

10.53106/199457952024031802011

What Else Can Be Done in Holistic Health Care?

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Abstract

What else can be done in holistic health care? By compiling existing medical practices, this study summarized its findings into the following three points: First, patients should be guided to establish a healthy lifestyle, thereby accelerating their recovery and preventing disease recurrences. Second, patients should take initiative in their disease treatment and prevention. Their proactive attitude and conduct will enhance the treatment outcomes. Third, guidance should be provided to patients' family or their caregivers regarding disease treatment or routine care, thereby improving the quality of care received by the patient. Based on the aforementioned findings, we propose two suggestions. First, patients should adopt a more active attitude toward self-care. Second, patients' family or caregivers should be guided to assist them in caring for the patients. The aforesaid suggestions may be included in shared decision-making pamphlets for the timely notification of patient conditions, provision of relevant guidance to patients and their caregivers, and reinforce the quality of the holistic health care received by patients.

Keywords: holistic health care, health promotion, patient's self-care


在全人照護中我們還能做些什麼？

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摘要

在全人照護中我們還能做些什麼？在盤點現行的醫療作為後，可以歸納為以下三點：1.病人在健康生活型態的建立方面應給予指導，加速病人的康復及預防疾病的復發。2.病人在疾病的治療及預防上應採取主動，有積極的態度及作為，使疾病的治療更為有效。3.病人的家屬或其照護者對於病人疾病的治療或其生活上的照護，應給予指導，以提升病人照護的品質。基於以上資訊，在此提出兩點建議：1.提升病人主動照護自己。2.指導病人之家屬或其照護者，協助病人的照護。適時告知及指導病人及其照護者，強化全人照護品質。

關鍵詞：全人健康照護、健康促進、病人自我照護