

中德心脏早期康复合作项目介绍

Cooperation of acute Cardiac Rehab Care Between China
And Germany

武汉亚洲心脏病医院 Wuhan Asia Heart Hospital

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- **心脏康复现状介绍**

Status of Cardiac Rehab

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心脏康复现状介绍 Status of Cardiac Rehab

- **医学模式的改变** Change of medical model:

身体功能和结构恢复

Function and structural recovery of the body



提升功能和重返工作、社会

The promote function, work and society reintegration

疾病的痊愈

Recovery of disease



社会角色的恢复

Restoration of social roles

心脏康复在我国发展的现状 Status of Chinese Cardiac Rehab

- 我国面临的持续上升的重大公共卫生问题：心血管病的高发病率、高患病率、高死亡率、高疾病负担。

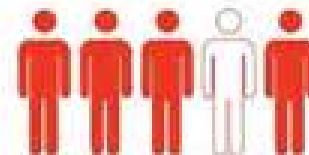
Major public health problem facing our country continues to rise : the high incidence of cardiovascular diseases, high prevalence rate, high morbidity, the high burden of disease.

- 发展预防康复事业是目前的出路。

Development health prevention service and rehabilitation programs are currently the way out

• 患病情况

全国心血管病患者约为 **2.9 亿**



每5个成人中有1人患心血管病

中国医学论坛报今日循环

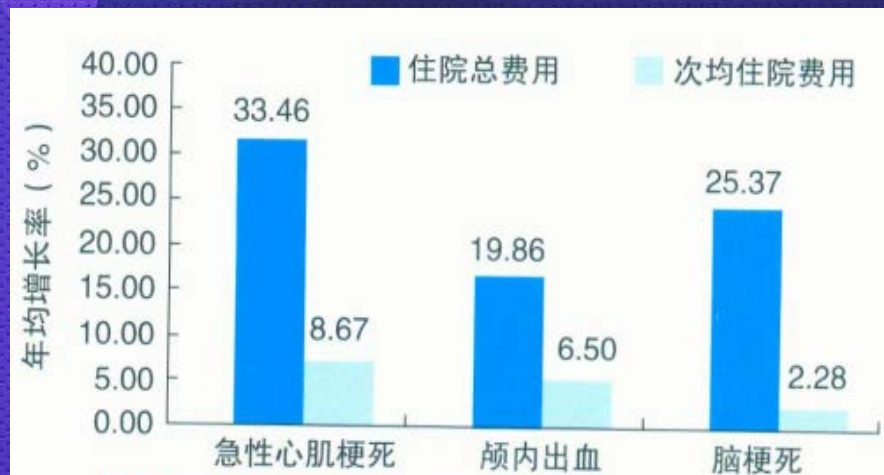


图 5-5 2004~2013 年三种心脑血管病住院总费用和次均住院费用年均增长速度

中国心脏康复阶段划分

Phases of Rehab in China

1期：住院期间的康复（一般在专门的康复病房进行）

Hospital Rehabilitation (Rehabilitation ward)

