出國報告 （出國類別：開會）

2018 年第 22 屆家庭醫師世界會議

服務機關：國立陽明大學附設醫院

姓名/職稱：黃駿豐主任

派赴國家：南韓

出國期間：107.10.18～107.10.21

報告日期：107.11.16

摘要

107.10.18-21（星期四-日）代表本院至南韓首爾參加 2018 Wonca 世界會議，同行臺灣家庭醫學醫學會出席代表爲黃信彰理事長、學術出版委員會陳慶餘教授、公共關係及世界家庭醫師組織委員會蔡世滋教授等。本次世界大會主題爲 "Primary Care in the Future: Professional Excellence"。本院家醫部計投稿 Abstracts 三篇，題目爲分別爲「Effectiveness of Influenza Vaccine against Influenza-like Illness in Middle-aged Inmates」、「Associations between Sarcopenia, Obesity and Metabolic Risk Factors」及「Effects of Peppermint Oil Interventions on Heart Rate Variability and Maximal Exercise Performance」，三篇皆獲得刊登。會中演講主題涵蓋全球健康與初級保健政策(Global Health & Primary Care Policy)、健康促進(Health Promotion)、初級保健中之特殊族群(Special Population in Primary Care)、臨床實踐(Clinical Practice)、以及未來醫學與研究(Future Medicine and Research)等。

目次

壹、 目的

　　此次出國目的爲參加 2018 年 10 月 17 日至 21 日於南韓首爾舉行之第 22 屆 WONCA 家庭醫師世界會議研究論文之海報發表。WONCA 世界家庭醫師組織會議爲家庭醫學科最重要之醫學會議。其目的爲達各國的經驗交流，新式治療方式的研討及教導，對我國而言，能本院研究成果發表於會議中，不但使各國了解臺灣醫療研發之進步，更可達到互相觀摩的目的。

　　此次 2018 第 22 屆家庭醫師世界會議之主題爲「未來的初級保健：專業卓越(Primary Care in the Future: Professional Excellence)」，聚焦於基層初級保健的整合照護、科技研發(包括 AI 人工智慧)及家庭醫學科之醫學教育，此次與會代表來自 78 個國家，超過 3,000 位專家共同交換有關科技教育、臨床研究、流行病學及公共衛生等多領域相關健康議題。此次大會議題活動多元，可增加知識強度與技巧，包括 8 場 keynote sessions，10 場專題演講（symposiums），24 個 workshops，217 篇口頭報告，834 篇壁報展示（posters）等等。 於會議中，筆者提出關於封閉環境下流感疫苗施打之政策提議、肌少症與代謝症候群之相關研究、以及薄荷精油對運動表現之影響。

貳、過程

　　第 22 屆 WONCA 家庭醫師世界會議(22 nd WONCA World Conference of Family Doctors)，於南韓首爾國際會議暨展示中心 (Convention and Exhibition,COEX)舉行。因本次參加會議海報展示核定時間爲 10 月 19 日，爲兼顧臨床工作，筆者於 10 月 18 日才搭機前往與會。本次會議聚焦於基層保健之卓越發展，故除參與海報展示外，學習初級照護之科技應用與專業教育爲本次大會之主要目的。

　　10 月 18 日大會演講主題爲「Family Medicine in the Future」，內容強調基層醫師如何準備開展家庭醫療服務，世界趨勢越來越著重關於社區的綜合醫療服務，講題包括「Creating the Medical Home - the central role of the family physician in community based integrated care」、「Developing professional excellence in primary care - Qualification through CME and recertification system」、「Technology, AI and Family Medicine」、「Leadership in Doctor-Patient Relationship」等。

　　10 月 19 日大會演講主題則爲「Global Health」，內容是關於初級保健在全民健康覆蓋與其對抗非傳染性疾病的重要性，講題包括「Implementation of the Patients Medical Home Model: the Canadian Experience」、「Primary Care and

Rural Health for Sustainable Development-Experience from Developing and Developed Countries」、「The Role of Primary Health Care for Resilient Health System in North Korea」、「Family Medicine Revolution: the Origin Story and How to Become the Heroes Our People Need」等。

