

TEXTBOOK OF
POST-ICU MEDICINE
THE LEGACY OF CRITICAL CARE

重症康复医学

重症监护后的

遗留问题及康复治疗

原著

Robert D. Stevens

Nicholas Hart

Margaret S. Herridge

主译

陈真

主审

周明成 吴毅 曹宁



上海科学技术出版社

TEXTBOOK OF POST-ICU MEDICINE

THE LEGACY OF CRITICAL CARE

重症康复医学

重症监护后的 遗留问题及康复治疗

原著

Robert D. Stevens
Nicholas Hart
Margaret S. Herridge

主译 陈真

主审 周明成 吴毅 曹宁

上海科学技术出版社

图书在版编目(CIP)数据

重症康复医学：重症监护后的遗留问题及康复治疗 /
(英) 罗伯特 D. 史蒂文斯(Robert D. Stevens)等原著；
陈真主译. —上海：上海科学技术出版社, 2018.1

ISBN 978 - 7 - 5478 - 3858 - 7

I. ①重… II. ①罗…②陈… III. ①险症—康复医学 IV. ①R459.7②R49

中国版本图书馆 CIP 数据核字(2017)第 307001 号

Translation from the English language edition:

Textbook of Post - ICU Medicine: The Legacy of Critical Care by Robert D. Stevens,
Nicholas Hart and Margaret S. Herridge

© Oxford University Press 2014

The moral rights of the authors have been asserted

Chapters 6 and 34 © National Institutes of Health 2014

All rights reserved.

Textbook of Post - ICU Medicine: The Legacy of Critical Care was originally published in English in 2014. This translation is published by arrangement with Oxford University Press. Shanghai Scientific & Technical Publishers is solely responsible for this translation from the original work and Oxford University Press shall have no liability for any errors, omissions or inaccuracies or ambiguities in such translation or for any losses caused by reliance thereon.

《重症康复医学：重症监护后的遗留问题及康复治疗》英文版首次出版于 2014 年。中文版经由牛津大学出版社协助安排出版。上海科学技术出版社全权负责中文版的翻译质量。若出现翻译问题且因此带来损失，牛津大学出版社均不负责。

上海市版权局著作权合同登记号 图字：09 - 2017 - 254 号

重症康复医学

重症监护后的遗留问题及康复治疗

原著 Robert D. Stevens Nicholas Hart Margaret S. Herridge

主译 陈真

主审 周明成 吴毅 曹宁

上海世纪出版(集团)有限公司 出版、发行
上海科学技术出版社

(上海钦州南路 71 号 邮政编码 200235 www.sstp.cn)

浙江新华印刷技术有限公司印刷

开本 787×1092 1/16 印张 36.25

字数 700 千字

2018 年 1 月第 1 版 2018 年 1 月第 1 次印刷

ISBN 978 - 7 - 5478 - 3858 - 7/R • 1531

定价：180.00 元

内容提要

本书系统阐述了重症监护后的遗留问题,包括慢性器官功能障碍、认知和行为障碍、神经肌肉和肌肉骨骼疾病,并针对这些问题提出了治疗与康复策略,同时分析了损伤和修复的机制,强调家庭在疾病治疗中的特殊地位。

本书不仅为重症康复从业者提供了国际上先进的治疗与康复经验,也为重症医学科医生的工作和临床研究提供了丰富的资料。

致 谢

第 6 章

This work was supported by the US National Institutes of Health via K08, HL091249 and by the US Department of Veterans Affairs Health Services Research & Development Services via HR 11 - 109.

第 25 章

This work was funded in part by a grant from the Canadian Institutes of Health Research to Guy Trudel (MOP 77661).

第 28 章

Dr Bagshaw is supported by a Canada Research Chair in Critical Care Nephrology and Clinical Investigator Award from Alberta Innovates-Health Solutions (formerly Alberta Heritage Foundation for Medical Research).

第 34 章

This work was supported by the United States' National Institutes of Health via K23 HL74294.

