

## 课程详述

### COURSE SPECIFICATION

以下课程信息可能根据实际授课需要或在课程检讨之后产生变动。如对课程有任何疑问，请联系授课教师。

The course information as follows may be subject to change, either during the session because of unforeseen circumstances, or following review of the course at the end of the session. Queries about the course should be directed to the course instructor.

1.	<b>课程名称 Course Title</b>	全科医学概论 Introduction to General Practice
2.	<b>授课院系 Originating Department</b>	医学院 School of Medicine
3.	<b>课程编号 Course Code</b>	MED429
4.	<b>课程学分 Credit Value</b>	1
5.	<b>课程类别 Course Type</b>	专业核心课/ Major Core Courses
6.	<b>授课学期 Semester</b>	秋季/ Fall
7.	<b>授课语言 Teaching Language</b>	中英双语 English & Chinese
8.	<b>授课教师、所属学系、联系方式 (如属团队授课, 请列明其他授课教师) Instructor(s), Affiliation &amp; Contact (For team teaching, please list all instructors)</b>	李雄根, 南方科技大学附属第一医院, <a href="mailto:szs_lxg@sina.com">szs_lxg@sina.com</a> Xionggen Li, 1st Affiliated Hospital of SUSTech, <a href="mailto:szs_lxg@sina.com">szs_lxg@sina.com</a>
9.	<b>实验员/助教、所属学系、联系方式 Tutor/TA(s), Contact</b>	王博, 医学院, <a href="mailto:wangb7@sustech.edu.cn">wangb7@sustech.edu.cn</a> Bo Wang, School of Medicine, <a href="mailto:wangb7@sustech.edu.cn">wangb7@sustech.edu.cn</a>
10.	<b>选课人数限额(可不填) Maximum Enrolment (Optional)</b>	

11. 授课方式 Delivery Method	讲授 Lectures	习题/辅导/讨论 Tutorials	实验/实习 Lab/Practical	其它(请具体注明) Other (Please specify)	总学时 Total
学时数 Credit Hours	16				16
12. 先修课程、其它学习要求 Pre-requisites or Other Academic Requirements	无/NA				
13. 后续课程、其它学习规划 Courses for which this course is a pre-requisite	待定/To be determined				
14. 其它要求修读本课程的学系 Cross-listing Dept.	待定/To be determined				

### 教学大纲及教学日历 SYLLABUS

#### 15. 教学目标 Course Objectives

本课程旨在培养学生对全科医学的兴趣，为在毕业后继续进行全科医学专业其他课程的学习、从事社区卫生服务奠定理论基础。

This course aims to cultivate students' interest in general practice and lay a theoretical foundation for continuing to study other courses of general practice after graduation and engaging in community health services.

#### 16. 预达学习成果 Learning Outcomes

1. 掌握全科医学的基础概念和主要原则；
2. 了解全科医疗的服务模式和全科医生的角色；
3. 树立全科医学服务的理念。

1. Master the basic concepts and principles of general practice;
2. Understand the service model of general practice and the role of general practitioners;
3. Establish the service concept of general practice.

#### 17. 课程内容及教学日历 (如授课语言以英文为主, 则课程内容介绍可以用英文; 如团队教学或模块教学, 教学日历须注明主讲人)

**Course Contents (in Parts/Chapters/Sections/Weeks. Please notify name of instructor for course section(s), if this is a team teaching or module course.)**

### 1. 全科医学概述 INTRODUCTION TO GENERAL PRACTICE

全科医学的概念、历史发展及学科属性。

The concept, historical development and subject attribute of general practice.

### 2. 全科医学的基本原则和人文精神 BASIC PRINCIPLES AND HUMANISTIC SPIRIT OF GENERAL PRACTICE

全科医学的基本原则和医学人文精神的概念。

Basic principles of general practice and concepts of medical humanism.

