

“改善亚洲医疗保健”首届论坛 探讨改善医疗保健体系 应付人口老龄化问题

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报道**

如何改善医疗保健体系来应付人口老龄化和门诊服务需求增加等趋势，是“改善亚洲医疗保健”首届常年区域论坛探讨的主要课题。

由新加坡国立大学主催的“改善亚洲医疗保健”（NUS Initiative to Improve Health，简称NIHA）日前展开为期两天的常年区域论坛。卫生部长许文远与大约85名亚洲各国的卫生部高级官员和业者进行了闭门对话会，探讨亚洲医疗政策课题。

国大校长陈祝全教授过后在记者会上分享闭门会议所讨论的内容时说，亚洲地区普遍面对的一项挑战是人口老龄化，而日本、新加坡和中国等地已经开始推出应对措施。如何以可持续的方式应付和人口老龄化相关的高

血压、糖尿病、肥胖和心脏病等慢性疾病也受到业内人士的关注。

陈祝全指出，门诊服务的需求也越来越高，因为患病者必须定期接受治疗、复诊，确保疾病长期受到控制，因此政府在融资方面需要按照保健需求的改变做出调整。

多位知名医疗专家昨午也针对各国关注的医疗课题发表专题演讲。

随着全球患上糖尿病人数不断增加，这种在发达国家尤其严重，被视为“富贵病”的慢性疾病已引起各国医药决策人的关注。

澳大利亚Baker IDI心脏与糖尿病研究所国际研究处处长保罗·齐迈特（Paul Zimmet）教授指出，虽然人们饮食生活习惯普遍被认为是导致糖尿病患者增加的其中一个原因，但是他认为，

由于多种成年期疾病的患病风险跟胎儿早期生长模式有关，所以有必要进一步研究孕妇孕期的营养状况和环境跟孩子日后是否会患上糖尿病有所关联。

为了从更全面的角度寻找可行的模式和解决方案，国大今年8月宣布推出NIHA这项新计划，希望从尖端研究、高层政策论坛到人才培育等方面多管齐下，提升亚洲城市的医疗保健体系。

这项计划获得葛兰素史克（GlaxoSmithKline）及经济发展局信托基金承诺未来10年拨款1700万元推展。

常年区域论坛是NIHA的首个活动。通过论坛整理出各国政府关注的课题后，主办单位将在明年1月拨出100万元，根据课题向亚洲医疗保健专家和研究员公开征求计划书。

计划书可获得的最高津贴不超过15万元，不过研究小组的其中一人必须来自新加坡。第一个津贴估计能够在明年5月颁发。

另外，新计划也着重为亚洲培养医疗保健领导人才。成功申请者将能在国大公共卫生部门工作和学习。

Inaugural forum on improving healthcare in Asia explores ways to improve healthcare system to address problems of an ageing population

By Lin Shi Hui and Lin Hui Hui

The issues of how to improve healthcare systems to address the problems of an ageing population and how to cope with an increasing demand for outpatient services dominated discussions at the inaugural NUS Initiative to Improve Health in Asia (NIHA).

The two-day event was organised recently by the National University of Singapore (NUS). Singapore Health Minister Mr Khaw Boon Wan held a closed-door dialogue session which saw some 85 senior health officials and industry players from Asia come together to discuss issues relating to health policies in Asia.

NUS President Professor Tan Chorh Chuan shared with the media some of the key issues that were discussed in the closed-door session. He said that one common challenge facing Asia is the issue of an ageing population and that countries such as Japan, Singapore and China have already started to introduce measures in response to the issue. A key focus for the healthcare industry is to seek solutions to address ageing-related illnesses such as high blood pressure, diabetes, obesity and heart disease.

Prof Tan pointed out that the demand for outpatient services has been increasing due to higher demand for regular treatment as well as follow-up consultations to ensure that a patient's condition can be kept under control. Therefore, government bodies need to adjust its funding for the healthcare system in accordance to changes in healthcare needs.

Several renowned medical experts presented on pressing healthcare issues that the various countries face.

As the number of patients with diabetes continue to rise worldwide, this chronic illness -- referred to as a "rich man's disease" as it used to be more prevalent in developed countries -- has garnered the attention of healthcare policy makers in many countries.

Professor Paul Zimmet, Director Emeritus and Director International Research at Australia's Baker IDI Heart and Diabetes Institute, pointed out that it is widely believed that diet is one of the reasons for the increase in the number of diabetic patients. However, he believes that further research needs to be carried out on pregnant women to investigate whether nutritional and environmental factors would have an effect on the chances of their children developing diabetes in the latter part of their lives. This is because many adult diseases are directly related to the growth patterns of the foetus.

NUS announced in August this year that the objective of launching NIHA was to lead an integrative effort to improve public health and healthcare delivery in Asia through research, high-level policy forums and leadership programme.

The new initiative was made possible with a funding of S\$17 million over 10 years from the GSK-EDB Trust Fund.

This was NIHA's first ever forum. After identifying a list of key health issues in the region, the organisers will allocate \$1 million in January next year to solicit proposals from healthcare experts and researchers in Asia.

The proposals will receive grants of no more than \$150,000 each. However, at least one member of the research team should be a Singaporean. The first grant is expected to be awarded in May next year.

In addition, the new initiative will focus on nurturing future leaders for Asia's healthcare sector. Successful applicants will be offered opportunities to work and study at the NUS Department of Epidemiology and Public Health.