翻译委员会

主 译 陈 真

主 审 周明成 吴 毅 曹 宁

副 主 译 郑洁皎 陈文华

主译助理 周 哲

译 者 名 单

(按姓氏笔画排序)

- | | |
|-----|---------------------------------|
| 丁丽君 | 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心 |
| 万春晓 | 天津医科大学总医院康复医学科 |
| 王 标 | 上海长航医院神经内科 |
| 王 莹 | 上海市第一康复医院/同济大学附属康复医院(筹)护理部 |
| 王凤爽 | 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心 |
| 王娜娜 | 同济大学附属东方医院康复医学科 |
| 田 威 | 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心 |
| 朱玉连 | 复旦大学附属华山医院康复医学科 |
| 朱妍静 | 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心 |
| 刘 萍 | 上海市第一康复医院/同济大学附属康复医院(筹)肺功能康复医学科 |
| 李 艳 | 上海交通大学医学院附属同仁医院康复医学科 |
| 李俊喜 | 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心 |
| 杨 红 | 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心 |
| 杨明珍 | 复旦大学附属华山医院康复医学科 |

- 吴毅 复旦大学附属华山医院康复医学科
- 吴军发 复旦大学附属华山医院康复医学科
- 吴欣桐 复旦大学附属华山医院康复医学科
- 吴跃迪 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 沈夏锋 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 沈海燕 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 张婷 同济大学附属东方医院康复医学科
- 张安静 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 张听雨 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 陈真 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 陈文华 上海交通大学附属第一人民医院康复医学科
- 陈志群 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 陈昌夏 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 范文可 复旦大学附属华山医院康复医学科
- 周扬 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 周哲 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 周倩 上海市第一康复医院/同济大学附属康复医院(筹)代谢及肾脏病康复医学科
- 周明成 上海市第一康复医院/同济大学附属康复医院(筹)心功能康复医学科
- 周媚媚 复旦大学附属华东医院康复医学科
- 郑洁皎 复旦大学附属华东医院康复医学科
- 赵苾雯 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 荣积峰 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 洪怡 上海市第一康复医院/同济大学附属康复医院(筹)心功能康复医学科
- 费爱华 上海交通大学医学院附属新华医院急诊科
- 贾晋瑄 复旦大学附属华山医院康复医学科
- 徐友康 上海市第二康复医院康复医学科
- 徐绍红 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 高国一 上海交通大学医学院附属仁济医院神经外科
- 曹悦 复旦大学附属华山医院康复医学科
- 龚雪莲 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 董萍 上海市第一康复医院/同济大学附属康复医院(筹)代谢及肾脏病康复医学科
- 路微波 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心
- 熊莉 上海市第一康复医院/同济大学附属康复医院(筹)神经康复中心

Ning Cao 美国宾夕法尼亚州 MossRehab/Einstein Health Network
(曹宁)

审 阅 者

吴 毅 Ning Cao(曹宁) 陈 真 周 哲 沈夏锋 周媚媚 费爱华
高国一 张 婷 杨明珍 曹 悦 贾晋瑄

作者名单

主 编

Robert D. Stevens, MD

Associate Professor of Anesthesiology Critical Care Medicine

Associate Professor of Neurology, Neurosurgery and Radiology Johns Hopkins University School of Medicine

F.M. Kirby Center for Functional Brain Imaging, Kennedy Krieger Institute Baltimore, Maryland, USA

Nicholas Hart, MBBS, BSc, PhD, MRCP, FFICM
Clinical & Academic Director, Lane Fox Respiratory Unit, St Thomas' Hospital, Guy's &

St Thomas' NHS Foundation Trust, London UK
Reader in Respiratory & Critical Care Medicine, Department of Asthma, Allergy and Respiratory Science, Division of Asthma, Allergy and Lung Biology, King's College London, London UK

Margaret S. Herridge, MSc, MD, FRCPC, MPH
Professor of Medicine, University of Toronto Critical Care and Pulmonary Medicine Scientist' Toronto General Research Institute University Health Network/Toronto General Hospital NCSB 11C-1180
Toronto, ON Canada