2期：出院后早期门诊康复，一般3-6个月

Early Outpatient Rehab, 3-6 months

3期：远期门诊康复

The long-term Outpatient Rehab

4期：社区家庭康复

Community family rehabilitation

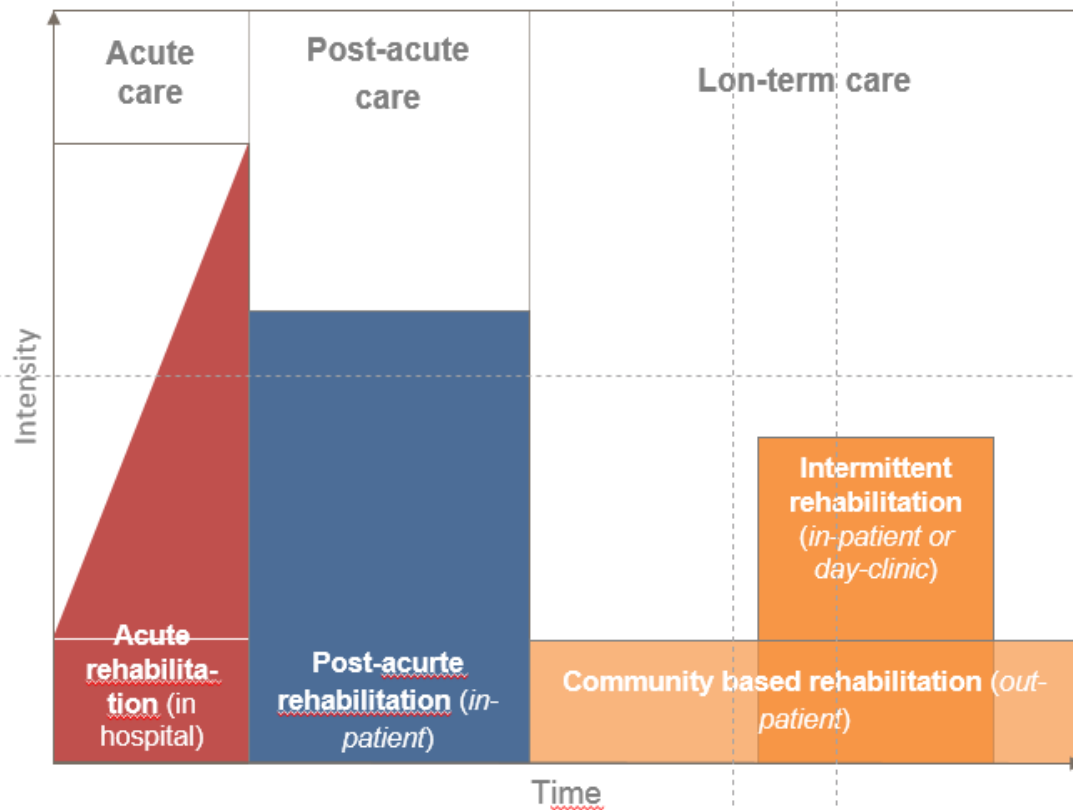
目前我国心脏术后早期康复几乎是空白

At present, China's early rehabilitation after cardiac surgery is almost blank

德国心脏康复阶段划分

Phases of Rehab in Germany

Integrative phase model of rehab care



Phase I: 院内急性期 Hospital-acute phase

- 理疗 Physiotherapy
- 活动练习 Practice activities
- “Hocker” Gymnastics: Hocker训练



Phase II : 康复医院住院阶段 Rehab hospital

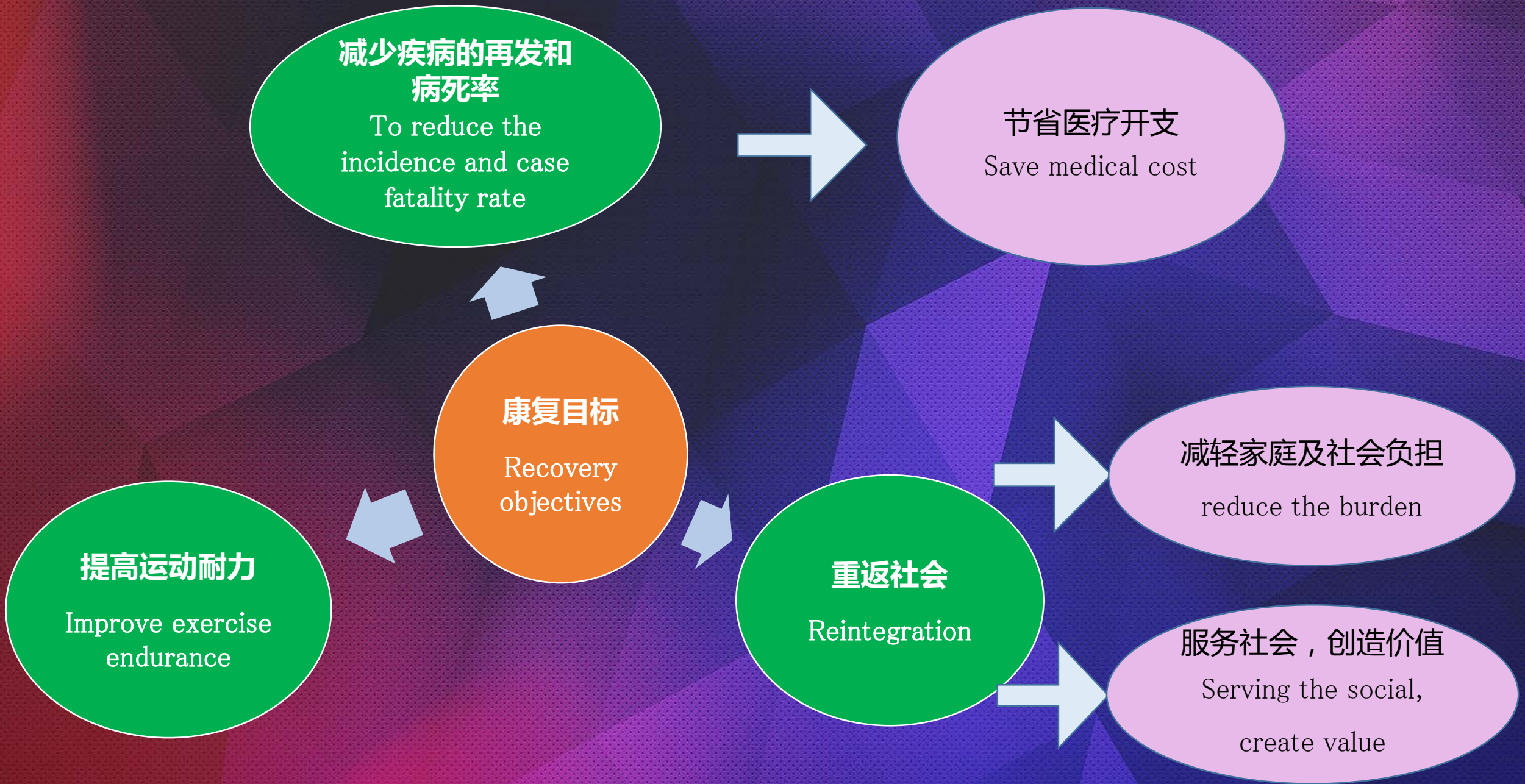
- 住院患者或门诊患者 Inpatient of outpatient
- 在心肌梗死、心脏术后立即康复 Immediate rehab after Cardiac Surgery and MI



Phase III: 小组训练, 出院门诊患者 outpatient

- 二次预防 secondary prevention
- 终生护理人群 lifelong after care

Stucki G : Am J Phys Med Rehabil 2011; 90: 521-525



亚心医院-德国汉诺威医学院

Wuhan Asia Heart Hospital-Hannover medical school

中德心脏早期康复项目

Cooperation of acute Cardiac Rehab Care Between China
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武汉亚洲心脏病医院
WUHAN ASIA HEART HOSPITAL

医院概况

Hospital Profile

由湖北省卫生厅批准，1999年11月11日成立

Approved by the Health Department of Hubei Province, was established in Nov 11, 1999

医院总面积达4.6万平方米

The total area of 46,000 square meters

现有员工1800余人，其中医护人员占70%

Existing staff of more than 1800 people, the medical personnel account for 70%

共接待来自全国33个省、市、自治区260万名患者

Reception of 2.6 million patients from all over the country 33 provinces and cities

