

ISSN 1007-9572
CN 13-1222/R
CODEN ZQYHAK

CHINESE
GENERAL
PRACTICE

中国 全科 医学[®]

Volume 25 Number 17
June 2022

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



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



6.2022

2022年6月15日
第25卷 第17期

中国全科医学[®]



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ZHONGGUO QUANKE YIXUE

1998年6月创刊 总第716期 第25卷 第17期 2022年5月在线出版 2022年6月15日发行

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

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出 版

中国全科医学杂志社

100010北京市东城区内务部街19号

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0310-2067118

E-mail: zgqkyx@chinagp.net.cn

中国标准连续出版物号

ISSN 1007-9572

CN 13-1222/R

投稿与稿件查询

<http://www.chinagp.net>

<http://www.gp519.com>

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印刷

廊坊佰利得印刷有限公司
065001河北省廊坊市
广阳区解放道16号

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
有限公司
(北京399信箱；100044)
邮发代号：M 5123

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发行部

中国全科医学杂志社发行部
电话：0310-2067858
13103101243

定价

每期15.00元，全年540.00元

广告发布登记

13040020210001

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《中国全科医学》投稿指南见封二

《中国全科医学》稿约见官方网站www.chinagp.net

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*20*2022-17

本期责任编辑 李婷婷 英文编辑 李秀娟 责任排版、校对 尹鹏 鹿飞飞

匠人学术

——重视全科医师在睡眠医学发展中的作用

我国睡眠医学起步于20世纪80年代,最开始针对的是睡眠呼吸障碍的诊疗。目前,全国各地已经有3000余家医院成立了睡眠中心或实验室,少数医院设立了独立的睡眠医学科。近年来,国家自然科学基金委员会等对睡眠医学领域的资助力度逐年加大,并将睡眠医学有关内容列入临床医学部独立学科项目。

在国外,从事睡眠医学工作的医师主要来源于全科医师及呼吸科、神经内科、精神科等专科医师,近年来全科医师在认证睡眠医师中所占比例超过10%,社区卫生服务中心的睡眠诊疗和管理服务能力大为提升,睡眠诊所在欧美等发达国家极为普遍。反观国内,全科医师在睡眠医学领域的参与度仍有待提高。目前,国家已将睡眠医学纳入专科医师认证及培训体系,其中就包括全科医师可进行睡眠医师认证,北京大学率先制定了相关细则并将在2022年进行首次招生。

全科医师从事睡眠医学工作正逢其时,而在人才培养方面,有以下几个方面需要注意:(1)配置睡眠中心人员时重视具有呼吸医学背景的人员;(2)重视对呼吸中枢调控、上气道生理、睡眠与呼吸生理及呼吸医学生物工程技术知识的培训;(3)要培养掌握无创通气治疗的技术人员,并能够进一步拓展到危重症患者,如从并发症较少的睡眠呼吸暂停患者入手,在积累丰富的经验后再拓展至病情较复杂的呼吸衰竭患者;(4)开展睡眠呼吸暂停的家庭无创通气治疗以促使全科医师积累经验并建立初步管理机制。

总之,睡眠医学作为一门新兴交叉学科,全科医师在其中的地位和作用不容忽视。国家专科医师认证体系已在人才培养方面为全科医师从事睡眠医学工作开辟了道路,相信经过严格培训后,全科医师在睡眠疾病的医疗和管理服务方面会有大作为。

韩芳,曹照龙.重视全科医师在睡眠医学发展中的作用[J].中国全科医学,2022,25(17):目次页。



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CHINESE GENERAL PRACTICE

Established in June 1998 Volume 25, Number 17 June 15, 2022

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
Chinese General Practice
19 Neiwubu Street,
Dongcheng District, Beijing 100010, China

Academic Adviser

John Murtagh

Editor-in-Chief

Yang Hui

Editing

Editorial Board of Journal of
Chinese General Practice
Tel: 010-63052088
0310-2067118
<http://www.chinagp.net>
E-mail: zgqkx@chinagp.net.cn

Publication

Publishing House of Journal of
Chinese General Practice
19 Neiwubu Street,
Dongcheng District, Beijing 100010, China
Tel: 010-63052088
0310-2067118
E-mail: zgqkx@chinagp.net.cn

Printing

Langfang Bailide Printing Co., Ltd
No. 16, Jiefang Road, Guangyang
District, Langfang 065001, China

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 *20* 2022-17