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中国全科医学的六月

——守护儿童健康

儿童健康是衡量国家和社会全面发展的重要指标。随着社会的进步和医学科学的不断发展,我国儿童健康水平有了大幅度提高,婴儿与5岁以下儿童死亡率明显下降,儿童营养状况明显改善,生长发育水平接近或者达到发达国家水平。但是,我国儿童健康同时也面临着一系列困难和挑战,包括:儿童疾病谱的改变,新学科、新知识、新技术不断涌现,儿童疾病诊疗尚需规范,分级诊疗制度亟待完善,儿童医疗服务供给和需求之间存在差距,各地区医疗资源和儿童健康发展工作不平衡,儿童心理健康、发育行为、早期发展、意外伤害等问题被忽视等。

全科医生作为儿童健康的“守门人”,应在保障儿童健康方面发挥更大的作用。(1)贯彻“大健康”理念:体现“预防为主”,重视儿童疾病的筛查与预防,注重儿童生理、心理与社会的全面健康。除了儿童常见疾病诊疗,更需关注儿童营养、睡眠、户外活动、照护养育、意外伤害、心理健康、行为发育等方面对儿童健康的影响。(2)改善“大环境”因素:家庭、学校、社会、政策、政治经济文化力量等众多外界因素会影响儿童健康。全科医生应通过对儿童和家长的指导,与家庭、学校和其他专业人员一起,利用社会资源,引导政策制定,营造儿童健康成长的环境,为包括有特殊需求在内的所有儿童提供可及、适当的健康保障。(3)加强“再学习”能力:现阶段在我国,接诊儿童能力不足是制约全科医生接诊儿童的重要因素。除了院校教育和毕业后医学教育阶段的学习培训以外,全科医生还应在职业生涯中,根据需求自主学习,加强儿科专业继续教育,与儿科医生和其他儿童健康保健人员一起,整合各学科资源,处理儿童常见病、多发病和一般急症,识别危急重症,及时合理转诊,提供给儿童综合性、协调性、连续性的健康保障。

《中国全科医学》杂志致力于关注儿童保健服务、儿童健康促进、社区儿科服务能力建设等内容,相关研究文章可扫描下方二维码获取!

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