### 3. 以人为中心的健康照顾 PATIENT-CENTERED HEALTH CARE

生物-心理-社会医学模式的产生和发展。全科医生的“病人”范畴。全科医生应诊中的4项主要任务。

The generation and development of bio-psycho-social medical model relationship. The "patient" category of general practitioners. Four main tasks in general practitioner consultation.

### 4. 以家庭为单位的健康照顾 FAMILY AS A VITAL UNIT OF HEALTH CARE

家庭相关的概念。家庭对健康和疾病的影响。家庭评估和家庭照顾。

Family-related concepts. Family's impact on health and disease. Family assessment and Family care.

### 5. 以社区为范围的健康照顾 COMMUNITY-BASED HEALTH CARE

社区医学的概念和发展。影响社区人群健康的因素。社区诊断的概念和内容。

The concept and development of community medicine. Factors affecting the health of the community. The concept and content of community diagnosis.

### 6. 以预防为先导的健康照顾 PREVENTION-ORIENTED HEALTH CARE

培养全科医生预防医学观念，将预防保健措施应用于诊疗服务中，体现全科医生开展以预防为导向健康照顾的可行性和优势。

Cultivate the idea of preventive medicine for general practitioners, and apply preventive health care measures in diagnosis and treatment services, reflecting the feasibility and advantages of general practitioners to develop prevention-oriented health care.

### 7. 健康管理与健康风险评估 HEALTH MANAGEMENT AND HEALTH RISK ASSESSMENT

掌握健康管理的概念与内涵、策略、基本步骤。了解健康管理的工作模式。掌握健康风险评估方法及其应用。

Grasp the concepts, connotations, strategies, and basic steps of health management. Understand the working mode of health management. Master methods and applications of health risk assessment.

### 8. 全科医学中的医患沟通与法律问题 DOCTOR-PATIENT COMMUNICATION AND LEGAL ISSUES IN GENERAL PRACTICE

医患沟通是建立良好医患关系的重要途径，全科医生应当熟练掌握并运用语言性沟通技巧和非语言性沟通技巧。

Doctor-patient communication is an important way to establish a good doctor-patient relationship. General practitioners should be familiar with and use verbal and non-verbal communication skills.

### 9. 高血压的全科医学处理 GENERAL PRACTICE MANAGEMENT OF HYPERTENSION

高血压的全科医学处理重点强调以人为中心、连续性、整合性的基层管理；主要内容包括高血压的检出、诊断与评估、生活方式干预、药物治疗、双向转诊、支持病人自我管理、长期随访等内容。

The general practice treatment of hypertension emphasizes people-centered, continuous, and integrated grassroots management; the main content includes the detection, diagnosis and evaluation of hypertension, lifestyle intervention, drug treatment, two-way referral, and support for patient self-management, long-term follow-up, etc.

### 10. 糖尿病的全科医学处理 GENERAL PRACTICE MANAGEMENT OF DIABETES

糖尿病的全科医学处理就是运用全科医学专科的理论、技能及方法，去管理、治疗糖尿病，包括糖尿病的全科医学首诊、随诊、转诊，糖尿病的三级预防、家庭及社区整体管理等。

The treatment of diabetes in general practice is to use the theories, skills and methods of general practice to manage and treat diabetes, including the first diagnosis, follow-up, and referral of diabetes in general practice, the tertiary prevention of diabetes, family and community as a whole management, etc.

### 11. 常见精神障碍的全科医学处理 GENERAL PRACTICE MANAGEMENT OF COMMON MENTAL DISORDERS

全科医生应掌握焦虑抑郁障碍的识别、基本的诊治，在自伤和自杀行为等出现时能给予干预，并及时转诊至专科机构。熟悉抑郁焦虑障碍常见的处理，做好病人和家属的健康教育，提高病人治疗的依从性。督促病人服药，促进社会功能恢复和回归社会。

General practitioners should master the identification, basic diagnosis and treatment of anxiety and depression, and be able to intervene self-injury and suicidal behaviors, and promptly refer to specialized institutions. Familiar with the common treatment of depression and anxiety disorders, do a good job of health education for patients and their families, and improve patient compliance with treatment. Supervise and urge patients to take medicine to promote the recovery of their social function and return to the society.

