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中国全科医学的九月

——老龄化与被遗忘的老人

世界人口正在快速老龄化。到2050年,全球约有20亿人将达到60岁或以上。过去几十年,全科医学的发展有助于使人们更长寿、生活得更健康。然而,这也导致了患有慢性非传染性疾病(包括失智症)的人数增加。9月21日是“世界阿尔茨海默病日”,2021年的主题是“知彼知己,早诊早智”。失智症并非正常衰老的一部分,高患病率、高致残率、低就诊率的特点不仅导致患者预后不良,也给患者的护理者和家人造成了巨大负担。多数国家(地区)缺乏对失智症的认识和理解,这会导致污名化、诊断障碍和护理问题。失智症不能再被忽视,应将其视为公共卫生的重点纳入所有国家的战略议程。

2017年WHO发布“2017—2025年公共卫生领域应对失智症全球行动计划”,倡导在国际和国家(地区)两级根据包容、整合、公平和证据原则采取行动。根据具体情况和文化背景,世界各国(地区)需要采取一系列行动来改进失智症患者及其护理者的护理质量和服务水平。这些行动包括:宣传和提高认识、发展及实施失智症国家政策和计划、加强卫生系统能力建设、支持护理人员和研究项目等。由国家卫生健康委等15个部门联合印发的《“十四五”健康老龄化规划》也提出要开展失能(智)预防与干预工作,减少、延缓老年人失能(智)发生。主要任务之一即制定《国家应对老年痴呆行动计划》,建立老年痴呆早筛查、早诊断、早干预的综合防控机制。由于缺乏改善疾病的治疗方法,失智症的预防和管理显得尤为重要。

本期文章的撰文初衷是希望把失智症作为公共卫生优先事项,阐明医防融合的公共卫生和全科医学方法的重要性。希望文章能在推动实施老年失智防治行动、减少社会各界对失智症的误解方面发挥作用。倡导国家层面对失智症的重视和地方层面对失智症老年人的关注,通过积极干预和有效预防延缓疾病的发生与发展、提升老年人生活质量、减轻照料者经济和心理上的负担,呼吁全世界的人们关爱大脑健康,携手对抗遗忘。以爱之名,健康老龄。

刘跃华.中国全科医学的九月:老龄化与被遗忘的老人[J].中国全科医学,2022,25(25): 目次页.



(扫描获取失智症相关研究进展)

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