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目 次 CONTENTS

发现和开展家庭医学和社区卫生系列研究 Family Medicine and Community Health Research

发现和开展家庭医学和社区卫生研究

Discovering and Doing Family Medicine and Community Health Research

…… Michael D Fetters, Timothy C Guetterman (著), 汪洋 (译), 韩建军, 许岩丽, 杨辉 (审校) 2645

一、对开始研究的重定义: 家庭医学临床医生的五个问题

Getting Started in Research, Redefined: Five Questions for Clinically Focused Physicians in Family Medicine

…… William Ventres, Leanne Whiteside-Mansell (著),

赵新月 (译), 韩建军, 许岩丽, 杨辉 (审校) 2649

二、基层保健研究入门: 六种实用的研究方法

Getting Started in Primary Care Research: Choosing among Six Practical Research Approaches

…… Michael D Fetters (著), 张亚男 (译), 韩建军, 许岩丽, 杨辉 (审校) 2653

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

中国省际全科医生数及影响因素的空间计量分析

Provincial Distribution and Influencing Factors of General Practitioners in China:

a Spatial Econometric Analysis …… 湛大顺, 张翔 2660

社区全科医生选择签约对象影响因素的质性研究

Factors Associated with Selection of Contracted Residents among Community General Practitioners:

a Qualitative Study …… 李冬华, 朱纯, 申昇, 密一恺, 张幸娜, 顾惠颖, 唐志红 2666

分级诊疗制度下徐州市农村居民基层首诊意愿及影响因素研究

Xuzhou Rural Residents' Intention and Its Influencing Factors of Having First Consultations in Primary Care

during the Implementation of Hierarchical Medical System

…… 苗春霞, 李寒寒, 卓朗, 王问海, 姜金星, 孙泓, 郑娟, 赵世鸿 2670

基于CiteSpace的中国家庭医生签约服务研究热点和趋势分析

Hotspots and Emerging Trends in Contracted Family Doctor Services Research:

a Scientometric Analysis in CiteSpace …… 李泽, 王松林, 赵静, 刘芳羽, 黄敏婷 2675

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基于医-护-助责任制的德胜家庭医生签约服务模式

Desheng Contracted Family Doctor Services Model on the Basis of Doctor-nurse-assistant nurse Responsibility System

……………何志宏, 王凌云, 韩琤琤, 高凤娟, 刘菊红, 张磊, 马春红, 温秀芹, 谢研, 马鹏涛 2681

论 著 Original Research

初诊2型糖尿病发病年龄与代谢综合征关系研究

Relationship between the Age of Onset of Newly Diagnosed Type 2 Diabetes and Metabolic Syndrome

……………刘林杰, 李慧琼, 徐焱成 2688

中性粒细胞与淋巴细胞比值与Framingham心血管风险等级的关系 及其对高危心血管疾病的预测价值研究

*Association of Neutrophil-lymphocyte Ratio with Framingham Risk Score
and Its Predictive Value for High-risk Cardiovascular Disease*

……………杨丽红, 杨蕊珂, 王庆义, 李涵, 乔鹏, 邱妍妍, 王亚青, 李秋楠, 徐金义 2692

凝血功能指标和血小板参数对子痫前期及其严重程度的辅助诊断价值研究

*Assistant Diagnosis for Coagulation Function and Platelet Parameters in the Diagnosis of Preeclampsia
and Its Severity*……………任丹玉, 王永红 2698

慢性腰痛患者髋关节周围肌群肌力特征研究

Characteristic of the Strength of Muscles Surrounding the Hip Joint in Chronic Low Back Pain Patients

……………汪敏加, 税晓平, 王国瀚, 罗毅, 王纯 2705

不同医保支付方式对2型糖尿病患者血糖行为结局的影响

*A Comparative Study of the Effects of Payment Methods by Medical Insurance on Self-management
Behavioral Outcomes in Type 2 Diabetic Patients in Guangzhou and Macau*

……………陈静, 陆嘉燕, 伍慧儿, 吴燕仪, 谭依琳, 赵子煜, 陈佩仪 2709

新疆地区586例脑瘫患儿流行病学特征研究

Epidemiological Characteristics of 586 Children with Cerebral Palsy in Xinjiang

……………闫宝锋, 曹明芹, 李文丽, 木塔力甫·努热合买提,
艾克拜尔·哈里克, 阿力木·苏来曼, 童凌霄, 许健 2713

全科医学教育研究 General Practice Education

分级诊疗制度下我国亚专长全科医生的发展及国外启示

*Development of General Practitioners with Special Interests under Hierarchical Medical System in China
and Its Enlightenment from Abroad*……………刘颖, 任菁菁 2719

