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中国全科医学杂志社

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广益大厦A座907

电话: 010-63052088 83525550

传真: 010-83116369

http: //www.chinagp.net

E-mail: zgqkx@chinagp.net.cn

学术培训部

电话: 010-83115198

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上海工作部

联络人: 潘颖

地址: 200090上海市杨浦区腾越路450号

单位: 上海同济大学附属杨浦医院

电话: 021-65690520-646

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世界全科医学瞭望

——家庭医学领域的循证标准SORT

循证医学证据质量影响着医疗进步及患者的干预效果和生活质量。家庭医生秉承以人为本的理念,将“救人”放在比“治病”更重要的位置,2004年《美国家庭医学》杂志联合美国的多家学术杂志和全科医学组织,提出了属于家庭医学领域的循证医学推荐分类法(Strength of Recommendation Taxonomy, SORT),并建议使用SORT对家庭医学和初级保健领域的论文进行质量评价。在SORT中相较于传统的以疾病为导向的结局,如血压、血液化学、生理功能、病理表现等,以患者为导向的结局,如发病率、死亡率、症状改善、成本降低以及生活质量,被赋予了很高的权重。SORT强调使用以患者为导向的结果来衡量发病率或死亡率的变化,具体如下。

A级是具有一致性的、高质量的、以患者为导向的证据;包括验证过的临床决策规则,基于高质量研究的系统综述,高质量的诊断性队列研究;结果一致的、基于RCT研究的系统综述,高质量的个体RCT研究;有高质量随访的预测性队列研究。

B级是不一致的或质量有限的、以患者为导向的证据;包括未验证的临床决策规则,基于低质量研究或发现结果不一致的研究的系统综述,低质量的诊断性队列研究或诊断性病例对照研究;基于低质量的临床试验或发现结果不一致的研究的系统综述,低质量的临床试验,队列研究,病例对照研究;基于低质量的队列研究或发现结果不一致的研究的系统综述,回顾性队列研究或随访较差的预测性队列研究,病例对照研究,病例系列研究。

C级是指共识,以疾病为导向的证据,包括通常操作,专家意见,为诊断、治疗、预防和筛查的研究而进行的病例系列研究。

SORT的制定背景及应用详见<https://www.aafp.org/afp/2004/0201/p548.html>



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