

出國報告（出國類別：開會）

國立台灣大學醫學院附設醫院北護分院
105 年世界復健醫學會—
慢性肌肉疼痛之研究成果發表

服務機關：國立臺灣大學醫學院附設醫院北護分院

姓名職稱：韓德生醫師兼醫療部主任

派赴國家：馬來西亞吉隆坡

出國期間：2016 年 5 月 29 日至 6 月 2 日

報告日期：2016 年 6 月 13 日

摘要

本院願景為建構「老年醫學暨長期照護整合型中心」，於 2016 年 5 月 29 日至 6 月 2 日派醫療部韓德生主任前往馬來西亞吉隆坡參加 2016 年世界復健醫學會年會發表研究成果—低能量雷射於慢性肌肉疼痛之機轉研究。透過本次國際會議場合，發表最新研究成果、與世界各國與會成員交流、並瞭解世界復健醫學發展脈動，對規劃未來北護分院之臨床服務及發展方向有莫大助益。

關鍵字：世界復健醫學會、馬來西亞、低能量雷射治療、慢性肌肉疼痛

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一、 目的

本院願景為建構「老年醫學暨長期照護整合型中心」，其中一項重要課題為老人疼痛控制。復健治療為老人疼痛控制的重點之一，其中特別以低能量雷射疼痛治療具有非侵入性、效果佳、價格便宜之優點。有鑑於此，本院派醫療部韓德生主任於 2016 年 5 月 29 日至 6 月 2 日前往馬來西亞吉隆坡參加 2016 年世界復健醫學會年會發表研究成果—低能量雷射於慢性肌肉疼痛之機轉研究。以期透過本次國際會議場合，發表最新研究成果、與世界各國與會成員交流、並瞭解世界復健醫學發展脈動，對規劃未來北護分院之臨床服務及發展方向有所助益。

二、 與會紀實

第十屆世界復健醫學會(ISPRM, International Society of Physical and Rehabilitation Medicine)於 2016/5/29 至 2016/6/2 在馬來西亞首都吉隆坡召開,共有來自世界各國近 2000 位復健醫學界代表與會。在諸位前輩的引導及奉獻下,台灣復健醫學對臨床、教學、及研究投入甚早甚深,發展相對完整。除了地主國外,台灣與會人數約 70 位,僅次於日本及印尼,實力堅強。

大會會場位於先進新穎的吉隆坡會議中心(KLCC, Kuala Lumpur Convention Center),鄰近雙子星大樓,交通便利。五天的議程共有 646 場演講,包括工作坊(workshop)、大會演講(plenary session)、專題演講(invited topic)、及口頭報告(oral presentation)。

5/29 為會前工作坊及各委員會之工作會議。其中上肢超音波工作坊由鄧復旦前理事長主持,台大王亭貴理事長、長庚陳柏旭主任共同授課。下肢超音波工作坊則由長庚陳柏旭、許智欽主任授課,獲得一致好評。本人則擔任教育委員會(educational committee)委員,負責線上影片學習系統之建立。教育委員會主委為美國夏威夷大學復健學系呂綸教授。筆者於 5/29 當日下午一下飛機便直奔會議中心參加教育委員會會議,對與會之教育委員播放本人製作之「肌少症」線上學習影帶,獲得一致好評;並以此影帶做為示範供未來其他主題參考,有效增加台灣於世界復健醫學會之能見度。

5/29 晚上參加肌肉張力(spasticity)研討會,共同研討肉毒桿菌素對肌肉張力之控制。主題包括台灣蕭名彥醫師分享 botox 對中樞神經系統的重組、香港譚醫師分享下肢張力控制之案例、物理治療師分享張力處置之原則,收穫頗豐。

5/30 參加大會開幕式,會場座無虛席,除傳統民俗儀式、吟唱國歌外,馬來西亞霹靂州(Perak)蘇丹亦親臨會場致詞,強調復健醫學因為科技發展、人口老化成為不可規避之重要課題。期許藉由此此醫學會能得出更多有益於人民福祉的結論。

5/30 上午參加復健教育與訓練專題討論,現任理事長中國勵建安教授及美國呂綸教授擔任座長。此主題設計用心,涵蓋了醫學生復健醫學課程(美國 Dy 醫師)、住院醫師物理及復健醫學訓練(美國呂綸醫師)、復健專科醫師線上教育平台(美國 Oh-Park 醫師)、馬來西亞復健醫學訓練(馬來西亞 Latif 醫師)、以及復健科住院醫師與主治醫師之督導與指引(美國 DeLisa 教授)等次主題。強調復健醫學與其他專科的不同、如何凸顯專科教育的特色。