编 者

Neill K.J. Adhikari

Staff physician, Associate Scientist, Department of Critical Care Medicine, Sunnybrook Health Sciences Centre, Sunnybrook Research Institute, University of Toronto, Toronto, Canada

Naeem A. Ali

Associate Professor
Division of Pulmonary, Allergy, Critical Care and Sleep Medicine,
Wexner Medical Center at The Ohio State University,

The Ohio State University
Columbus, USA

Derek C. Angus

Distinguished Professor and Mitchell P. Fink Endowed Chair in Critical Care Medicine, Professor of Critical Care Medicine, Medicine, Health Policy and Management, and Clinical and Translational Science,
The CRISMA Laboratory (Clinical Research, Investigation, and Systems Modeling of Acute Illness),
Department of Critical Care Medicine,
University of Pittsburgh,

Pittsburgh, USA

Sean M. Bagshaw

Associate Professor,
Division of Critical Care Medicine,
Faculty of Medicine and Dentistry,
University of Alberta,
Edmonton, Canada

Matthew Baldwin

Assistant Professor of Medicine,
Division of Pulmonary, Allergy, and Critical
Care Medicine,
Department of Medicine, College of Physicians
& Surgeons,
Columbia University,
New York, USA

Amelia Barry

Department of Medicine, Division of Physical
Medicine and Rehabilitation,
University of Ottawa,
The Ottawa Hospital — Rehabilitation Centre,
Ottawa, Canada

Gaëtan Beduneau

Medical Intensive Care Unit and Specialized
Weaning Unit,
University Hospital,
Rouen, France

Rinaldo Bellomo

Professor of Medicine,
Melbourne University;
Honorary Professor of Medicine,
Monash University;
Austin Health, Intensive Care Unit,
Department of Intensive Care,
Heidelberg, Australia

O. Joseph Bienvenu

Associate Professor of Psychiatry
and Behavioural Sciences,
Johns Hopkins University School of Medicine,
Baltimore, USA

Stephen Brett

Consultant in Intensive Care Medicine,
Imperial College Healthcare NHS Trust,
London, UK

Laurent Brochard

Department of Critical Care,

St Michael's Hospital, Toronto and
Interdepartmental Division of Critical Care
Medicine,
University of Toronto,
Toronto, Canada

Lisa Burry

Clinician Scientist, Clinical Pharmacy Specialist,
Leslie Dan Faculty of Pharmacy,
University of Toronto,
Department of Pharmacy, Mount Sinai Hospital,
Toronto, Canada

Jill I. Cameron

CIHR New Investigator, Associate Professor,
Department of Occupational Science and
Occupational Therapy,
Graduate Department of Rehabilitation Science,
University of Toronto,
Toronto, Canada

Shannon S. Carson

Professor of Medicine and Chief,
Division of Pulmonary and Critical Care Medicine,
University of North Carolina School of Medicine,
Chapel Hill, USA

Nancy A. Collop

Professor of Medicine and Neurology,
Emory University School of Medicine,
Department of Medicine,
Division of Pulmonary, Allergy and Critical
Care Medicine,
Atlanta, USA

Christopher E. Cox

Associate Professor of Medicine,
Department of Medicine,
Division of Pulmonary and Critical Care Medicine,
Duke University Medical Center,
Durham, USA

Benedict Creagh-Brown

Consultant Physician, Intensive Care
and Respiratory Medicine,
Chair, Surrey Peri-operative Anaesthesia and
Critical care collaborative Research (SPACeR)
Clinical Academic Group
Surrey, UK

Brian H. Cuthbertson

Chief and Professor of Critical Care,

Department of Critical Care Medicine,
Sunnybrook Health Sciences Centre, and
Department of Anaesthesia,
University of Toronto,
Toronto, Canada

Michele Dambrosio

Chief and Professor of Critical Care,
Department of Anesthesia and Critical Care,
University of Foggia,
Foggia, Italy

