

ISSN 1007-9572
R
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QK2011576

CHINESE
GENERAL
PRACTICE

中国全科医学[®]

Volume 23 Number 4
February 2020

ZHONGGUO
QUANKEYIXUE

中文核心期刊
中国科技核心期刊
中国科技论文统计源期刊
中国科学引文数据库来源期刊

国家卫生健康委员会 主管
中国医院协会 主办
中国全科医学杂志社



ISSN 1007-9572
9 771007 957208 04

2.2020

2020年2月5日
第23卷 第4期

万方数据

中国全科医学®

ZHONGGUO QUANKE YIXUE

1998年6月创刊 总第631期 第23卷 第4期 2020年2月5日出版

主 管

国家卫生健康委员会

主 办

中国医院协会

100080北京市海淀区

知春路6号锦秋国际21层

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E-mail: qkoffice@126.com

中国标准连续出版物号

ISSN 1007-9572

CN 13-1222/R

投稿与稿件查询

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电话: 010-63052088 83525550

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出版

中国全科医学杂志社
100053北京市西城区广义街5号
广益大厦A座907
电话: 010-63052088 83525550
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E-mail: zgqkx@chinagp.net.cn

印刷

廊坊市佰利得彩印制版有限公司
发行

国内: 中国邮政集团公司
北京市报刊发行局
邮发代号: 80-258
国外: 中国国际图书贸易集团
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每期15.00元, 全年540.00元

广告经营许可证

许可证号: 1304034000014

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《中国全科医学》稿约见官方网站www.chinagp.net杂志专区

For CGP Instructions for Authors, Please Click Journal Section at www.chinagp.net

【期刊基本参数】 CN13-1222/R*1998*t*A4*120*zh*p*¥15.00*22*2020-04

本期责任编辑 段淑娟 英文编辑 李秀娟 责任排版、校对 尹鹏 张亚丽

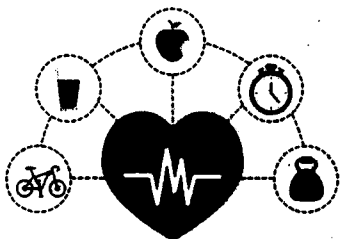
本期荐读

临床实践指南是在“对医学证据的系统综述和对治疗利弊的评估”基础上给出的实践建议,随着医疗的规范化和决策的科学化,指南在医学实践中的作用和意义也越来越重要。高质量的指南是促进患者健康和提高人民福祉的重要途径,有利于“健康中国2030”目标的实现。国际指南的制订可参考2014年《世界卫生组织指南制订手册》,国内指南的制订可参考2016年的《制订/修订〈临床诊疗指南〉的基本方法及程序》。使用者应掌握评估其质量的方法,对推荐意见做出正确的判断。

心肌梗死已成为一项全球性的公共卫生问题,健康的生活方式和膳食是心肌梗死二级预防的重要内容,国内外相关指南是如何推荐的,“心肌梗死二级预防生活方式和膳食指南/共识的质量评价与内容分析”以使用者的视角,运用AGREE II对国内外相关指南进行检索与筛选,梳理出心肌梗死二级预防生活方式和膳食的推荐意见,为患者关注的健康问题寻求证据支持,并为进一步临床实践指南的制订提供了理论指引。敬请关注。

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HEALTHY LIFESTYLE

CHINESE GENERAL PRACTICE

Established in June 1998 Volume 23, Number 4 February 5, 2020

Administrative Institution

National Health Commission of
the People's Republic of China

Sponsor

Chinese Hospital Association Suites
21st Floor, Jinqiu International Building,
No. 6 Zhichun Road, Haidian District
Beijing 100080, China
Publishing House of Journal of
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A907 Guangyi Building,
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Tel: 010-63052088 83525550
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E-mail: zgqkx@chinagp.net.cn

Publication

Publishing House of Journal of
Chinese General Practice
A907 Guangyi Building,
5 Guangyi Street,
Xicheng District, Beijing 100053, China
Tel: 010-63052088 83525550
Fax: 010-83116369
E-mail: zgqkx@chinagp.net.cn

Printing

Bailide Colored Printing Co., Ltd.
Langfang

Distribution

Domestic Distributor:
Beijing Post Offices
Code No. 80-258
Overseas Distributor:
China International Book Trading
Corporation
(P.O. Box 399 Beijing, China 100044)
Code No. M 5123

Price

RMB 15.00 Yuan

CSSN

ISSN 1007-9572
CN 13-1222/R

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Chinese General Practice

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[Serial Parameters] CN13-1222/R * 1998 * t * A4 * 120 * zh * p * ¥ 15.00 * 22 * 2020-04

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