全科住院医师规范化培训中亚专长培养的探索与实践

*Exploration and Practice of the Cultivation of General Practitioners with Special Interests in the Standardized Training
of Residents*……………吴伟东, 杨凯超 2722

(附主编点评) 全科医学基础上的特殊兴趣和拓展功能

(Editor's Comments) Special Interest and Extended Roles in General Practice……………杨辉 2726

中老年慢性病人卫生服务未利用状况及公平性研究

Status and Equity Analysis of Nonuse of Health Services in Middle-aged and Elderly Chronic Disease People

..... 李安琪, 陈鸣声, 王中华 2728

农村居民糖尿病可避免住院研究

Avoidable Hospitalizations for Diabetes in Rural Residents 李飞成, 简伟研, 孙美平 2735

社会·行为·心理 Socio-Psychological Behaviors

团体正念瑜伽对二胎孕妇产后抑郁的干预效果研究

Effects of Mindfulness-based Yoga Group Intervention on Maternal Postpartum Depression Following

the Second Childbirth 舒玲, 谭创, 吴传芳, 席明霞, 谭慧敏, 赵伟, 屈群芳 2739

社区老年人社会隔离与健康促进行为的差异化研究

Differentiation of Social Isolation and Health Promotion Behaviors among Older Adults in the Community

..... 吴凡, 绳宇 2744

失独者丧失特征与心理健康的关系研究

The Relationship between Loss Characteristics and Mental Health of Shiduers (Parents Who Have Lost

the Only Child) 张宇迪, 贾晓明 2749

新进展 Cutting Edge

社区慢性肾脏病筛查的研究进展

New Advances in Research on Community-based Screening of Chronic Kidney Disease 周杨威 2755

成年人慢性腹泻病因的研究进展

Advances in the Etiology of Chronic Diarrhea in Adults 张莉娟, 江勇, 刘炳华, 张志广 2760

血压变异指标与高血压靶器官损害风险相关性研究进展

Advances in Research on Correlation between Blood Pressure Variability Indicators and Risk

of Target Organ Damage in Hypertension 原庆丹, 沈小梅 2766

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世界全科医学瞭望

——全科医学领域研究的方法学

全科医学领域研究的内涵和范畴等与专科存在诸多不同。根据Michael D Fetter等在Family Medicine and Community Health方法学专刊中的观点,临床全科医生应该基于日常诊疗提出问题,并将其融入社区环境,然后选择匹配的研究方法开展研究。

一、如何将日常诊疗提升为研究?

遵循5个步骤:观察-发生了什么;询问-会存在问题吗;反思-它重要吗,是否会改变诊疗;探索-已经知道答案了吗;定义-是否存在一个可以定义的问题。

二、如何选择匹配的研究方法?

介绍6种适宜研究方法。(1)混合性研究6步法:阐明混合方法研究基本原理,详述定量和定性数据库,确定混合方法设计,分析并报告研究结果,展示整合,阐明使用混合方法的价值。(2)半结构化访谈11步:确定研究目的和范围,确定参与者,道德伦理问题,规划后勤方面,制定访谈指南,建立信任和融洽关系,进行访谈,记录和反思,分析数据,证明研究可信度,展示研究结果。(3)质量改进9步法:组建一支具有主动性的团队,确定优先级问题,做好支持和资源准备,设定评估目标和方法,确定产生问题的根本原因和优先事项,制定有效解决根本原因的对策,开展小型试点进行评估和修订,大规模推广,反馈评估和修改。(4)课程开发6步法:需求评估,确定内容,编写目的和目标,选择教育策略,实施课程,评估课程。(5)卫生政策分析8步法:界定问题,收集证据,构建备选方案,选择标准,预测结果,权衡利弊,决策,分享结果。(6)案例研究10步法:文献综述,制定研究问题,确保案例研究合适,确定案例研究类型,界定案例的界限并选择案例,准备数据收集,收集和整理数据,分析数据,撰写案例研究报告,评估质量。

(更多内容见本刊“发现和开展家庭医学和社区卫生系列研究”)

