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投稿/查询

目　　次　*CONTENTS*

指南·共识　Guideline • Consensus

认知衰退老年人非药物干预临床实践指南：身体活动

Clinical Practice Guideline on Non-pharmacological Interventions for Older Adults with Cognitive Dysfunction: Physical Activity

……中国老年护理联盟，中南大学湘雅护理学院（中南大学湘雅泛海健康管理研究院），中南大学湘雅医院（国家老年疾病临床医学研究中心），北京医院（国家老年医学中心、国家老年疾病临床医学研究中心）　1927

论　　著　Original Research

·健康公平性研究·　*Foucus on Health Equity*

我国流动老年人公共卫生服务利用及健康公平性研究

Public Health Service Utilization and Health Equity among Elderly Migrants in China

……闵淑慧，胡依，成晓芬，郭芮绮，李贝　1938

西部地区农村居民两周患病未就诊影响因素研究

Influencing Factors of Non-treatment-seeking Behaviors for Perceived Morbidity within Two Weeks among Rural Residents in Western China ……贺嘉慧，李培雯，马喜民，乔慧　1946

西藏自治区基层卫生资源配置现状及公平性研究

Current Status and Equity of Primary Care Resource Allocation in Tibet

……吴晓凡，尹悦，干颖滢，曾宇琦，王书平，闫丽娜　1953

·基层卫生服务研究·　*Focus on Primary Health Services*

基层卫生技术人员中医药适宜技术使用偏好研究：基于离散选择实验

Preferences for the Use of Appropriate TCM Techniques among Primary Health Workers: a Discrete-choice Experiment-based Study

……严豪，陈思思，聂瀚林，黄正伟，胡寒旭，赵伟菡，杨勇，石学峰　1958

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广东省基层医疗卫生机构诊疗人次变化及影响因素的灰色关联分析

Changes in Patient Visits and Associated Determinants in Primary Healthcare Settings in Guangdong: a Grey Relational Analysis ……徐碧霞，姚卫光　1965

基于ICCC框架的山东省农村高血压健康管理现状的质性研究

Qualitative Study of Health Management for Hypertensive Patients in Shandong's Rural Areas Using the Innovative Care for Chronic Conditions Framework ……张硕，付英杰，常乐乐，孙晓杰　1972

·人群健康研究·　*Focus on Population Health*

老年男性2型糖尿病患者目标范围内时间与长期血糖变异性的关系研究

Relationship between Time in Range and Long-term HbA_{1c} Glycemic Variability in Elderly Male Patients with Type 2 Diabetes ……方福生，刘星宇，闫双通，王宁，李春霖，田慧　1979

味觉识别能力下降在轻度认知障碍早期预警中的价值研究

Value of Reduced Taste Recognition Ability in Early Warning of Mild Cognitive Impairment ……马云云，宋玉磊，梁晓，高姣姣，戚馨如，王野，徐桂华，柏亚妹　1984

中老年居民网络健康信息使用习惯与其电子健康素养的关系研究

Habits of Using Online Health Information and eHealth Literacy in Middle-aged and Elderly Residents ……袁程，魏晓敏，武晓宇，刘惠琳，姜综敏　1989

复杂先天性心脏病姑息术后患儿家庭管理水平类型及其影响因素研究

Family Management Styles and Associated Factors for Children after Palliative Surgery for Complex Congenital Heart Disease ……夏毓娴，傅丽娟，罗雯懿，沈笑怡，倪平　1995

祖辈-父辈共同养育冲突对祖辈抑郁的影响：祖辈个人掌控感的中介作用与长辈价值感的调节效应

Influence of Parent-grandparent Coparenting Conflict on Grandparents' Depression Mediated by Grandparents' Sense of Mastery and Moderated by Their Sense of Valued Elder ……孟慧琳，郭菲，陈祉妍　2004

