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匠人学术

——规范儿童康复相关发育性疾病命名, 推进早期有效康复

儿童康复相关发育性疾病如高危儿、发育迟缓、全面性发育迟缓、语言障碍、智力障碍、孤独症谱系障碍、发育性协调障碍等发病率逐年增高, 规范诊断是早期、有效康复的关键。但国内对这些疾病的诊断和命名暂无统一标准, 异质性大, 导致专业人员之间很难进行同质化交流, 患儿家长也难于理解。结合目前存在的问题, 向基层医疗机构管理者及医务人员提出以下建议:

1 加强基层医疗机构, 特别是妇幼保健科、儿童保健科、内科医护人员的专业化适宜技术培训, 使医护人员能够对儿童康复相关发育性疾病进行早期筛查和识别, 并积极进行康复干预和转介, 以免延误治疗, 给家庭和社会增加负担。

2 重视儿童康复相关发育性疾病临床表现的异质性和共患病的多样性, 如孤独症谱系障碍共患注意缺陷多动障碍(ADHD)、情绪障碍等, 智力障碍共患睡眠障碍、癫痫等, 其不但需要长期康复, 还需要发育行为儿科、神经科、心理科等相关学科的介入和帮助, 并建立以康复团队为主导的多学科合作模式, 在国际功能分类(international classification of functioning, ICF)框架下“以患儿为主体、以功能为目标”, 进行个性化康复治疗、长期动态随访, 努力提高患儿生存质量。

3 树立“以家庭为中心”的康复理念, 在诊疗过程中培训和指导家长, 最大限度地利用家庭资源, 促进儿童全面发展。

4 加大宣传力度, 通过对儿童康复发育性疾病相关知识的科学普及, 使基层医护人员和家庭能够更深刻地理解康复的意义和作用。

儿童是祖国的未来, 儿科基层医务工作者是儿童身心健康的守护者, 基层医疗机构积极加强对儿童康复相关发育性疾病的早期发现、早期识别、早期规范诊断, 并大力开展早期康复工作具有重要意义。

刘芸. 规范儿童康复相关发育性疾病命名, 推进早期有效康复[J]. 中国全科医学, 2022, 25(8): 目次页.

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