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中国医院协会

100080北京市海淀区

知春路6号锦秋国际21层

中国全科医学杂志社

100010北京市东城区内务部街19号

学术顾问

John Murtagh (澳大利亚)

主 编

杨 辉

编 辑

中国全科医学杂志编辑委员会

电话: 010-63052088

0310-2067118

<http://www.chinagp.net>

E-mail: zgqkyx@chinagp.net.cn

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100010北京市东城区内务部街19号

电话: 010-63052088

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24小时热线: 13103104959

E-mail: zgqkyx@chinagp.net.cn



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中国全科医学的四月

——关注帕金森病

4月11日是世界帕金森病日。目前,世界范围内有超过1 000万帕金森病患者。中国社区≥65岁居民帕金森病的标化流行率为1.6%,城市高于农村,预计到2030年,中国的帕金森病患者数将占世界帕金森病患者数的一半。有研究发现,中国帕金森病患者疾病知识缺乏,而患者的疾病知识主要依赖于医生的给予。基层医院的神经内科医生熟悉帕金森病的运动症状,但对非运动症状、鉴别诊断、治疗策略、手术适应证等,缺乏足够的认识。

随着人口老龄化进程的加快和慢性病患率率的增加,在城乡基层医疗服务中,医生会发现越来越多如帕金森病的“尚不能治愈的”疾病。医生和患者都会发现,临床正在把治疗疾病换成管理疾病,从针对疾病变成针对患者和家庭,从传统的药物和手术等治疗手段变成对日常生活的支持,以及对病情发作和病程发展的应对,从主流医学的干预变成同时考虑替代医学方法。

全科医生团队是最好的服务提供者和协调者。社区帕金森病患者的管理有很多全科选项和策略。比如生活方式和家庭疗法,饮食和膳食组合虽对帕金森病没有治疗作用,但有助于缓解患者的心情和预防便秘,改善患者体质;锻炼可以改善患者的平衡能力和心情,使其增加社交互动;预防跌倒计划可以防治损伤及其导致的失能和残疾;改善日常作业操作器具可以帮助患者轻松应对穿衣、吃饭、洗澡、写作等日常活动功能;按摩、太极、八段锦、瑜伽、冥想等替代疗法和民间喜闻乐见的方式,可以缓解患者的症状和疲劳;合适的宠物疗法、音乐疗法、艺术疗法,可以增强患者的灵活性和活动能力,改善其心理健康。超过50%的帕金森病患者有抑郁问题,而以生物-心理-社会模式为原则的全科医学,可以提供和协调给患者的心理服务,包括心理教育、抗抑郁药、家庭治疗等。

做到上述这些服务,第一,需要全科医学研究证据,证明这些基于社区的措施的作用点和有效程度,以证据指导社区医学的实践。第二,需要协调服务系统,营养师、物理治疗师、运动锻炼师、作业治疗师、中医师、心理咨询师、社会工作者、社区病友俱乐部和支持团体等,都是全科医生和专科医生的服务分担者,而全科医生是最理想的“指挥”者。期待有更多针对帕金森病的全科研究在本刊发表,以推动全科学术和学科的深入发展。

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John Murtagh

Editor-in-Chief

Yang Hui

Editing

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