treatment of Patients with Type 2 Diabetes Mellitus in General Practice

.....高凤娟, 马鹏涛, 左庆瑶 112

以腰痛为表现的未分化疾病的基层临床路径

Clinical Pathway of Medically Unexplained Physical Symptoms in Primary Care: Low Back Pain

.....朱晓丹, 李琰华, 李俊伟 117

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世界全科医学瞭望

——英国国民健康服务体系及改革

英国是全科医学的发源地,全科医学是其最大的医学专业,完善的全科医生培养和准入制度,使得其能够以9%的医疗服务支出优质、高效、和谐地完成全国90%的基层医疗卫生服务需求。始创于1948年的国民健康服务体系(NHS)是英国社会福利制度中较为重要的部分,且运营较为成功,其医疗卫生服务保障制度的服务宗旨和价值观与我国的新医改核心要求一致。

NHS由基本医疗系统、医院医疗系统构成,其中全科医学诊所是基本医疗系统中最重要组成部分,为NHS的实施奠定了基础。但近年来,NHS出现了全科医生职业倦怠、人才流失等问题,对此,NHS进行了全面改革,提出了“拓宽全科医生来源”和“减缓全科医生工作压力”规划。“拓宽全科医生来源”规划的主要措施包括:(1)重视并发展招聘工作;(2)给予招聘困难地区一次性补助;(3)支持贫困地区全科医生继续教育;(4)吸引离职全科医生重返岗位;(5)开展跨专科社区卫生服务模式,并培养全科医生领导力。“减缓全科医生工作压力”规划的主要措施包括:(1)加大政府投入,开展“缩短全科医生工作时间”项目,资助全科临床项目;(2)优化双向转诊,医院门诊仅能接收全科医生转诊患者并需在诊治完成24 h内向全科医生提供相关诊疗信息;(3)降低医疗质量委员会的抽查频率;(4)统一电子医疗系统,推动信息互通,减少医生书写工作量;(5)开发简明医疗支付程序。

目前,我国全科医学处于快速发展阶段,但仍面临着全科医生人才短缺、人员留用难等问题,全科医生的职业倦怠日益受到重视。2018年我国发布《国务院办公厅关于改革完善全科医生培养与使用激励机制的意见》,就全科医生薪酬待遇、编制管理和招聘程序、职称晋升、贫困地区队伍建设、荣誉感和社会地位等做出规定,与英国NHS改革具有一定相似之处。但未对明确细化双向转诊、建设电子医疗系统和支付程序等做出要求,尚需进一步探索。



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CONTENTS IN BRIEF

- 1 **Declarations from Alma-Ata and Astana: Development of General Practice is a Top Priority for Achieving Universal Health Coverage**
YANG Hui
- 5 **Roles of General Practitioners Working in Primary Healthcare Settings Joining in a Regional Medical Consortium**
WANG Ronghua, LI Yuntao, ZHAO Ling, OU Ting, TANG Zhongquan, JI Guozhong
- 10 **Practice and Performance Evaluation of the Collaborative General Practice Clinic in Hierarchical Medical System**
FENG Wei, WANG Weizhong, XIN Wenlin
- 15 **Construction of a Conceptual Model for Identifying the Factors Associated with Signing a Health Service Contract with the Family Doctor in Community-dwelling Residents**
JIA Wei, DU Yaping, FAN Minhua
- 20 **Comparative Study on Visit Status of Patients with Medically Unexplained Physical Symptoms from General Practice Ward and Specialist Ward in General Hospitals**
ZHAO Wenwen, WANG Rongying, ZHANG Jinjia, WANG Yayi, ZHANG Yali, SUN Yanjie
- 24 **Status and Associated Factors of Patients' Behaviors of Seeking Community-based Outpatient Services after the Comprehensive Medical Reform of Separating Drug Sales from Medical Treatment Launched in Beijing, 2017**
DAI Yunhe, WANG Tao, YU Hongxia, BU Xiaoxian
- 32 **Health Services Utilization and Influencing Factors in Elderly Migrants in Shanghai: a Mixed-method Study**
WANG Yongyi, WANG Wei, YAN Fei
- 38 **Parity and Risk of Type 2 Diabetes among Women from Sichuan, China: a Prospective Study**
CHENG Xiaoling, WAN Qin, DENG Sijie
- 43 **Disability Status of Community-dwelling Elderly and the Influence of Chronic Diseases on Them**
BAI Jinwen, MA Xiaobin, CHEN Changxiang
- 48 **Impact of Stroke with Excessive Daytime Sleepiness on Post-stroke Blood Pressure Variability**
WANG Wenyi, WAN Fuming, LI Peng
- 54 **Association between Dietary Vitamin C Intake and Knee Osteophytes and Joint Space Narrowing**
LI Jiatian, WU Ziyang, LI Xiaoxiao, LONG Huizhong, XU Bei, QIAN Yuxuan, WANG Yilun, TAN Ying
- 59 **Correlation between the Gastrointestinal Functions at Early Hospitalization and Progression of Acute Pancreatitis**
WANG Mingjing, FANG Xiaoping, LI Xueyang, CHEN Mingxia
- 63 **Acupoint Acupressure Combined with Exercise for Marginally Elevated Serum Cholesterol in the Elderly**
HUO Yongyan, TANG Bin, QIU Yimin, YU Jingzhu, GUO Jinghu
- 67 **Oxidative Stress Level in Patients with Nonorganic Insomnia**
WANG Xinyuan, CHEN Qiang, PAN Yan, LI Ling, SHE Qin
- 71 **Effect of Videotaped Role-play Simulation in Standardized Training of General Practitioners**
WANG Yayi, WANG Rongying, HE Zhenyin, WANG Yan, ZHANG Jinjia, LI Yukun, ZHAO Wenwen
- 75 **Effect of Training on Community Physicians' Awareness Level of Controllable Risk Factors in Secondary Prevention of Stroke: a Pre- and Post-training Comparative Study**
GAO Caihong, PEI Jianji, MA Lifang, MU Lichun, ZHU Qianqian, AN Qiang
- 79 **Physicians' Perceptions of the Policies Related to Multi-site Practice**
SONG Baoxiang, ZHU Chang'e, XIA Chenbin
- 85 **Policies Related to Physician Multi-site Practice: Good But Difficult to Implement**
ZHU Chang'e, SHENG Mengfei, SONG Baoxiang
- 91 **Hospital Managers' Perspectives on the Problems and Countermeasures in Multiple-site Physician Practices: a Qualitative Study Based on Grounded Theory**
HUANG Huihua, YU Changyin, ZHANG Nian, WEI Lai, FENG Yi
- 97 **Motivational Interviewing for Smoking Cessation in Community Health Service Centers: a Single Center Randomized Controlled Trial**
ZHANG Zhenhan, HUANG Yafang, LIU Tao, GUO Aimin
- 101 **Effect of Long-term Use of Jiangyabao Series of Chinese Patent Medicines on the Outcome of Hypertension: a Cohort Study**
CUI Weifeng, FAN Xiaohui, WANG Shoufu, FAN Junxing, WU Kewen, DENG Songtao, FAN Junming

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