1990—2019年中国糖尿病疾病负担及发病预测分析

Diabetes in China: Burden Analysis between 1990 and 2019 and Incidence Prediction between 2020 and 2030 ……梁珊珊，周智华，李成程，陈慧靖，周尚成　2013

2017—2019年河南省某贫困县县级医疗机构高血压及其合并症、并发症患者住院人次数及住院费用分析

Number and Costs of Hospitalizations Due to Hypertension and Related Comorbidities and Complications in County-level Healthcare Institutions in a Poverty-stricken County in Henan from 2017 to 2019 ……刘荣梅，毛燕娜，刘跟党，赵玉坤，于铭洋，赵秋平　2020

·研究热点分析· *Focus on Hot Topics*

新型冠状病毒感染背景下基层卫生研究热点可视化分析

Visualization Analysis of Primary Healthcare Research during the COVID-19 Pandemic

……严雨格，黄蛟灵 2027

间歇性禁食国际研究进展与热点的可视化分析

Visualization Analysis of Global Advances and Hot Spots in Intermittent Fasting

……郭娴，周雁冰，刘晶莹，慕瑾灏，曹卉 2036

·研究工具· *Focus on Research Tools*

家庭医生团队动力量表汉化及信效度检验

Development，Reliability and Validity of the Chinese Version of Primary Care Team Dynamics Scale

……潘莎莎，马程乘，崔璐，李婵姣，倪紫菱 2047

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主编荐读

保持脑健康是健康老龄化的高阶目标。随着我国人口老龄化进程加快，认知衰退所致疾病负担和维持居民脑健康所面临的挑战急剧增加。认知衰退的发生与身体活动不足等可调控风险因素有关，加强身体活动被认为是有望降低认知衰退风险和严重程度的重要途径。中国老年护理联盟等从身体活动角度，基于现有研究证据和指南制定原则，通过文献研究和专家咨询法，严谨、规范地开发了针对认知衰退老年人群的身体活动指南，共提出8条推荐意见，可为全科医生辅助患者结合自身客观条件、价值观和偏好做出有关身体活动的决策，以及利用全科服务连续性优势来促进患者坚持身体活动提供方法论指导。

农村和边远地区居民、社会弱势群体的健康公平性是世界难题，中国对解答这个难题应该有所贡献，植根于社区、服务于全人群的全科医学和基本健康服务是解方中的“臣药”。从全科医学的政策制定、服务管理、医患关系各层面探讨和实践健康公平，是今后5~10年的命题。本期“健康公平性研究”专栏，分别锁定流动老年人、西部农村地区居民，分析特定人群的卫生服务利用和公平性问题，值得注意的是，研究发现西部农村地区有近70%的两周内患病居民未寻求医疗服务，与国家卫生服务调查结果进行比对，提示中国的卫生服务需要及利用具有非常明显的地区差异；另外，本专栏分析了西藏自治区这一偏远地区的基层卫生医疗资源配置公平性，发现西藏自治区基层卫生人员呈“低增长、低质量、低效率”趋势，建议依托地理分级标准促进基层卫生资源配置公平性。

本期还刊登了一些具有反思价值的文章：对中老年人电子健康素养的调查提示，如何帮助老年人更有效地寻找和使用现代化健康信息值得关注，数字化健康教育产品也应顺应老年人的学习习惯和认知能力。对美国家庭医生团队动力测量工具进行汉化和检验的研究得出“信度好而效度一般”的结论，提示读者理解原测量工具开发背景的重要性，Primary care和Family medicine等在不同制度和语境下是不同的概念，同字不同意、同意不同字的情况并不罕见。

好的学术文章可引发更进一步思考，并能促进研究更深入。希望大家喜欢本期的文章，并期待有更好的文章问世。

（扫码获取健康公平性最新文献）

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CONTENTS IN BRIEF

1927 **Clinical Practice Guideline on Non-pharmacological Interventions for Older Adults with Cognitive Dysfunction: Physical Activity**
China Gerontological Nursing Alliance, Xiang Ya Nursing School (Xiangya Oceanwide Health Management Research Institute of Central South University), Xiangya Hospital Central South University (National Clinical Research Center for Geriatric Disorders), Beijing Hospital (National Center for Gerontology, National Clinical Research Center for Geriatric Disorders)