Linda Denehy

Professor and Head,
Department of Physiotherapy,
Melbourne School of Health Sciences,
The University of Melbourne, Melbourne,
Australia

Eva C. Diaz

Research Fellow,
University of Texas Medical Branch at Galveston,
Galveston, USA

David Dyzenhaus

Professor of Law and Philosophy,
University of Toronto,
Toronto, Canada

Doug Elliott

Professor of Nursing,
University of Technology,
Sydney, Australia

E. Wesley Ely

Professor of Medicine and Critical Care,
Center for Health Services Research,
Associate Director of Aging Research,
Tennessee Valley, VA-GRECC,
Vanderbilt University Medical Center,
Nashville, USA

Christopher T. Erb

Postdoctoral Fellow,
Yale School of Medicine, Department of
Internal Medicine,
Section of Pulmonary, Critical Care,
and Sleep Medicine,
New Haven, USA

Vito Fanelli

Assistant Professor,
Department of Anesthesia and Critical Care,

University of Turin,
Turin, Italy

Luca Fasano

Pulmonary and Critical Care Medicine,
Sant'Orsola Malpighi University Hospital,
Bologna, Italy

Celeste C. Finnerty

Associate Professor,
Department of Surgery, University of Texas
Medical Branch at Galveston,
Associate Director of Research,
Shriners Hospitals for Children-Galveston
Galveston, USA

Kevin M. Fischer

Clinical Assistant Professor of Medicine,
Division of Pulmonary and Critical Care Medicine,
University of North Carolina School of Medicine,
Chapel Hill, USA

Sinead Galvin

Consultant Anaesthetist,
Department of Anaesthesia and Critical
Care, Beaumont Hospital,
Dublin, Ireland

Vasiliki Gerovasili

Pulmonology Fellow,
First Critical Care Department,
National and Kapodistrian University
of Athens,
Athens, Greece

Neil J. Glassford

Research Fellow,
Austin Health, Department of Intensive Care
ANZIC-RC (Australian and New Zealand
Intensive Care Research Center)
Melbourne, Australia

Shannon L. Goddard

Staff Physician,
Department of Critical Care Medicine;
Sunnybrook Health Sciences Centre, and
Department of Anaesthesia,
University of Toronto,
Toronto, Canada

Rik Gosselink

Professor of Rehabilitation Sciences,
Faculty of Kinesiology and Rehabilitation

Sciences, Katholieke Universiteit Leuven,
Division of Respiratory Rehabilitation,
University Hospital Gasthuisberg,
Leuven, Belgium

Richard D. Griffiths

Emeritus Professor of Medicine (Intensive Care)
Musculoskeletal Biology
Institute of Ageing & Chronic Disease
Faculty of Health & Life Sciences
University of Liverpool
Liverpool, UK

Ziv Harel

Staff Physician, Assistant Professor,
Division of Nephrology, St. Michael's Hospital,
Department of Medicine, University
of Toronto,
Toronto, Canada

Stephen Harridge

Professor of Human & Applied Physiology,
and Director, Centre of Human & Aerospace
Physiological Sciences,
King's College London
London, UK

Greet Hermans

Associate Professor, Deputy Head of Clinic,
KU Leuven and Medical Intensive Care Unit,
University Hospitals Leuven,
Leuven, Belgium

David N. Herndon

Jesse H. Jones Distinguished Chair in Burn
Surgery, Professor, Departments of Surgery
and Pediatrics, University of Texas Medical
Branch at Galveston
Director of Burn Services and Director
of Research, Shriners Hospitals
for Children-Galveston,
Galveston, USA

Daren K. Heyland

Professor of Medicine,
Clinical Evaluation Research Unit,
Kingston General Hospital,
Department of Community Health
and Epidemiology,
Queen's University,
Department of Medicine,

Queen's University,
Kingston, Canada

Scott Hoff

Assistant Professor of Medicine,
Emory University School of Medicine,
Department of Medicine, Division of
Pulmonary, Allergy and Critical Care
Medicine,
Atlanta, USA

