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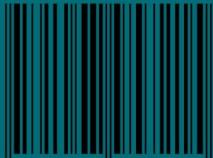
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全民健康视角下全程、全面、综合健康管理服务

——全科医生的“扬长”与“补短”

全科医生对人的整个生命周期的健康问题进行管理。在《中国健康行动（2019—2030）》总体要求及“全民健康”大趋势下，全科医生处理的病种需逐渐全面化、系统化，但“尺有所短，寸有所长”，作为签约服务主体的全科医生还需“扬长”“补短”，以使全程、全面、综合的健康管理服务更加富有成效。

世界卫生组织发布的《2020年世界卫生统计》中的数据显示，2016年全球因四大慢病（心脑血管疾病、癌症、糖尿病、慢性呼吸系统疾病）中的任一种而过早死亡者所占比例为18%，在中国，这一比例为17%。面对依然严峻的慢性病防控形势和数量庞大的慢性病患者群，近年来我国相关指南中体现的慢性病管理策略日益丰富、不断完善。在全人健康理念指导下，全科医生针对高血压、糖尿病等常见病、慢性病开展的健康管理服务不断深化。本期“专论”栏目中的文章指出，我国在以糖尿病为代表的慢性病个体化、精细化防控方面仍存在一定局限性，需进一步细化相关指南、规范相关操作；在以慢性阻塞性肺疾病为代表的慢性病早期诊断和管理方面，全科医生是一支“生力军”，更可能成为“主力军”，而其作用和地位需进一步提高。

要实现全面健康管理服务，全科医生除需关注以四大慢病为主的慢性病外，还需关注重点人群健康问题，如老年人群的痴呆、衰弱、跌倒、睡眠问题，女性生殖健康与妊娠相关问题，儿童先天性疾病甚至罕见病的综合防治与管理等，其中罕见病多在儿童时期发病，因此全科医生有更多的机会早期接触到罕见病患者。2019年国家卫生健康委员会发布的《关于建立全国罕见病诊疗协作网的通知》指出，“鼓励有条件的地区将罕见病患者纳入家庭医生签约服务，实施全程跟踪管理”，这就要求全科医生不仅要“扬长”——在常见病、慢性病的综合管理方面精益求精，还要“补短”——在少见病、罕见病的早期发现及转介方面寻求突破，最终在全人和全民更多疾病的全程、全面、综合健康管理服务中发挥更积极的作用！

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