10 月 20 日大會演講主題為「Aging」，Dr. John Beard 從世界衛生組織的角度談論基層保健醫師於健康老化模式中所扮演的角色，會中包括許多特殊疾病與老化之間的關係，例如「Chronic Kidney Disease Made Easy: Family Doctor Perspective」、「Approach of mastalgia in primary health care」、「The Role of Primary Care Specialists to Promote Employee Health」、「Performance Assessment for Generalists」等。四天行程豐富而充實，於 10 月 21 日搭機返臺。

參、心得：

本次參與第 22 屆家庭醫師世界會議，除參與海報發表，並與各國專家學者進行意見交流外，由大會幾個特殊主題，例如「Technology, AI and Family Medicine」、「How to Design Licensing and Recertification Evaluation for Competency-based Family Medicine Residency Training and Continuing Professional Development」、「Integrating Mental Health into Routine Family Practice: Essential to Future Professional Excellence」等，學習到各國對於未來家庭醫學與基層保健之規劃與 AI 之應用，另外，對於以里程碑作為家庭醫師專科訓練之模式(Milestones As a Guide for Academic Career Development)，亦有初步之了解，有助於日後本院家庭醫學部教學計畫制定之參考。

肆、建議事項

參與本次會議，透過世界各國學者專家闡述未來基層保健之發展概觀，建議日後於醫學教育中宜加強 Artificial Intelligence 的認知，並於家庭醫學科住院醫師的訓練過程予以 AI 應用之機會，不僅有助於老化等重要議題之分析探討，於常見疾病判別與防治之實務上，亦有相當助益。

伍、附錄

WONCA 2018, COEX 大會入場處留影。

WONCA 2018, 大會演講一景。

WONCA 2018，最佳口頭演講頒獎。

WONCA 2018，發布首爾宣言。

WONCA 2018, 各國與會者合照。

Effectiveness of Influenza Vaccine against Influenza-like Illness in Middle-aged Inmates

Yin-Han Lu[1], Heng-Yi Lin[1], Yin-Chieh Chang[1], Shian-I Chiang[1], Shih-Chao Kang[1], Chun-Feng Huang[1]

1 Department of Family Medicine, National Yang-Ming University Hospital, Taiwan

The body of Abstract as follows; *Total 250 words max.*

Background: Annually, influenza is estimated to infect 5% to 10% of adults, with higher rates in winter seasons in Taiwan. The consequences of influenza in adults without getting vaccinated are complications, hospitalisations, and death. The aim of this study is to investigate the effectiveness of influenza vaccine against influenza-like illness(ILI) in middle-aged inmates under 65 years during flu seasons.

Methods: This was a retrospective cross sectional study in I-Lan prison in Taiwan. Inmates under 65 years who volunteered to be vaccinated with the influenza vaccine were assigned as vaccinated group, whereas inmates without vaccination were assigned as unvaccinated group. Visits to doctors due to ILI symptoms and its complications were investigated.

Results: In this study, up to 70% of inmates under 64 years presented with ILI symptoms during the study period. In inmates under 50 years, the numbers of doctors' visits in the vaccinated group (n=115) was 53 % of those in the unvaccinated group (n=115) (0.66 ± 1.04 vs. 1.25 ± 1.15, $p<0.001$). In inmates aged 50 to 64 years, the numbers of doctors' visits in the vaccinated group (n=46) was 40 % of those in the unvaccinated group (n=46) (0.56 ± 1.06 vs. 1.39 ± 1.12, $p=0.002$).

Conclusions: Influenza vaccine can reduce numbers of doctors' visits effectively in prison, where inmates are highly susceptible to influenza outbreak due to close environment. The results can be used by the governing authority for evaluation of the seasonal influenza vaccination program in prison.

Keywords: Influenza Vaccine, Influenza-like Illness, Inmates, Prison, Middle-aged

海報摘要 1.