1938 **Public Health Service Utilization and Health Equity among Elderly Migrants in China**
MIN Shuhui, HU Yi, CHENG Xiaofen, GUO Ruiqi, LI Bei

1946 **Influencing Factors of Non-treatment-seeking Behaviors for Perceived Morbidity within Two Weeks among Rural Residents in Western China**
HE Jiahui, LI Peiwen, MA Ximin, QIAO Hui

1953 **Current Status and Equity of Primary Care Resource Allocation in Tibet**
WU Xiaofan, YIN Yue, GAN Yingying, ZENG Yuqi, WANG Shuping, YAN Lina

1958 **Preferences for the Use of Appropriate TCM Techniques among Primary Health Workers: a Discrete-choice Experiment-based Study**
YAN Hao, CHEN Sisi, NIE Hanlin, HUANG Zhengwei, HU Hanxu, ZHAO Weihan, YANG Yong, SHI Xuefeng

1965 **Changes in Patient Visits and Associated Determinants in Primary Healthcare Settings in Guangdong: a Grey Relational Analysis**
XU Bixia, YAO Weiguang

1972 **Qualitative Study of Health Management for Hypertensive Patients in Shandong's Rural Areas Using the Innovative Care for Chronic Conditions Framework**
ZHANG Shuo, FU Yingjie, CHANG Lele, SUN Xiaojie

1979 **Relationship between Time in Range and Long-term HbA_{1c} Glycemic Variability in Elderly Male Patients with Type 2 Diabetes**
FANG Fusheng, LIU Xingyu, YAN Shuangtong, WANG Ning, LI Chunlin, TIAN Hui

1984 **Value of Reduced Taste Recognition Ability in Early Warning of Mild Cognitive Impairment**
MA Yunyun, SONG Yulei, LIANG Xiao, GAO Jiaojiao, QI Xinru, WANG Ye, XU Guihua, BAI Yamei

1989 **Habits of Using Online Health Information and eHealth Literacy in Middle-aged and Elderly Residents**
YUAN Cheng, WEI Xiaomin, WU Xiaoyu, LIU Huilin, JIANG Zongmin

1995 **Family Management Styles and Associated Factors for Children after Palliative Surgery for Complex Congenital Heart Disease**
XIA Yuxian, FU Lijuan, LUO Wenyi, SHEN Xiaoyi, NI Ping

2004 **Influence of Parent-grandparent Coparenting Conflict on Grandparents' Depression Mediated by Grandparents' Sense of Mastery and Moderated by Their Sense of Valued Elder**
MENG Huilin, GUO Fei, CHEN Zhiyan

2013 **Diabetes in China: Burden Analysis between 1990 and 2019 and Incidence Prediction between 2020 and 2030**
LIANG Shanshan, ZHOU Zhihua, LI Chengcheng, CHEN Huijing, ZHOU Shangcheng

2020 **Number and Costs of Hospitalizations Due to Hypertension and Related Comorbidities and Complications in County-level Healthcare Institutions in a Poverty-stricken County in Henan from 2017 to 2019**
LIU Rongmei, MAO Yanna, LIU Gendang, ZHAO Yukun, YU Mingyang, ZHAO Qiuping

2027 **Visualization Analysis of Primary Healthcare Research during the COVID-19 Pandemic**
YAN Yuge, HUANG Jiaoling

2036 **Visualization Analysis of Global Advances and Hot Spots in Intermittent Fasting**
GUO Xian, ZHOU Yanbing, LIU Jingying, MU Jinhao, CAO Hui

2047 **Development, Reliability and Validity of the Chinese Version of Primary Care Team Dynamics Scale**
PAN Shasha, MA Chengcheng, CUI Lu, LI Chanjiao, NI Ziling

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