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## 匠人学术

### ——加快推进慢性病 共病管理方案的制订

随着老龄化社会的到来, 骨科疾病的研究重点逐渐转向骨代谢疾病(如骨质疏松症)和骨与关节退行性疾病(如脊柱与关节退变性疾病)。伴随当前“大健康”“老龄化”的时代背景, 以及“成血管-成骨耦联”“泛血管医学”等概念的提出, 也赋予了骨质疏松症多学科融合属性, 体现了学科发展的趋势。

《“健康中国2030”规划纲要》中明确提出要重视慢性病的共病管理。骨质疏松症作为一种常见的老年性疾病, 患者常同时罹患其他年龄相关的慢性病, 主要涉及内分泌系统、循环系统、呼吸系统、泌尿系统、免疫系统、骨骼肌肉系统、神经系统等, 累及人体组织器官较多。同时, 共病的发生可能也会加重骨质疏松症, 从而增加骨质疏松性骨折的发生风险, 严重影响患者的生活质量, 使疾病管理更趋复杂化, 给家庭和社会带来沉重负担。目前, 医学界对于骨质疏松症共病的研究尚未系统化、体系化, 现有的共病诊疗策略也难以有效指导临床工作者开展有效的共病管理。因此, 了解骨质疏松症及其共病的共因、共防、共诊、共治具有重要意义。

本期“专题研究”重点围绕骨质疏松症共病研究主题, 着眼人民群众日益增长的卫生健康需求, 充分关注“人群健康相关生命质量”等结局指标, 倡导“以患者为中心”的共病核心理念; 并在系统梳理骨质疏松症常见共病基础上, 以“骨质疏松症合并脊柱退行性疾病”为例, 重点探索共病患者的临床特征与危险因素, 为骨质疏松症共病研究提供思路与方法; 同时, 从共病管理研究实践、共病诊疗模式、共病用药策略等方面分析该领域研究现状, 初步提出建立以患者为中心的共病管理研究方案、推广应用老年共病评估工具、开展共病共有病因及机制研究、制订共病管理规范性指南/共识等应对策略, 综合展望骨质疏松症共病领域后期研究方向与前景, 或对该领域的进一步研究具有参考借鉴意义。

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