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中国全科医学的十二月

——全面健康覆盖

全科医学服务是最贴近公平和公正的医学服务,其致力于使所有人在需要的时间、地点获得所需的卫生健康服务。实现“健康中国”及WHO的“全面健康覆盖”目标,必须依靠强大、以人为本、植根于社区、有响应性的初级卫生保健服务。

全面健康覆盖指向全体人。世界上有半数人无法获得自身所需的医疗服务。在医院里很难见到这些未满足需要(unmet need)者,但其存在于全科医生每日工作的场所。目前,中国人民的总体健康状况稳步提升,但城乡、地区、社会阶层间的健康不公平依然存在。

全面健康覆盖指向服务的多样化。现代化的医疗服务系统功能在“治病救人”的基础上已有了极大的延伸和拓展。医疗服务系统改革与人民健康所需的改变直接相关,人口老龄化及其带来的慢性病“海啸”推动了服务系统的改革和发展,并以基本医疗和全科医学服务作为当前和未来服务系统的必然走向。人们在关注生命长度的同时,更需要关注生命质量。维护健康、多级预防、慢性病管理、促进健康生活方式是健康系统的主旋律。

全面健康覆盖与服务连续性和可持续性密切相关。对个体的医疗服务,是生命周期的健康管理;对人群而言,是各种服务项目和提供者之间的无缝连接;服务的系统层面,是机构质量的培育发展和过程质量的持续监督与改进。全科医学可应对医学服务专科化、阶层化和条块分割的挑战,也是整合医学的机会所在。持续服务的重要前提是具有持续发展的人力资源,以牺牲人力资源换取人群健康是不合理的做法。

全面健康覆盖以患者为中心。强调患者的健康责任及对自身健康负责的生活和行为方式。强调邀请患者和家庭进入多学科健康管理团队。提供全面的健康服务,首先要求服务团队是全面和协调的,全科医生是这个医学交响乐团的指挥。

实现全面健康覆盖,经济是必须条件。世界上每年有1亿人因医疗费用支出而陷入贫困,社区中很多人面临着使用医疗服务的经济障碍。全科医生并非万能器或永动机,实现全面健康覆盖需要更公平合理的卫生经济政策。重温全面健康覆盖的目的在于反思全科医学的使命和愿景,并以公平正义为价值取向,激发对全科医学服务的研究和创新。

杨辉. 中国全科医学的十二月——全面健康覆盖[J]. 中国全科医学, 2022, 25(34): 目次页.



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