Karen Hoffman

Senior Occupational Therapist,
Trauma Sciences, Blizard Institute,
Queen Mary University of London
London, UK

José G.M. Hofhuis

Department of Intensive Care,
Gelre Hospitals,
Apeldoorn, Netherlands

Aluko A. Hope

Assistant Professor of Medicine,
Department of Medicine, Division of Critical
Care Medicine,
Albert Einstein College of Medicine of
Yeshiva University,
Bronx, USA

Ramona O. Hopkins

Psychology Department and Neuroscience
Center, Brigham Young University, Provo,
Department of Medicine, Pulmonary and
Critical Care Division,
Intermountain Medical Center,
Murray, USA

Catherine L. Hough

Associate Professor of Medicine,
Division of Pulmonary and Critical Care
Medicine, Harborview Medical Center,
University of Washington,
Seattle, USA

Stefano Italiano

Intensive Care Unit
Hospital Verge de la Cinta,
Tortosa, Spain

Theodore J. Iwashyna

VA Center for Clinical Management
Research,

Department of Internal Medicine, University of Michigan,
Institute for Social Research, University of Michigan,
Ann Arbor, USA

James C. Jackson

Assistant Professor of Allergy, Pulmonary, and Critical Care Medicine, Division of Allergy, Pulmonary, Critical Care Medicine, Center for Health Services Research, Vanderbilt University School of Medicine, Nashville, USA

Christina Jones

Nurse Consultant Critical Care Rehabilitation, Honorary Reader, Critical Care Unit, Whiston Hospital, Prescot, Institute of Aging and Chronic Disease, University of Liverpool, Liverpool, UK

Jeremy M. Kahn

Associate Professor of Critical Care and Health Policy and Management, Clinical Research, Investigation and Systems Modeling of Acute Illness (CRISMA) Center, Department of Critical Care Medicine, University of Pittsburgh School of Medicine, Department of Health Policy and Management, University of Pittsburgh Graduate School of Public Health, Pittsburgh, USA

Stefan Kluge

Director of Division of Critical Care Medicine, Department of Intensive Care, University Medical Center, Hamburg, Germany

John P. Kress

Professor of Medicine, Director of Medical ICU, Department of Medicine, Section of Pulmonary and Critical Care, University of Chicago, Chicago, USA

Nicola Latronico

Associate Professor of Anesthesia and Critical

Care Medicine, and Director of the University Division and School of Specialty of Anesthesia and Critical Care Medicine, University of Brescia, Spedali Civili, Brescia, Italy

Eric Magalhaes

Physician, General Intensive Care Unit, Raymond Poincaré Teaching Hospital, University of Versailles Saint-Quentin en Yvelines, Garches, France

Michael Marber

Professor of Cardiology, The Rayne Institute, St Thomas' Hospital, London, UK

Victoria McCredie

Staff Physician, Department of Critical Care Medicine, Sunnybrook Health Sciences Centre Toronto, Canada

Robert C. McDermid

Clinical Professor, Division of Critical Care Medicine, Faculty of Medicine and Dentistry, University of Alberta, Edmonton, Canada

Sangeeta Mehta

Research Director, Medical/Surgical ICU, Associate Professor, University of Toronto, Mount Sinai Hospital, Toronto, Canada

Lucia Mirabella

Assistant Professor of Critical Care, Department of Critical Care, University of Foggia, Foggia, Italy

Cheryl Misak

Professor of Philosophy, University of Toronto, Toronto, Canada

Hugh Montgomery

Professor of Intensive Care Medicine, University College London, and Whittington Hospital NHS Trust

London, UK

Marina Mourtzakis

Assistant Professor,
Department of Kinesiology,
University of Waterloo,
Waterloo, Canada

John Moxham

Professor of Respiratory Medicine,
Department of Respiratory Medicine,
King's College London,
London, UK

Serafim N. Nanas

Professor of Intensive Care Medicine,
First Critical Care Department,
National and Kapodistrian University
of Athens
Athens, Greece