5/30 下午參加大會演講由德國與菲律賓分享社區復健(CBR, community based rehabilitation)。復健醫學屬於預防、治療之後的第三段醫學，人力在各個國家均為不足，偏偏社區復健需要耗費大量人力。加上誘因不足的困難，此領域的投入更顯困難。某國代表表示在他所在省份，8 位復健科醫師要服務 800 萬居民！連醫院服務都顯捉襟見肘，更何況社區復健。相較之下，臺灣的復健人力屬於較為充足之國家，應有更多發揮的空間。加拿大代表分享：由於幅員遼闊，該國使用 iPad 作為輔助，治療師可指導並評估病患在家中進行運動訓練的成效。不失為一利用現代科技改善偏鄉地區服務的替代好方法。

5/31 上午美國的 Cifu 教授和呂倫教授講述復健醫學研究。Cifu 教授掌控美國退輔會上億的研究經費，專長在於腦傷病患醫療。他分享研究要能為臨床所用的觀點，要如何找到值得研究的臨床議題、要決定研究成果是否能應用於臨床工作、要如何進一步將研究成果應用於臨床工作。呂倫教授則為資深醫學雜誌主編，他以實際經驗與會眾分享研究發表上應特別避免的三項錯誤：剽竊(plagiarism)、作者列名(authorship)、資料誠實性(data integrity)。並以類似工作坊的進行模式讓聽眾參與修改文章、表達想法。讓聽眾獲益良多。

6/1 下午臺大醫院藍青醫師受 ISPRM 邀請演講 physical activity and cardiovascular diseases，從希臘時代醫學談到近代運動醫學演進，充滿人文胸懷，令人細細回味。

6/2 上午 Vanderbilt 大學復健科 Frontera 教授(也是 Essentials of Physical Medicine and Rehabilitation 一書的主編)講述 Practical considerations when selecting rehabilitation outcome measures. 提出選擇評估工具的科學觀點，對於臨床或研究皆有幫忙。

三、 心得建議

疼痛控制方式多樣，在此次會議中從保守性治療到侵入性治療均有報告。然針對老人仍以保守性治療優先考量。未來相關研究值得投入更多資源以應付逐漸高齡化之社會。

整體而言，世界復健醫學會不愧為全世界最大規模的復健專業分享年會，來自世界各國的臨床工作者在此分享自己的研究成果，相當具學習與交流的效益。台灣復健醫學具國際領先地位，應該繼續努力增加可見度。筆者於此次年會發表壁報，分享研究成果，希望未來仍有機會與國際持續交流。

