

摘要

1. 講題：Fracture prevention in Japan: multidisciplinary liaison service and health insurance system

講師：Dr. Atsushi Suzuki Professor

摘要：The prevalence of osteoporosis has increased in super-aging societies. To prevent subsequent fractures from occurring after initial osteoporotic fracture, coordinator-based systems called fracture liaison service (FLS) have been implemented worldwide. In Japan, the Osteoporosis Liaison Service (OLS) including FLS was launched in 2011 in order to reduce the incidence of both primary and secondary fractures in osteoporosis patients. Multidisciplinary management by an OLS coordinator aims to support patient care, monitor medicine adherence, and improve quality of life of the elderly. A framework such as OLS-7 has been proposed to provide comprehensive support regardless of the expertise of each medical staff. Since 2022 April, FLS in hip fracture with surgery has been reimbursed in Japan. The patients must have assessment and treatment according to the national Guidelines for Prevention and Treatment of Osteoporosis (2015) and the Japanese clinical standard for FLS in a registered acute care hospital. After the discharge, the patient care and treatment should be continued according to the plan proposed by acute care hospital FLS team. When the planned treatment and care continue, the cost of FLS could be reimbursed by 12 months since they start FLS.
2. 講題：高齡髖部脆弱性骨折治療及跨科共同整合照顧成效

講師：徐偉恩醫師

摘要：台灣人口高齡化使得骨質疏鬆病患數也增加，髖部脆弱性骨折為骨質疏鬆的重要併發症之一。這類患者據統計一年內死亡率高達 20%，也造成家庭及社會沉重的負擔。課程為兩方面討論，1.手術技術進步及新式骨材固定使得病人得以術後立即開始復健，減少功能喪失及相關併發症產生。2.分享本院跨科部共同照顧的有效經驗。

摘要

3. 講題：Population Screening of Osteoporosis in Asia: When and How

講師：Dr. Ching-Lung Cheung Associate Professor

摘要：Osteoporosis is a common metabolic bone disease affecting several hundred million people worldwide. Osteoporosis is asymptomatic until a fracture occurs, especially a hip fracture, which is mostly associated with morbidity, immobility, and mortality. Our recent global hip fracture study showed that although the incidence of hip fracture has been reducing in many countries and regions, the absolute number of hip fractures is still increasing. Therefore, a greater effort must be made to reduce the global burden of hip fractures. Osteoporosis (including fracture) screening can be an effective strategy for reducing osteoporotic fractures. Several guidelines have recommended osteoporosis screening, especially in high-risk groups. A recent meta-analysis further demonstrated that population screening of osteoporosis is useful in reducing osteoporotic fractures. Although osteoporosis or fracture risk assessment tools play an important role in population screening, the development of Asian-specific risk assessment tools is scarce. In this session, we will discuss the evidence about osteoporosis screening on fracture prevention, review the latest osteoporosis risk assessment tools, and share our recent work in Hong Kong.

4. 講題：2023 台灣成人骨質疏鬆症防治之共識及指引

講師：陳崇桓醫師

摘要：骨質疏鬆症是老人醫學與流行病學的重大議題，世界衛生組織認定骨質疏鬆症是全球僅次於冠狀動脈心臟病的重要疾病。在台灣，研究顯示髖骨骨折發生率是亞洲區第一，全世界第九；近來發現極高骨鬆性骨折風險病人之骨折最為嚴重，一旦骨折，部分病人引發急性疼痛、長期住院、臥床、無法完全康復、需長時間復健、行動受限，影響病人的生活品質，甚至增加死亡率。骨質疏鬆症的盛行率隨著人口老化逐日漸增，台灣 1993 年成為高齡化社會，2018 年轉為高齡社會，2022 年 65 歲以上人口有 398 萬人，推估將於 2025 年邁入超高齡社會，屆時 65 歲以上人口將達到 500 萬人。2023 年最新版防治指引並強化預防骨質疏鬆症新觀念，以提供臨床診治骨質疏鬆症患者之重要參考。其中在超高骨折風險，肌少症的診斷與治療，骨質疏鬆症藥物治療，骨質疏鬆症骨

摘要

折後復健上提供更新的知識，相信積極骨鬆防治必能降低骨折風險，減緩中老年失能，有效促進長照 2.0 政策的成功推展。

5. 講題：臨床常見伴隨骨質疏鬆之脊椎病變

講師：張幸初醫師

摘要：單純的骨質疏鬆症，基本上沒有症狀，一般人會忽略，而臨床上有一些疾病常伴隨骨質疏鬆症一起出現，其中兩種疾病最重要，一為瀰漫性特發性骨質增生症 (Diffuse Idiopathic Skeletal Hyperostosis, DISH)，DISH 是一脊椎前縱韌帶的骨化情形，常發生在胸椎，即為中醫所謂膏肓處，頸椎與腰椎也不少見，常常疼痛難捱，內外復健等療效均不佳，甚至有 DISH 病人在疼痛一段時間後就誘發腦中風，2021 年 Scientific Reports 顯示，因 DISH 而導致腦中風的風險要比一般人高出 1.68 倍。二為小面關節症候群 (Facet Joint Syndrome)，此病大多發生在腰椎，在脊椎深層處，疼痛亦與其他病變混淆，療效亦不佳，治療需針對疼痛點施打，否則無異於亂槍打鳥。疼痛定位的最佳利器就是核醫骨掃描檢查，其中單光子發射電腦斷層 (Single Photon Emission Computed Tomography) 合併電腦斷層的雙重影像，最能定位出真正的疼痛點，相關影像將於演講中介紹。

6. 講題：防摔避痛，正確訓練與使用正確肌群

講師：周吟怡醫師

摘要：本次課程主要介紹核心肌群的核心概念，核心之所以稱為「肌群」，是因為它是由許多肌肉共同組成的。廣義的核心，是除了四肢與頭之外的身體中心；但我們一般常說的核心，是狹義的核心定義。狹義的核心指的是穩定脊椎的肌肉群，由分佈在身體前後左右的各個肌肉組成，可以分為兩種類型：整體穩定肌群：負責整體軀幹的穩定，例如腹直肌、豎脊肌、腰大肌、骨盆底肌等。
局部穩定肌群：負責脊椎本身的穩定，例如腹橫肌、腹內外斜肌、橫隔膜、多裂肌等。
