

老年病病例教程

Case-Based Geriatrics:

A Global Approach

原著 Victor Hirth
Darryl Wieland
Maureen Dever-Bumba

主译 张存泰



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前言

我们设计了以病例为基础的老年病学：这对老年医学教育家培养学习生涯中的医学生、家庭医师、内科住院医师、老年医学研究者、执业护士、内科医师助理以及从事护理、药学、社会工作、牙科学、饮食业和康复学科的学生，将提供一个广泛适用的方法。本书包括三个主要章节：衰老问题，它由老年病医师和其他临床医师如何治疗老年患者的基础章节所组成；跨专业的老年医学，它最大程度地举例说明老年医学是“一个团队运动”；老年综合征及其重要问题，它给学生和受训者带来以问题为基础的关注。

与传统的医学教科书不同的是，本书大部分章节建立在对病例的描述上。这些章节应用病例分析作为其内容的一个完整部分，同时还作为一个指导学习的工具。这些病例直接针对作者对学习者的学习目标。就老年病学而言，相关病例非常复杂，涉及许多有关健康的主题、相关的损伤和残疾、常见的伴随疾病、护理者和家庭环境的问题、健康护理系统等相关问题。这里，我们的目的是介绍在临床实践中所遇到的常见的复杂病例。我们相信，对这些病例以及交错在各个章节相关内容的反复描述，能够帮助教育者和学习者对老年患者以及老年患者的护理方面的复杂性建立起感性认识与实践之间的联系。

最后，在副标题下引入的“总”主题，可以根据以下述方法进行理解：根据老年人群中健康和健康威胁的多个领域（生物医学的，功能的，社会心理的，经济的和环境的领域）；根据相应的需要进行的综合性评价、计划和护理。当然，“总”的主题也认识到全世界老年化是普遍存在的状况，因此，对老年病的研究具有普遍意义。最后，在发达国家，老年化也呈现出多样性，因此，在不同的理解、不同的文化背景下，对从事老年病的医生和护理人员；也有着不断增加的各种各样的需求。我们希望，我们的教材能够为提高全世界的老年病的医疗工作做出一点贡献。

编者
(张艳译)

致 谢

我们向参与此书编写出版的各位成员表示感谢,感谢他们的辛勤工作和无私奉献。Lynn Betterley具有高超的组织才能,组织领导着这个团队; Joyce Gossard和Austin Beasley致力于获得版权许可; Kimberly Hollins和Shawn Fagan负责为图表注解设计版式; Melissa Lewie从事电子版本工作,包括网络驱动器、登录许可和软件更新工作; Donna Simon,这位老年医学实践工作的管理者,确保所有工作人员拥有充足的实践和资源能够有效地完成这项工作。总之,编写这本老年病病例教程和提供优质的老年医学医疗服务没有两样。它需要一个团队,每个成员知晓理解自己的职责,并且和小组内其他成员保持有效的沟通,从而作为一个整体进行工作。我们也要感谢Palmetto老年服务中心主任Judy Baskins和南卡罗来纳大学老年科主任Paul Eleazer,没有他们的支持,这个项目不可能完成。

我们希望读者喜欢此书,它来自于超过90名作者的巨大努力,他们为此牺牲大量时间。我们很高兴将书出版,希望它能使您获得许多有用的知识和信息。

(黄葵 译)

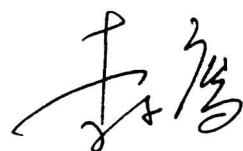
中文版序

老龄化是世界性人口发展的趋势。我国是人口老龄化发展速度快的国家之一。据我国第六次人口普查资料,我国60岁及以上人口占总人口13.26%,65岁以上人口占总人口比例8.87%。预计21世纪中叶,我国老年人口将占总人口的1/4。庞大的老年人群对疾病防治、健康保健、居住环境、经济供养、社会服务和工作体系,提出了严峻的挑战。

老年医学是针对老年人群的一门独立的临床医学学科。它重点在防治老年疾病、维护老年人身心健康、提高老年人生命质量,但它的完成和效果涉及多个医学学科、多个领域的学科。我国的老年医学发展,经过数代人努力已取得很大进步。但老年医学学科的队伍及其培养远满足不了需要,老年医学的临床和科研水平还有待更大提高,应对老龄化社会的需要还任重道远。

同济医院老年病学教研室张存泰教授主译的、由美国南卡罗莱纳州医学院临床学院Victor Hirth 等教授编写的“老年病病例教程(Case-Based Geriatrics : A Global Approach),是美国最新的老年医学的教学参考书。它用全球最通用的方法,即以大量实例讨论形式,生动阐述了老年医学的广泛内容。此书的翻译是件很有意义的事情,对提高我国老年医学水平做了很好的工作。

此书内容深入浅出,通俗易懂。观点方法新颖实用。对老年医学科专业人员的培训,提高老年科医生、各专科医生、全科医生的医疗水平,是良好的参考和借鉴。特予推荐。



解放军总医院老年心血管科主任,主任医师、教授、博士生导师

译者序

由美国南卡罗莱纳州大学医学院临床内科、老年病科的Victor Hirth等多位教授主编的“老年病病例教程 Case-Based Geriatrics : A Global Approach”,2011年出了第一版。这是美国培养老年医学专科医生和全科医生的权威、实用的重要参考书。

