

出國報告(出國類別：考察)

參與 IAGG 國際研討會
IAGG Asia/Oceania
Regional Congress 2023

服務機關：衛生福利部臺南醫院

姓名職稱：蘇淑芬秘書、陳俞沛醫務秘書、陳秋盈營養師

派赴國家/地區：日本/橫濱

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摘要

全球面臨著老年人口上昇及其在健康與照護上的挑戰，尤其是在亞洲老年人口以年增超過 5%成長速度的臺灣也無可倖免，且預計在 2050 年將趕上日本 37.7%的老年人口。隨著年齡增加下，老年人常見的健康狀況有其獨特特徵，且與嚴重的罹病率和不良的健康結果相關，為現今重要的公共衛生問題(WHO, 2018)之一。每二~四年舉行一次的 IAGG 會議是一個老年學為主軸的國際學術大會，也是世界上最大的國際會議之一。全世界研究人員和相關企業在此國際會議中一起分享最新發現和研究成果，除了參與研究人員的彼此分享討論之外，IAGG 議程策劃委員會規劃老年相關主題包括Dementia、Social science、Geriatrics、Aging Science、Gerodontology、Frailty and Sarcopenia、Gerontechnology、COVID-19 Others 等及多達 52 個的主題討論會(Symposium Topics)，觀摩內容將精采可期。另外，本院蘇淑芬秘書及陳秋盈營養師榮獲大會錄取海報發表共 8 篇，為臺南醫院首次於 IAGG 國際研討會發表論文，分享本院的研究成果並與與會貴賓現場交流，在發表過程的學習及成長是同仁相當寶貴的經驗，亦可學以致用藉此提升自身研究視野及臨床能力。

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壹、背景

全球面臨著老年人口上昇及其在健康與照護上的挑戰，尤其是在亞洲老年人口以年增超過 5% 成長速度的臺灣也無可避免。依國發會推估 2022 年老年人口占總人口的 18.4%，而 85 歲以上的比率為 1.9%，預估於 2039 年老年人口將突破 30%，在 2050 年將趕上日本的 37.7% (臺灣 37.5%)。

隨著年齡增加下，已廣泛使用“老年綜合徵狀(Geriatric syndrome)”來突顯老年人常見健康狀況的獨特特徵，包括壓瘡、尿失禁、跌倒、功能衰退和譫妄，且與嚴重的罹病率和不良的健康結果相關(Inouye et al., 2008)。其中如老年人跌倒即為重要的公共衛生問題(WHO, 2018)之一。

在老年綜合徵狀的老年人中罹患衰弱(Frailty)、肌肉減少症(Sarcopenia)、體重減輕(Weight loss)和失智症(Dementia)的比例很高。又由於當多個相互關聯的生理和生物系統的失調超過臨界功能障礙的閾值時，就會出現這種狀態，嚴重損害體內平衡，在臨床上將可識別出老年人與年齡相關的生理儲備和多個器官系統功能的下降，導致應對日常或急性壓力源的能力受損定義為衰弱(Frailty)，故維持身體功能是避免引起衰弱綜合徵狀(frailty syndrome)的重要因素。

本院之定位為社區型醫院，65 歲以上就醫病人約占 50%，除了積極配合中央政策推動長照相關轉銜及轉介服務外，更積極爭取台南市山上區長照 A 級單位及台南市東區 B 級單位，以增加提供老年人需求服務之機會，提升其生活品質，實現在地老化。

每二~四年舉行一次的 IAGG Asia/Oceania Regional Congress 2023 是一個老年學為主軸的國際學術大會，也是世界上最大的國際會議之一，主辦單位為日本老年醫學會(The Japan Gerontological Society, JGS)。全世界研究人員和相關企業在此國際會議中一起分享最新發現和研究成果，除了參與研究人員的彼此分享討論之外，大會的主題為 For Enhanced Wellbeing in Later Life through Innovation and Wisdom Sharing，且 IAGG 議程策劃委員會規劃老年相關主題包括 Dementia、Social science、Geriatrics、Aging Science、Gerodontology、Frailty and Sarcopenia、Gerontechnology、COVID-19 Others 等及多達 52 個的主題討論會(Symposium Topics)，研討會內容將精采可期。此