成功完成各类心脏手术22万余例

Successful completion of various types of heart surgery in 220,000 cases



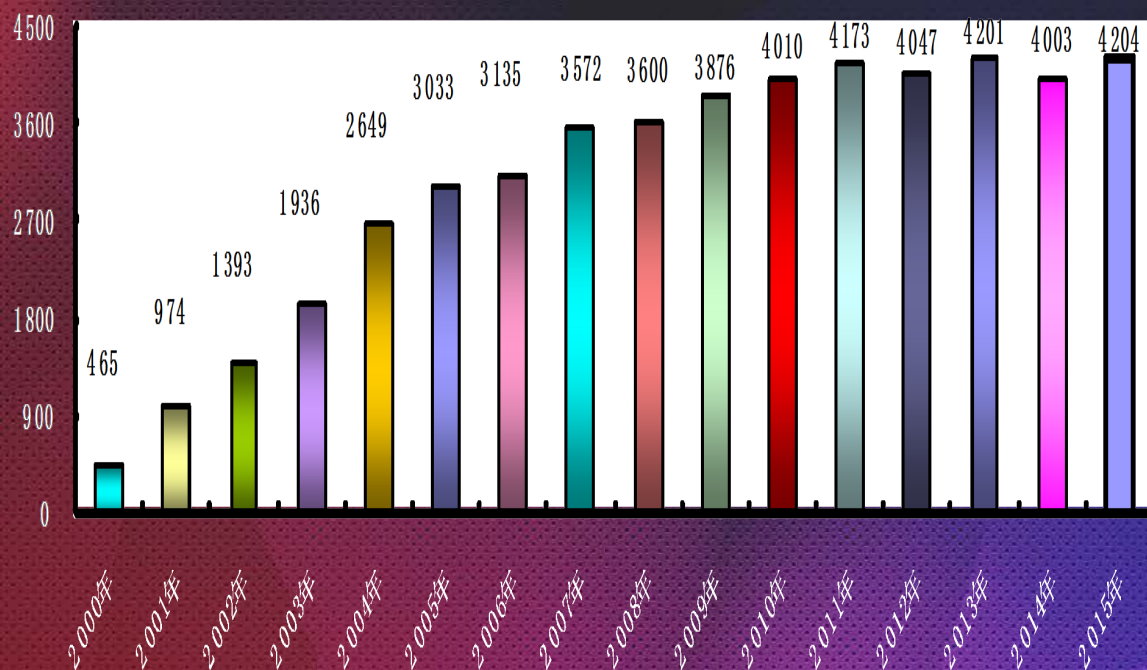
给我一份信任，还您一颗健康愉快的心！

心外科年手术量

Heart surgery operation quantity

1999年-2015年共完成 49,271 例
连续10年位居全国前3位

Ten consecutive years ranked the top 3 in the country



手术成功率98%，死亡率0.5%

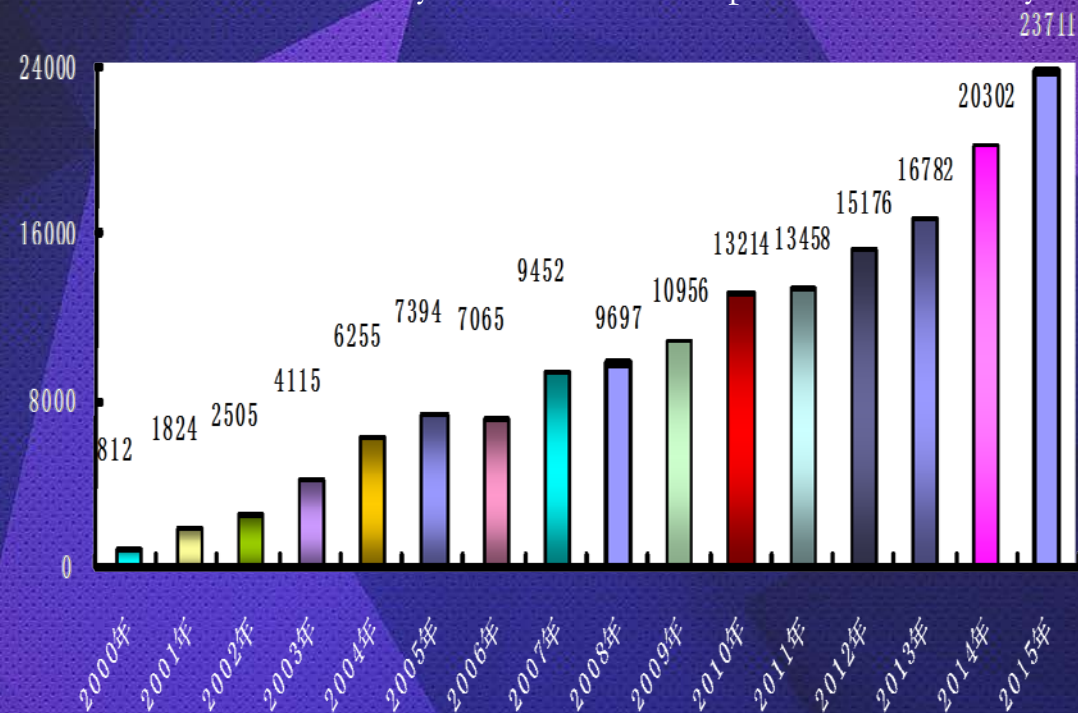
The success rate of operation is 98%, mortality is 0.5%