Stefano Nava

Respiratory and Critical Care,
Sant' Orsola Malpighi Hospital;
Alma Mater Studiorum,
University of Bologna,
Department of Specialistic, Diagnostic and
Experimental Medicine (DIMES),
Bologna, Italy

Judith E. Nelson

Professor of Medicine,
Department of Medicine, Division of
Pulmonary, Critical Care and Sleep Medicine,
Mount Sinai School of Medicine,
New York, USA

Sanjeev Noel

Postdoctoral Fellow,
Division of Nephrology, School of Medicine,
Johns Hopkins University,
Baltimore, USA

Simone Piva

Staff Physician,
University Division of Anesthesia and
Critical Care Medicine,
Section of Neuroanesthesia and Neurocritical
Care,
University of Brescia at Spedali Civili,
Brescia, Italy

Andréa Polito

Senior Intensivist,
Critical Care Department, Raymond Poincaré
Hospital,
Garches, France

Angelo Polito

Paediatric Anaesthesiology and Critical Care
Medicine Physician,
Cardiac Intensive Care Unit,
Bambino Gesù Children's Hospital IRCCS,
Rome, Italy

Zudin Puthuchery

Respiratory and Critical Care Consultant,
National University Hospital Singapore,
Singapore

Hamid Rabb

Professor and Vice Chairmen,
Department of Medicine, Division
of Nephrology, School of Medicine,
Johns Hopkins University,
Baltimore, USA

Gerrard Rafferty

Senior Lecturer in Human Physiology,
Department of Respiratory Medicine,
King's College London,
London, UK

V. Marco Ranieri

Department of Anesthesia and Critical Care
Medicine,
Università degli Studi di Torino,
Turin, Italy

Vanessa Raymont

Clinical Research Fellow,
Centre for Mental Health, Department
of Medicine,
Imperial College London,
London, UK

Mark M. Rich

Professor,
Department of Neuroscience, Cell Biology
and Physiology,
Wright State University,
Dayton, USA

Jean-Christophe M. Richard

Associate Professor,

Intensive Care Division, Anesthesiology,
Pharmacology and Intensive Care
Department, University Hospital,
School of Medicine, University of Geneva,
Geneva, Switzerland

Antoine G. Schneider

Research Fellow,
Austin Health, Intensive Care Unit,
Department of Intensive Care,
ANZIC-RC (Australian and New Zealand
Intensive Care Research Center)
Heidelberg Australia

Bernd Schönhofer

Professor
Klinikum Region Hannover,
Krankenhaus Oststadt-Heidehaus,
Department of Pulmonary and Intensive Care
Medicine,
Hannover, Germany

William D. Schweickert

Assistant Professor of Medicine,
Department of Medicine, Division of
Pulmonary, Allergy and Critical Care
Medicine,
University of Pennsylvania,
Philadelphia, USA

Nishant K. Sekaran

RWJF Clinical Scholars Program,
University of Michigan
Ann Arbor, USA

Tarek Sharshar

General Intensive Care Unit, Raymond
Poincaré Teaching Hospital, University of
Versailles Saint-Quentin en Yvelines,
Garches, France, and
Laboratory of Human Histopathology and
Animal Models,
Institut Pasteur,
Paris, France

Mark D. Siegel

Associate Professor, Director, Traditional
Internal Medicine Residency
Yale School of Medicine,
Department of Internal Medicine,
Section of Pulmonary, Critical Care,

and Sleep Medicine
New Haven, USA

Peter E. Spronk

Department of Intensive Care,
Gelre Hospitals,
Apeldoorn, Netherlands

Joerg Steier

Consultant Physician and Senior Lecturer
King's College London and King's Health
Partners, Lane Fox Respiratory Unit/Sleep
Disorders Centre,
St Thomas' Hospital, Guy's and St Thomas'
NHS Foundation Trust,
London, UK

Amanda Thomas

Clinical Specialist Physiotherapist,
Adult Critical Care Unit, The Royal London
Hospital,
London, UK