次研討會於日本 PACIFICO Yokohama North 舉行，為期 3 天，可凝聚各領域專業人員的意見並汲取各國的經驗，快速獲得最新的研究及調查結果。

研討會由 The Japan Federation of Gerontological Societies (JFGS) 為主辦單位，委員會組成包括 Japanese Psychogeriatric Society (JGS)、The Japan Socio-Gerontological Society (JSGS)、The Japan Society for Biomedical Gerontology (JSBMG)、The Japanese Society of Gerodontology (JSG)、Japanese Psychogeriatric Society (JPS)。JFGS 是一個跨學科的科學協會，致力於研究老齡化問題以及老年人的服務和護理，不僅在經濟和社會學領域，而且在社會福利科學、心理學、建築學、健康科學領域、護理和精神病學。該協會擁有廣泛的不同背景的成員，從社會、行為和健康科學研究人員到醫生、護士和其他福利和護理專業人員。除了每隔一年與其成員協會舉行一次重要的學術會議外，自 2002 年以來，JGS 還舉辦了額外的年度研討會和專題討論會。此次 IAGG Asia/Oceania Regional Congress 2023 的委員會主席是東京都老年醫學研究所(該所於 2022 年已成立 150 週年)所長 Kenji Toba M.D., Ph.D，他們成功地推動了身心健康的主要政策，以追求所有老年人，尤其是最弱勢群體的健康預期壽命，並透過與醫療和社會福利資源建立密切關係，提供無縫接軌的服務，以提高急性護理後的生活質量。

日本面臨著超高齡社會的到來，其老年人口超過總人口的 1/4，在超高齡社會有 3 個挑戰：(1)認知能力下降的人增加，(2)衰弱的老年人增加，以及(3)成為高死亡率的社會。對於這些困難的挑戰，我們可以提出什麼解決方案？簡而言之，在超高齡社會中，應將針對認知衰退和衰弱的預防性研究納入國家健康策略，以延緩殘疾的發生，而日本可能是一個好的或具有挑戰性的範本，這是在日本舉辦會議的最大原因，且值得臺灣借鏡。



蘇淑芬秘書、陳俞沛醫務秘書與陳秋盈營養師與會合照

PACIFICO Yokohama 是日本最大的會議中心之一。自 1991 年開館以來，承辦了許多具有歷史意義的國際會議和文化活動，該場地也是一個綜合且功能完善的場地，可舉辦任何規模的活動，設有 5,000 個座位的國家會議廳、50 個會議中心、20,000 平方米的展覽廳，及寬敞的戶外空間，提供安心和舒適的環境。



PACIFICO Yokohama North 及大會會場

IAGG Asia/Oceania Regional Congress 2023 的主題為 For Enhanced Wellbeing in Later Life through Innovation and Wisdom Sharing，安排了 Keynote/Special Lecture 及 Symposium Topics，其中 Keynote/Special Lecture 內容包括老年人的危機、細胞衰老和癌症、科技創新平台、社區老年人智能輔助綜合照護、教育軌跡/健康和高齡化、創造終生活躍的社會...等主題超過 65 場的演講交流會議，更邀請到 WHO 的 Dr Yuka Sumi 做專題演講：Integrated Care for Older People (ICOPE) approach: UN decade of healthy ageing (2021-2030)。