附錄一：照片集



圖一：TICC 會場外觀



圖二：部分台灣與會代表合影



圖二：蘇丹親臨開幕式演講



圖三：與菲律賓理事長、泰國理事長、教育委員會主委、長庚陳柏旭教授早餐會議

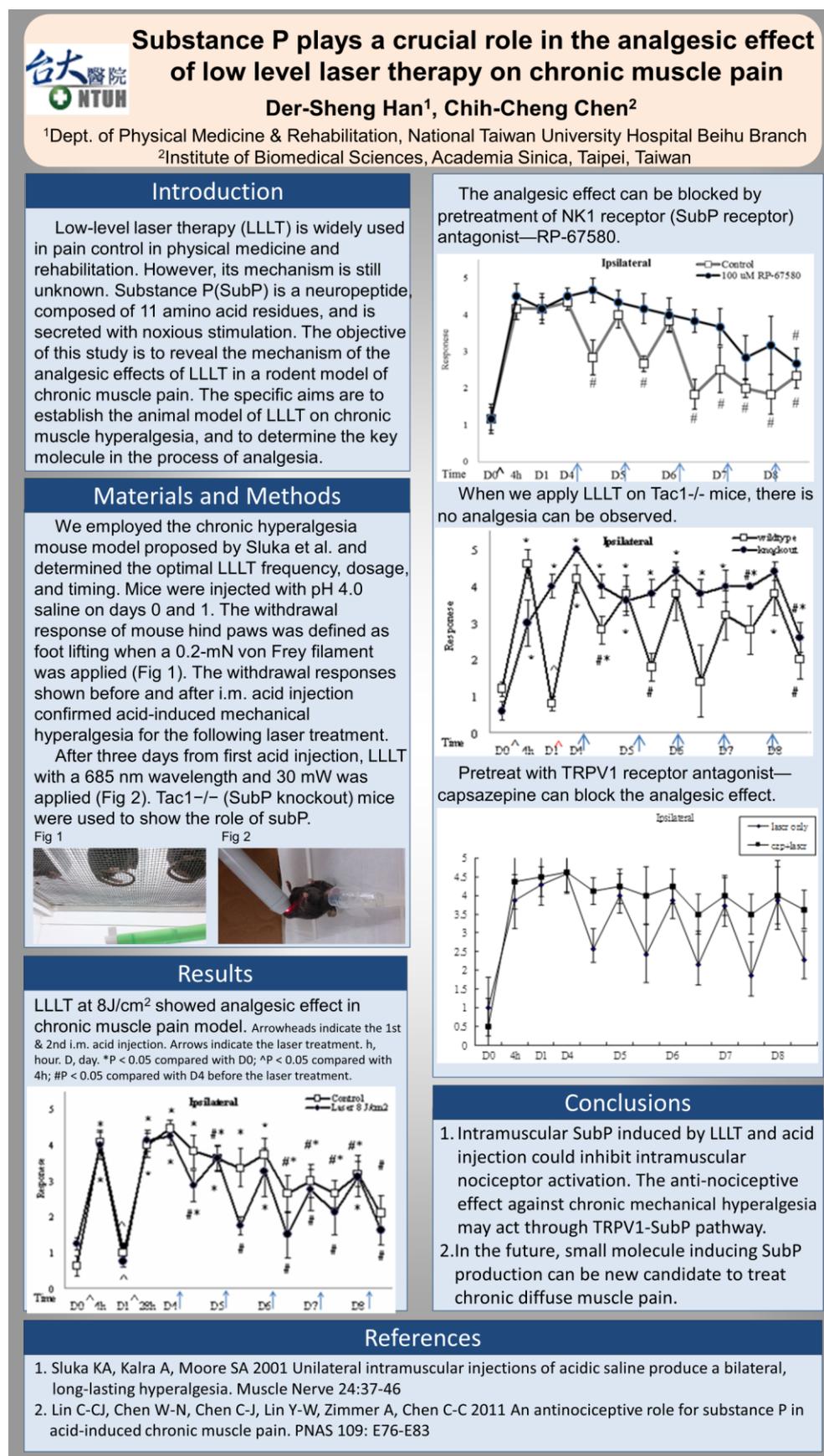


圖四：世界復健醫學會教育委員會成員合影



圖五：筆者試用機器手臂，與儀器開發商討論設計細節

附錄二：研究發表海報



附錄三：大會議程

1. 委員會會議

ISPRM 2016 Congress
Committee meeting schedule
Sunday May 29th, 2016
Kuala Lumpur Congress Center
Rooms 302, 303, 304, 305 (level 3)

| | Room 1 | Room 2 | Room 3 | Room 4 |
|-------|---|----------------------------------|------------------------------|-------------------------------|
| 08:00 | | | | CRDR Leadership meeting |
| 08:30 | | | | |
| 09:00 | ISPRM-WHO-LC (All member) | | Statutes Committee | |
| 09:30 | | | | |
| 10:00 | ISPRM-WHO-LC (Working Group ICD-ICF joint initiative: Pain) | Publication | | |
| 10:30 | | | | |
| 11:00 | | | | Committee for Disaster Relief |
| 11:30 | | | | |
| 12:00 | Set-up subcommittee | | | |
| 12:30 | | | | |
| 13:00 | | | | |
| 13:30 | | Audit & Finance & IEDF | | |
| 14:00 | | | | |
| 14:30 | Rehabilitation Advisory Team (RAT) Capacity Building | | | Education Committee |
| 15:00 | | International Exchange Committee | Clinical Sciences & Research | |
| 15:30 | | | | |
| 16:00 | | | | |
| 16:30 | | | | |
| 17:00 | ISPRM-WHO-LC Sub Comm. I | ISPRM-WHO-LC Sub Comm. II | ISPRM-WHO-LC Sub Comm. III | |
| 17:30 | | | | |
| 18:00 | | | | Women and Health Task Force |
| 18:30 | | | | |
| 19:00 | | | | |