5

Associations between Sarcopenia, Obesity and Metabolic Risk Factors

De-Yen Liu[1], Tso-Yen Mao[2], Su-Shun Lo[3], <u>Chun-Feng Huang</u>[4]

[1] *Department of Health and Leisure Management, St. Mary's Junior College of Medicine, Nursing and Management, Taiwan*
[2] *Department of Nursing, St. Mary's Junior College of Medicine, Nursing and Management, Taiwan*
[3] *School of Medicine, National Yang-Ming University, Taiwan*
[4] *Department of Family Medicine, National Yang-Ming University Hospital, Taiwan*

The body of Abstract as follows; *Total 250 words max.*

Background: Current studies have shown that sarcopenia and metabolic syndrome have similar pathophysiological profiles. The purpose of the study is to investigate the associations between sarcopenia and metabolic syndrome among health examination population.

Methods: The cross-sectional study collected examination data of 560 healthy subjects in the medical examination center of the hospital from Feb 2016 to Aug 2016. The weight and skeletal muscle were analyzed to identify sarcopenia.

Results: The prevalence rate of sarcopenia of the subjects was 4.81%, and the highest incidence was found in ≥ 65 years group (7.11%). The prevalence rates of overweight and obesity were 37.8% and 13.2%, respectively. The prevalence of sarcopenia is gradually higher along with growing BMI. The prevalence rates of sarcopenia of overweight and obesity subjects were 6.43% and 24.23%, respectively. Moreover, compared with the normal control group, the levels of weight, BMI, body fat percentage, waist circumference and visceral fat area were higher in the sarcopenia group (P<0.05). As for the incidence of systolic blood pressure, diastolic blood pressure, triacylglycerol and uric acid, the levels were also higher in the sarcopenia group (P<0.05). The odds ratio of abnormal systolic blood pressure, diastolic blood pressure, uric acid, and LDL-C increased in the sarcopenia, obesity and sarcopenia combined with obesity subjects by logistic regression analyses after adjustment of gender and age.

Conclusions: The sarcopenia may be associated with obesity and metabolic risk factors. Early detection of obesity and metabolic syndrome can assist to identify persons predisposed to sarcopenia.

海報摘要 2.

Effects of Peppermint Oil Interventions on Heart Rate Variability and Maximal Exercise Performance

<u>Chun-Feng Huang</u>[1], De-Yen Liu[2], Tso-Yen Mao[3]

[1] *Department of Family Medicine, National Yang-Ming University Hospital, Taiwan*
[2] *Department of Health and Leisure Management, St. Mary's Junior College of Medicine, Nursing and Management, Taiwan*
[3] *Department of Nursing, St. Mary's Junior College of Medicine, Nursing and Management, Taiwan*

The body of Abstract as follows; *Total 250 words max.*

Background: Mint is an herb, which is well known for anti-spasmodic, pain-killing, anti-inflammatory and antioxidant effects. However, the effects of different peppermint essential oil interventions, dosage and timing on heart rate variability (HRV) and exercise performance were still unclear. Therefore, the purpose of this study was to investigate the effects of different peppermint oil interventions on HRV and exercise performance.

Methods: This study recruited 45 healthy male subjects, whom were randomly assigned to peppermint inhalation (PI, n = 15), peppermint uptake (PU, n = 15) and control (C, n = 15) groups. Subjects' HRV, respiratory parameter and exercise performance were recorded during graded exercise testing.

Results: As exposure to 50uL peppermint oil, low-frequency (LF) power (227.2±127.6 vs. 282.7±149.7, p<.05) and high-frequency (HF) power (256.0±36.6 vs. 200.8±13.7, p<.05) both increase significantly. After 10 days interventions, LF power and HF power have no change during peppermint oil tolerance test at PI and C groups. However, LF Power (290.2±32.2 vs. 242.1±14.3, p<.05) and HF Power (256.0±36.6 vs. 200.8±13.7, p<.05) have significant decreased following PU intervention. Besides, there are moderate correlation relationship between ΔHRV and the slope of the increase in ventilation (ΔVE) (LF power vs. VE, r = 0.80, p<.05; HF power vs. VE, r = 0.78, p<.05).

Conclusions: We find acute peppermint oil induce automatic nerve system activity. 10 days peppermint oil inhaled treatment can't change HRV and exercise performance. However, 10 days peppermint oil uptake treatment reduces the activated response. This phenomenon maybe affect to the ventilator responses during exercise.

Keywords: Aromatherapy, Peppermint, Heart Rate Variability, Essential Oil, Automatic Nerve System

海報摘要 3.