心脏介入手术量

Cardiac intervention operation quantity

1999年-2015年共完成162,718例
连续11年位居全国前十位

For 11 consecutive years ranked the top 10 in the country



手术成功率98.06%，死亡率0.1%

The success rate of operation is 98.06%, mortality is 0.1%



- 2011年心外科获准为“国家临床重点专科建设项目”

2011-Cardiac surgery were allowed to “National key specialty Construction of clinical projects”

- 2012年获准为“国家心血管介入培训基地”（同时获准冠心病、心律失常、先心病三类介入培训）

2012-Allowed to “National cardiovascular intervention training base”

- 2012年获准为“国家药物临床试验机构”

2012-Approved as a “National drug clinical trial institution”

- 2014年成为武汉大学亚洲心脏病临床学院

2014-As Asia heart disease clinical college of Wuhan University

- 2014年成立湖北省第一家胸痛中心，并通过国家认证

2014-Established the first chest pain center in Hubei Province and through the certification

- 2015年检验中心通过ISO15189认证

2015-Inspection center through the certification of ISO15189

- 2016年获准为湖北省住院医师规范化培训基地（心胸外科）

2016-Resident standardization training base in Hubei Province

- 十五年共举办近 100期学术会议，承办56项继续教育项目（国家级22项，省级34项）

15 years held a total of nearly 100 conference, to undertake 56 education program

- 全院共参与、主持各类国际及国内临床科研 130余项

Common participation, presided over 130 international and domestic clinical research



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德国汉诺威医学院 Hannover medical school



德国汉诺威医学院是德国领先的医学教育和科研院校之一，拥有注册学生近3000人。

科研综合能力在德国独立设置的医学院中位列第一。

康复医学中心是汉诺威医学院实力雄厚的学科部门。

Hannover Medical School is one of the best medical schools in Germany, having near 3000 students. The capacity of scientific research is at the first place among the German medical schools. The Department of Rehabilitation Medicine is one of the powerful departments.

汉诺威医院心脏早期康复

MHH of acute Cardiac Rehab



实施方案

Cooperation Programme

亚心现状调研：包括诊疗情况，病人数目，
和对康复干预的需求分析

制定心脏康复临床路径的整体方案，
建立标准化，规范化的质量管理体系

2016.3国内培训
2016.7-8赴德实践

资质认证，
建立中国的心脏早期康复技能培训基地

German experts will investigate the situation of Rehabilitation medicine in Asia-Heart Center, including diagnostic situation, patient number, and demand analysis;

MHH will according the assessment results draw up a complete plan(including the assessment system), about the clinical cardiac rehabilitation, guide and help Asia-Heart Center building a standardized and normalized quality control system of heart rehabilitation;

The trainee rehabilitation physicians from Asia-Heart Center will attend the course in China, and then the practice in Germany;

German side will authenticate the quality of Asia-Heart Center, and work together building a early cardiac rehabilitation skills training base;

亚心医院首期培训

Domestic Training



我院目前的心脏早期康复活动

Acute Cardiac rehab at present in our hospital



77岁，行CABG术并气切后三天



73岁，CABG术后，脑梗行康复治疗，肢体肌力恢复



63岁，行MVR+室壁瘤夹闭+TVP术四天

中德心脏早期康复项目愿景

prospect

院内推行

Hospital Outreach

回顾总结

Review

家庭康复

Family rehab

培训基地

training bases

国内推广

Domestic promotion

谢谢！

Thank you!