

健康識能與科學算命衛教師的新武器

Health Literacy and Scientific Fortune Telling

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課程摘要

Health Literacy is about a person's ability to understand and use information to make decisions about their health. It involves the information and services that people need to make well-informed health decisions. Health literacy includes more than reading — it also involves specific skills, like calculating the right dose of a medicine, following directions for fasting before a surgery, or checking a nutrition label to make sure an item is safe for someone with a food allergy. People with low health literacy skills may have trouble doing these things. While people with low health literacy skills are more likely to have poor health outcomes, including hospital stays and emergency room visits, make medication errors, have trouble managing chronic diseases and skip preventive services, like flu shots. People with higher health literacy skills are more likely to make informed health decisions. That means they're more likely to be healthy and even to live longer.

Diabetes is a highly prevalent chronic disease that places a large burden on individuals and health care systems. There are many predictive models (Scientific Fortune Telling) increasingly being recommended for risk assessment in treatment decision making and clinical guidelines, such as cardiac biomarkers (NT-proBNP), intensity of diabetes control (A1c, TIR), tobacco use, urinary albuminuria, or advancing age. Many of the laboratory tests are commonly available and can be easily incorporated into the evaluation and management of our patients with diabetes. It's important to identify and work toward mitigating the associated health risks such as CKD and ASCVD. These predictive models can hopefully help us more accurately identify the risk of CKD and ASCVD, thereby decreasing unnecessary diagnostic procedures and interventions which carry their own risks and morbidity.