2. 工作坊

Pre-Congress Workshops

| Sunday, May 29 th 2016 | | | | | | | | |
|-----------------------------------|---------------------------------------|---|-----------------------------|---|--|---|---|-----------------------------------|
| Halls | Room 302-306 | Room 401 | Room 402 | Room 403 | Room 404 | Room 406 | Room 407 | Room 408 |
| 8.00-9.00 | Registration for Workshops & Congress | | | | | | | |
| 9.00-13.00 | ISPRM Committee Meeting | Assessment & Management of Swallowing Problems I | MSK Ultrasound (Upper Limb) | Expert Witness & Medical Report Writing | Cardiopulmonary Rehabilitation: Doing the Most Good with the Least Resources | Non Invasive Brain Stimulation | Paediatric Rehabilitation (Frequent Medical Complexities in Children with Disabilities) | BoNT for Specific Indications |
| 13.00-14.00 | Lunch Break | | | | | | | |
| 14.00-18.00 | ISPRM Executive Committee Meeting | Assessment & Management of Swallowing Problems II | MSK Ultrasound (Lower Limb) | ESWT in Musculoskeletal Disorders | Clinical Gait Analysis | Low Back Pain Interventional Management | Augmentative & Alternative Communication (AAC) | Functional Electrical Stimulation |

3. 大會

DAY 1

| Monday, May 30 th 2016 | | | | | | | | | |
|-----------------------------------|--|--|--|---|---|---|--|---|---|
| Halls | Plenary Hall | Conference Hall 1 | Room 304/305 | Room 403/404 | Room 408/409 | Room 401/402 | Room 406/407 | Room 302/303 | Room 306 |
| 8.00 – 8.15 | Opening | | | | | | | | |
| 8.15-9.00 | Plenary 1: Changing Landscape of Rehabilitation in Asia | | | | | | | | |
| 9.00 – 9.10 | Circulating Break | | | | | | | | |
| 9.10-10.40 | ISPRM Topic: Paediatric Rehabilitation I | ISPRM Topic: Stroke I | Special Interest Session: Patient Centred Care | ISPRM-Topic Pain I | ISPRM-Topic Musculoskeletal Condition I | ISPRM-Topic PRM Intervention I | Special Interest Session: Building Capacity in Rehabilitation Services in Low to Middle Income Countries | Session: System wide implementation of the ICF in PRM, rehabilitation, and health care at large | 09:10-10:40 ISPRM-Topic Education & Training in Rehabilitation |
| 10.40-11.10 | Morning Break | | | | | | | | |
| 11.10-12.40 | Special Interest Session: Developing Cochrane PRM | ISPRM-Topic Paediatric Rehabilitation II | ISPRM-Topic Physical & Rehabilitation Medicine Diagnostics | Special Interest Session: Molecular Science in Rehabilitation | ISPRM-Topic Cancer Rehabilitation | Special Interest Session: Myofascial Pain | Session: ISPRM-WHO I | ISPRM Topic Rehabilitation Disaster Relief | ISPRM Topic: Sports in Rehabilitation and Sports Rehabilitation |
| 12.40-14.00 | Lunch Break | | | | | | | | |
| 13:00-14:00 | Lunch Symposium 1 Conference Hall 1 | | | | | | | | |
| 14.00-15.30 | Plenary 2: Community Based Rehabilitation (CBR) Current Trend & Future Directions Current trends and future directions from developed countries perspectives | | | | | | | | |
| 15.30-17.00 | Opening Ceremony | | | | | | | | |
| 17.00-18.00 | Welcome Networking Reception | | | | | | | | |

DAY 2

| Tuesday, May 31 st 2016 | | | | | | | | | |
|------------------------------------|--|--|---|---|--|--|---|---|---|
| Halls | Plenary Hall | Conference Hall 1 | Room 304/305 | Room 403/404 | Room 408/409 | Room 401/402 | Room 406/407 | Room 302/303 | Room 306 |
| 8.00-9.30 | Plenary 3. Leadership in Rehabilitation Medicine Practice Leadership in Rehabilitation Medicine Effective governance & leadership style in Rehabilitation Practice | | | | | | | | |
| 9.30-10.00 | Morning break | | | | | | | | |
| 10.00-12.30 | ISPRM-Topic Traumatic Brain Injury | 10:00-12:40 ISPRM-Topic Back Pain & Spine Disorders | 10:00-12:40 ISPRM-Topic Internal Medicine and Other Conditions | ISPRM-Topic Geriatrics | ISPRM-Topic Rehabilitation After Limb Amputation | Special Interest Session: Women in Disability | ISPRM-Topic Social Integration programmes (CBR / Vocational rehabilitation) | Special Interest Session: Academic Publishing in PRM | Special Interest Session: Rehabilitation Research |
| 12.30-14.00 | Lunch Break - Exhibition & Poster Viewing | | | | | | | | |
| 13:00-14:00 | Lunch Symposium 2 | | | | | | | | |
| 14.00-15.00 | Plenary 4: Surf's Up Malaysia!! -The TBI-Dementia Tsunami: Is the Big One really coming and, if so, how can PRM Hang 10 in it? | | | | | | | | |
| 15.00-15.30 | Debate Rehabilitation Medicine is practiced exactly the same way in developed and developing countries | | | | | | | | |
| 15.30-16.00 | Afternoon Break | | | | | | | | |
| 16.00-17.30 | Special Interest Session: Noninvasive ventilator support in children | (16.00-17.40) ISPRM-Topic Stroke II | ISPRM-Topic Biosciences in Rehabilitation | ISPRM-Topic Ethical Issues and Human Rights | ISPRM-Topic Pain II | 11:00-12:30 SwiSCI: The Learning Health System for Spinal Cord Injury | Creative Strategy for Patient Care | JARM Sponsored Symposium Advanced technology and robotics rehabilitation | National Society: AMLAR SYMPOSIUM |
| 17:30-18:10 | | | | | Short Oral Session I | Short Oral Session II | Short Oral Session III | Short Oral Session IV | Short Oral Session V |