本书以实例讨论形式,生动而明确地阐述了老年医学的基本原则,老年病诊治方法和老年人的常见情况,内容涉及老年人疾病诊治和老年人生活质量、老年人健康促进、老年康复、老年营养、老年护理、老年人住宅及居住环境等老年人的特殊问题。适合临床老年科医生、各专科医生、全科医生和高等教育医学学生学习参考。

老年医学涉及学科和领域非常广泛。我们翻译介绍此书,为适应我国老年医学的发展和老年医学专科医生、全科医生的培训,也为临床各专科医生提供借鉴和参考。期望能有助于提高我国老年医学的临床水平,也希望对我国医疗制度的改革有所借鉴。

参加此书的翻译人员均为大型综合医院老年科的临床医生,在繁忙的临床医疗中,翻译学习此书自身受益不少。因时间紧,难免存在粗糙和错误之处,恳请读者批评指正。

主译 张存泰

主译简介



张存泰 男,1963年出生。心血管内科博士、主任医师、教授、博士、博士研究生导师。

目前任华中科技大学同济医学院附属同济医院老年病学教研室主任,综合医疗科主任。从事心血管临床20余年,曾在日本研修并在美国和欧洲做访问学者。近年从事老年医学临床和科研工作。在国内外学术期刊发表论文130余篇(其中SCI收录19篇)。获国家自然科学基金4项,省部级基金6项。是湖北省和武汉市干部保健委员会聘任的专家。特别对心律失常诊治、心血管病防治有丰富的临床经验。

目前为中华医学会老年医学分会委员,中国老年学学会老年医学委员会理事,中国医师协会老年医师分会常务委员,中国老年学会心脑血管专业委员会委员,湖北省医学会老年医学分会副主任委员,武汉老年医学会理事长,中华起搏与电生理学会电生理学组委员,湖北省起搏与电生理学会委员,湖北省健康管理学会委员,武汉市心血管病学会委员,美国心脏病学会会员。《中华老年医学杂志》副总编辑,《内科急危重症杂志》、《中国心血管研究杂志》常务编委,《中华心律失常杂志》、《中华老年多器官疾病杂志》、《临床心血管病杂志》、《中国心脏起搏与电生理杂志》、《华中科技大学学报(医学版)》、《中华临床医师杂志(电子版)》编委,《中华心血管病杂志》、《中华精神病学杂志》、《华中科技大学学报(医学版 英文)》特约审稿专家。

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目 录

第一部分 老龄化问题	
第一篇 基础问题（基本原则）	3
第1章 为什么研究老年学和老年病学？	3
第2章 老化的生物学和新的干预措施	7
第3章 老年人的生理和认知功能	21
第4章 全球人口老龄化	33
第5章 老年人保健中的文化能力	45
第二篇 检查和功能	56
第6章 老年人的医学评估	56
第7章 老年人功能评估	64
第8章 老年化与感觉丧失：视觉、听觉、 躯体感觉及前庭感觉的丧失	82
第9章 老年人疾病非典型表现	110
第三篇 老年患者专科决策的制定	122
第10章 老年人判定能力评估	122
第11章 健康素养的评估与实践	132
第12章 老年人的实验室和 影像学检查方法	148
第13章 老年人用药注意事项	159
第14章 健康促进与疾病预防	169
第四篇 老年人常见情况	187
第15章 老年人驾驶(车)的安全性	187
第16章 老年人的环境支持	197
第17章 老年患者家庭护理	214
第18章 老年人的性生活	231
第二部分 跨学科的老年病学	
第19章 跨学科团队护理	245
第五篇 老年人急性病的护理	259
第20章 老年医学咨询服务	259
第21章 老年患者围术期治疗	268
第22章 出院计划与过渡期护理	281
第六篇 老年人慢性病护理	293
第23章 疾病晚期老年人的 终末期护理	293
第24章 家庭护理	308
第25章 长期护理	322
第七篇 老年人的自我护理	335
第26章 老年患者物理治疗的 评估和制订	335
第27章 科技改善老年人生活	345
第八篇 老年患者康复问题	356
第28章 病情复杂的急症外科患者的 跨学科管理	356
第29章 老年肿瘤患者的跨学科 合作治疗	365
第三部分 老年医学综合征和重要问题	
第30章 谵妄	377
第31章 老年痴呆	387
第32章 老年人的多重用药	403
第33章 老年人尿失禁	411
第34章 跌倒和运动障碍	422
第35章 老年人体重下降	431
第36章 脆弱综合征	447
第37章 老年抑郁症的评估与治疗	456

第38章	压疮	469	第42章	老年人常见感染的对策	525
第39章	常见的胃肠道疾病	479	第43章	充血性心力衰竭	538
第40章	髋关节骨折	492	第44章	卒中	550
第41章	骨质疏松症	506	第45章	老年高血压病患者的处理	561