章节 Section	教学内容 Teaching Contents	学时 Lecture Hours
1	全科医学概述	1

	INTRODUCTION TO GENERAL PRACTICE	
2	全科医学的基本原则和人文精神 BASIC PRINCIPLES AND HUMANISTIC SPIRIT OF GENERAL PRACTICE	1
3	以人为中心的健康照顾 PATIENT-CENTERED HEALTH CARE	1
4	以家庭为单位的健康照顾 FAMILY AS A VITAL UNIT OF HEALTH CARE	1
5	以社区为范围的健康照顾 COMMUNITY-BASED HEALTH CARE	1
6	以预防为先导的健康照顾 PREVENTION-ORIENTED HEALTH CARE	1
7	健康管理与健康风险评估（第一讲） HEALTH MANAGEMENT AND HEALTH RISK ASSESSMENT (LESSON ONE)	1
8	健康管理与健康风险评估（第二讲） HEALTH MANAGEMENT AND HEALTH RISK ASSESSMENT (LESSON TWO)	1
9	全科医学中的医患沟通与法律问题（第一讲） DOCTOR-PATIENT COMMUNICATION AND LEGAL ISSUES IN GENERAL PRACTICE (LESSON ONE)	1
10	全科医学中的医患沟通与法律问题（第二讲） DOCTOR-PATIENT COMMUNICATION AND LEGAL ISSUES IN GENERAL PRACTICE (LESSON TWO)	1
11	高血压的全科医学处理（第一讲） GENERAL PRACTICE MANAGEMENT OF HYPERTENSION (LESSON ONE)	1
12	高血压的全科医学处理（第二讲） GENERAL PRACTICE MANAGEMENT OF HYPERTENSION (LESSON TWO)	1
13	糖尿病的全科医学处理（第一讲） GENERAL PRACTICE MANAGEMENT OF DIABETES (LESSON ONE)	1
14	糖尿病的全科医学处理（第二讲） GENERAL PRACTICE MANAGEMENT OF DIABETES (LESSON TWO)	1
15	常见精神障碍的全科医学处理（第一讲） GENERAL PRACTICE MANAGEMENT OF COMMON MENTAL DISORDERS (LESSON ONE)	1
16	常见精神障碍的全科医学处理（第二讲） GENERAL PRACTICE MANAGEMENT OF COMMON MENTAL DISORDERS (LESSON TWO)	1

18.教材及其它参考资料 Textbook and Supplementary Readings

**教材:**

《全科医学概论》（第5版）人民卫生出版社，于晓松、路孝琴主编

**参考书:**

1. 《全科医学基础》，人民卫生出版社，吴春容主编
2. 《全科医学概论》，人民卫生出版社，杨秉辉主编
3. 《全科医学概论》，人民卫生出版社，顾媛主编

**课程评估 ASSESSMENT**

19. 评估形式 Type of Assessment	评估时间 Time	占考试总成绩百分比 % of final score	违纪处罚 Penalty	备注 Notes
出勤 Attendance		10		
课堂表现 Class Performance				
小测验 Quiz				
课程项目 Projects				
平时作业 Assignments		30		
期中考试 Mid-Term Test				
期末考试 Final Exam		60		
期末报告 Final Presentation				
其它（可根据需要 改写以上评估方式） Others (The above may be modified as necessary)				

20. 记分方式 GRADING SYSTEM

- A. 十三级等级制 Letter Grading  
 B. 二级记分制（通过/不通过） Pass/Fail Grading

**课程审批 REVIEW AND APPROVAL**

21. 本课程设置已经过以下责任人/委员会审议通过  
 This Course has been approved by the following person or committee of authority

本课程已经医学院教学副院长张文勇教授审核通过。