DAY 3

| Wednesday, June 1 st 2016 | | | | | | | | | |
|--------------------------------------|--|--|---|--|---|--|---|---|--|
| Halls | Plenary Hall | Conference Hall 1 | Room 304/305 | Room 403/404 | Room 408/409 | Room 401/402 | Room 406/407 | Room 302/303 | Room 306 |
| 8.00-9.00 | Plenary 5: International Classification of Functioning (ICF): Progress & Practice | | | | | | | | |
| 9.00-9.30 | Debate : Special education students should be mainstreamed | | | | | | | | |
| 9.30-10.00 | Morning Break | | | | | | | | |
| 10.00-12.30 | ISPRM-Topic Stroke III | ISPRM Topic PRM Intervention II | Special Interest Session: Implementation of Global Disability Action Plan 2014-2021 in developing countries | ISPRM-Topic Spinal Cord Injury Rehabilitation | Special Interest Session: EBP in PRM Practice | 10.00-11.00 SwiSCI: Studying the lived experience of spinal cord injury 11.00-12.30 Session PRM Exchange program | International Classification System for Service Organisation in Health-related Rehabilitation (ICSO-R) | ISPRM-Topic Autoimmune and Inflammatory, Neurodegenerative Disease, Peripheral Nerve Injury | Consumer |
| 12.30-14.00 | Lunch break - Exhibition & Poster Viewing | | | | | | | (12:30-12:55) Short Oral Session VI | (12:30-12:50) Short Oral Session VII |
| 14.00-15.00 | Plenary 6 Framing new pathways in transformative exercise for individuals with existing and newly acquired disability | | | | | | | | |
| 15.00-15.30 | Afternoon Break | | | | | | | | |
| 15.30-17.30 | Assembly of Delegates (By invitation only) | ISPRM Topic Musculoskeletal Condition II | Special Interest Session: Teamwork and Medical leadership in PRM | (15:30-16:15) Short Oral Session VIII (16:15-16:50) Short Oral Session IX | ISPRM-Topic Exercise | (15:30-16:30) ISPRM Topic Rehabilitation management and administration (16:30-17:10) Short Oral Session X | (15:30-16:30) Special Interest Session: Autonomic Dysfunction in Rehabilitation Population (16:30-17:15) Short Oral Session XI | ISPRM Topic PRM Intervention III | Consumer Panel Discussion: Inclusion Matters from Education to Employment |
| 19.30 | Gala Dinner | | | | | | | | |

DAY 4

| Thursday June 2 nd 2016 | | | | | | | | | |
|------------------------------------|---|--|------------------------|----------------------------------|-----------------|---|------------------------|------------------------|--|
| Halls | Plenary Hall | Conference Hall 1 | Room 304/305 | Room 403/404 | Room 408/409 | Room 401/402 | Room 406/407 | Room 302/303 | Room 306 |
| 8.00-9.00 | Plenary 7. Create to Rehabilitate Technology in Rehabilitation: A window into the future | | | | | | | | |
| 9.00-9.30 | Debate Does Medical Rehabilitation really work? | | | | | | | | |
| 9.30-10.00 | Morning Break | | | | | | | | |
| 10.00-11.30 | ISPRM-Topic Human Functioning Sciences | Special Interest Session: The Development of Rehabilitation Care Network | ISPRM-Topic Spasticity | ISPRM-Topic PRM Interventions IV | Session: WHO II | ISPRM Topic WFN-PRM Joint Session Cognitive Rehabilitation: Disorders of consciousness and attention | Session: Young PRM Drs | ISPRM-Topic Swallowing | Special Interest Session: Post Intensive Care Syndrome |
| 11.30-13.00 | Closing Ceremony Sydney Licht Lecture: Gerard Francisco, USA | | | | | | | | |