Guy Trudel

Professor of Medicine,
Faculty of Medicine,
Bone and Joint Research Laboratory,
University of Ottawa,
The Ottawa Hospital — Rehabilitation Centre,
Ottawa, Canada

Ching-Wei Tsai

Postdoctoral Fellow-STU,
Division of Nephrology, School of Medicine,
Johns Hopkins University,
Baltimore, USA

Kavitha Vimalasvaran

Research Fellow
The Rayne Institute, St Thomas' Hospital,
London, UK

Ron Wald

Staff Physician,
Division of Nephrology, St. Michael's Hospital,
Scientist, Li Ka Shing Knowledge Institute
of St. Michael's Hospital,
Assistant Professor,
Department of Medicine, University
of Toronto,
Toronto, Canada

Hannah Wunsch

Herbert Irving Assistant Professor of
Anesthesiology & Epidemiology,
Department of Anesthesiology, College of
Physicians & Surgeons, Columbia University,
Department of Epidemiology, Mailman
School of Public Health, Columbia
University,
New York, USA

Sachin Yende

Associate Professor/Director of CRISMA
Fellowship/Director of Clinical Epidemiology
Program,
The CRISMA Laboratory (Clinical Research,
Investigation, and Systems Modeling of Acute
Illness),
Department of Critical Care Medicine,
University of Pittsburgh,
Pittsburgh, USA

中文版序一

康复医学作为“四位一体”医学新概念组成部分的学科内涵,表明它们并不是医疗程序上“时间的延续”,而应当是与医疗程序“叠加”的。也就是说,不是“没有疾病或损伤时是保健医学和预防医学的事,有病或损伤时是治疗医学的事,治疗后的功能障碍或残疾是康复医学的事”。特别是对于重症、疑难、复杂和少见疾病或损伤的急性期,甚至在重症监护时,康复医学要不要介入、能不能介入这个问题,学术界一直有不同的看法。

有观点认为康复医学应当是“与后遗症或残疾相关的医学”,似乎与关注疾病急性期重症医学没有什么关系。但是,从 20 世纪 80~90 年代起,世界卫生组织(WHO)强调医学的新模式为:医学并不是单纯的“治病的科学”,而应当是“维护健康的科学”,并且为此特别在 2001 年发布了与“国际疾病分类”(International Classification of Disease, ICD)平行的“国际功能、残疾和健康分类”(International Classification of Functioning, Disability and Health; ICF),要求整个“医疗活动”自始至终都要围绕着“身体的结构和功能”“活动”“参与”这三项“功能”的提高来运作,即使是涉及急性期的重症、疑难、复杂和少见的疾病或损伤。这就是说:从疾病或损伤一开始,只要不影响急性期的治疗工作,就要考虑功能后果并采取积极的康复措施,才有可能真正确保功能的恢复。在发达国家,早期(甚至超早期)的康复处理早在 20 世纪末期,就以不同方式深入到医院各科室的临床工作中了。如急性心肌梗死患者一般经过 1~2 周的临床和康复处理即出院,4~6 周大部分患者即恢复日常生活自理甚至恢复职业性活动;脑卒中患者绝大多数在 3~5 天内即开始接受康复处理,即使还是处于昏迷或植物状态。而康复处理深入到重症监护治疗病房(ICU)中也基本成为“常规”。这样的医学处理方式取得了不错的效果。近年来,这种极早开始的重症、疑难、复杂和少见疾病或损伤的康复介入在我国也开始得到认可和重视。康复处理早期深入临床科室,或大型综合医院康复医学科中设立重症康复处理单元(intensive rehabilitation care unit, IRCU),或至少是请康复医学科专科医师会诊、请康复治疗师进行床边康复处理等形式都很常见了。但是,作为大型综合医院的康复医学科或大型康复医院,如何将康复医学的工作与传统临床医学 ICU 的工作紧密地结合起来,仍有很多需要探讨的地方。而这不仅可能大大缩短临床科室的平均住院日,节约医疗资源,还可以大大提高患者的功能恢复速度和水平。与此同时,也大大提高康复