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◆家庭医学和社区卫生中的混合方法和调查研究

◆基层保健研究中的半结构化访谈:关系与严谨的平衡

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CONTENTS IN BRIEF

- 2645 **Discovering and Doing Family Medicine and Community Health Research**
Michael D Fetters, Timothy C Guetterman (writing), WANG Yang (translator), HAN Jianjun, XU Yanli, YANG Hui (reviser)
- 2649 **Getting Started in Research, Redefined: Five Questions for Clinically Focused Physicians in Family Medicine**
William Ventres, Leanne Whiteside-Mansell (writing), ZHAO Xinyue (translator), HAN Jianjun, XU Yanli, YANG Hui (reviser)
- 2653 **Getting Started in Primary Care Research: Choosing among Six Practical Research Approaches**
Michael D Fetters (writing), ZHANG Yanan (translator), HAN Jianjun, XU Yanli, YANG Hui (reviser)
- 2660 **Provincial Distribution and Influencing Factors of General Practitioners in China: a Spatial Econometric Analysis**
ZHAN Dashun, ZHANG Xiang
- 2666 **Factors Associated with Selection of Contracted Residents among Community General Practitioners: a Qualitative Study**
LI Donghua, ZHU Chun, SHEN Ao, MI Yikai, ZHANG Xingna, GU Huiying, TANG Zhihong
- 2670 **Xuzhou Rural Residents' Intention and Its Influencing Factors of Having First Consultations in Primary Care during the Implementation of Hierarchical Medical System**
MIAO Chunxia, LI Hanhan, ZHUO Lang, WANG Wenhui, JIANG Jinxing, SUN Hong, ZHENG Juan, ZHAO Shihong
- 2675 **Hotspots and Emerging Trends in Contracted Family Doctor Services Research: a Scientometric Analysis in CiteSpace**
LI Ze, WANG Songlin, ZHAO Jing, LIU Fangyu, HUANG Minting
- 2681 **Desheng Contracted Family Doctor Services Model on the Basis of Doctor-nurse-assistant nurse Responsibility System**
HE Zhihong, WANG Lingyun, HAN Chengcheng, GAO Fengjuan, LIU Juhong, ZHANG Lei, MA Chunhong, WEN Xiuqin, XIE Yan, MA Pengtao
- 2688 **Relationship between the Age of Onset of Newly Diagnosed Type 2 Diabetes and Metabolic Syndrome**
LIU Linjie, LI Huiqiong, XU Yancheng
- 2692 **Association of Neutrophil-lymphocyte Ratio with Framingham Risk Score and Its Predictive Value for High-risk Cardiovascular Disease**
YANG Lihong, YANG Ruike, WANG Qingyi, LI Han, QIAO Peng, QIU Yanyan, WANG Yaqing, LI Qiunan, XU Jinyi
- 2698 **Assistant Diagnosis for Coagulation Function and Platelet Parameters in the Diagnosis of Preeclampsia and Its Severity**
REN Danyu, WANG Yonghong
- 2705 **Characteristic of the Strength of Muscles Surrounding the Hip Joint in Chronic Low Back Pain Patients**
WANG Minjia, SHUI Xiaoping, WANG Guohan, LUO Yi, WANG Chun
- 2709 **A Comparative Study of the Effects of Payment Methods by Medical Insurance on Self-management Behavioral Outcomes in Type 2 Diabetic Patients in Guangzhou and Macau**
CHEN Jing, LU Jiayan, WU Huier, WU Yanyi, TAN Yilin, ZHAO Ziyu, CHEN Peiyi
- 2713 **Epidemiological Characteristics of 586 Children with Cerebral Palsy in Xinjiang**
YAN Baofeng, CAO Mingqin, LI Wenli, MUTALIFU • Nurehemaiti, AIKEBAIER • Halike, ALIMU • Sulaiman, TONG Lingxiao, XU Jian
- 2719 **Development of General Practitioners with Special Interests under Hierarchical Medical System in China and Its Enlightenment from Abroad**
LIU Ying, REN Jingjing
- 2722 **Exploration and Practice of the Cultivation of General Practitioners with Special Interests in the Standardized Training of Residents**
WU Weidong, YANG Kaichao
- 2728 **Status and Equity Analysis of Nonuse of Health Services in Middle-aged and Elderly Chronic Disease People**
LI Anqi, CHEN Mingsheng, WANG Zhonghua
- 2735 **Avoidable Hospitalizations for Diabetes in Rural Residents**
LI Feicheng, JIAN Weiyang, SUN Meiping
- 2739 **Effects of Mindfulness-based Yoga Group Intervention on Maternal Postpartum Depression Following the Second Childbirth**
SHU Ling, TAN Chuang, WU Chuanfang, XI Mingxia, TAN Huimin, ZHAO Wei, QU Qunfang

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