為期三天之研討會會場及演講主題如下：

PROGRAM AT-A-GLANCE June 12, 2023 (Mon.) Day 1											
Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7	Room 8	Room 9	Room 10	Room 11	Poster
1F G5+G6	1F G8	1F G7	3F G301+G302	3F G303	3F G304	3F G312+G313	3F G314+G315	3F G316+G317	3F G318+G319	3F G311	1F G1+G2+G3+G4
8:00-9:00 Opening Ceremony											
9:00-10:00 Keynote Lecture 1 Healthy Aging	9:00-10:00 Keynote Lecture 2 Healthy Aging										
10:00-11:00 Geriatrics 19 Recent progress in geriatric medicine in Geriatrics and Gerontology	10:00-11:00 Dementia 5 New epidemiological information for dementia	10:00-11:00 Social Science 4 Health inequality in dementia	10:00-11:00 Geriatrics 8 Psychological resources for aging well	10:00-11:00 Geriatrics 2 Geriatric technology in programs	10:00-11:00 Gerontology 3 Older health and well-being: cultural, disease, challenges for geriatrics and gerontology	10:00-11:00 Social Science 12 Older populations for care in the world: what we know	10:00-11:00 COVID-19 Symposium 1 New evidence types of long-term impact of COVID-19 on cognitive health	10:00-11:00 Gerontechnology Recent Advances in Gerontechnology: From Bench to Real World in Geriatric Setting	10:00-11:00 Oral Session Social science 1		
11:00-12:00 Luncheon Seminar 1 Sempu Holdings	11:00-12:00 Luncheon Seminar 2 About Japan	11:00-12:00 Luncheon Seminar 3 Edu	11:00-12:00 Luncheon Seminar 4 Edu	11:00-12:00 Luncheon Seminar 5 Edu	11:00-12:00 Luncheon Seminar 6 Edu	11:00-12:00 Luncheon Seminar 7 Edu	11:00-12:00 Luncheon Seminar 8 Edu	11:00-12:00 Luncheon Seminar 9 Edu	11:00-12:00 Luncheon Seminar 10 Edu		
12:00-13:00 Keynote Lecture 3 Gerontechnology	12:00-13:00 Keynote Lecture 4 Gerontechnology										
13:00-14:00 Geriatrics 16 Recent progress of geriatrics	13:00-14:00 Dementia 10 Community-based gerontechnology research in dementia-friendly community	13:00-14:00 Healthy Aging Integration of care for healthy aging	13:00-14:00 JCT Joint Symposium Integration of care for healthy aging	13:00-14:00 Social Science 11 Work in Older Age: Active Aging in employment and older adults	13:00-14:00 Gerontology 1 Older Safety Assessment and Intervention	13:00-14:00 Sponsored Seminar Edu	13:00-14:00 Geriatrics 23 Public in Older Adults and a Prevention	13:00-14:00 Social Science 14 Integration of health and elderly care	13:00-14:00 Oral Session Dementia 2 context	13:00-14:00 Oral Session Geriatrics 1	13:00-14:00 Nursing Interest Group meeting
Coffee Break (Refreshment served in the Exhibition Hall)											
14:00-15:00 Geriatrics 13 Policy strategy for healthy and sustainable ageing	14:00-15:00 Frailty Research Advances of Translational Models for Frailty	14:00-15:00 Social Science 7 Evaluating Translational Research in Geriatrics and Gerontology	14:00-15:00 JCT Joint Symposium Preparation care for long-term care: Role of a geriatrician	14:00-15:00 Geriatrics 10 Preparation care for long-term care	14:00-15:00 Gerontology 2 Older Seniors, old adults, culture	14:00-15:00 Geriatrics 15 Edu	14:00-15:00 Social Science 15 Resilience in Southeast Asian Communities: Research and Practice	14:00-15:00 Others Economic equality, healthy, sustainable, and intergenerational solidarity: what is the role of geriatrics?	14:00-15:00 Oral Session Social science	14:00-15:00 Oral Session Geriatrics 1	14:00-15:00 JAGG-CSO Symposium Connecting health in ageing: from care to ageing: human policy
15:00-16:00 Geriatrics 16 Recent progress of geriatrics	15:00-16:00 Dementia 10 Community-based gerontechnology research in dementia-friendly community	15:00-16:00 Healthy Aging Integration of care for healthy aging	15:00-16:00 JCT Joint Symposium Integration of care for healthy aging	15:00-16:00 Social Science 11 Work in Older Age: Active Aging in employment and older adults	15:00-16:00 Gerontology 1 Older Safety Assessment and Intervention	15:00-16:00 Sponsored Seminar Edu	15:00-16:00 Geriatrics 23 Public in Older Adults and a Prevention	15:00-16:00 Social Science 14 Integration of health and elderly care	15:00-16:00 Oral Session Dementia 2 context	15:00-16:00 Oral Session Geriatrics 1	15:00-16:00 Nursing Interest Group meeting
16:00-17:00 Geriatrics 13 Policy strategy for healthy and sustainable ageing	16:00-17:00 Frailty Research Advances of Translational Models for Frailty	16:00-17:00 Social Science 7 Evaluating Translational Research in Geriatrics and Gerontology	16:00-17:00 JCT Joint Symposium Preparation care for long-term care: Role of a geriatrician	16:00-17:00 Geriatrics 10 Preparation care for long-term care	16:00-17:00 Gerontology 2 Older Seniors, old adults, culture	16:00-17:00 Geriatrics 15 Edu	16:00-17:00 Social Science 15 Resilience in Southeast Asian Communities: Research and Practice	16:00-17:00 Others Economic equality, healthy, sustainable, and intergenerational solidarity: what is the role of geriatrics?	16:00-17:00 Oral Session Social science	16:00-17:00 Oral Session Geriatrics 1	16:00-17:00 JAGG-CSO Symposium Connecting health in ageing: from care to ageing: human policy
17:00-18:00 Geriatrics 13 Policy strategy for healthy and sustainable ageing	17:00-18:00 Frailty Research Advances of Translational Models for Frailty	17:00-18:00 Social Science 7 Evaluating Translational Research in Geriatrics and Gerontology	17:00-18:00 JCT Joint Symposium Preparation care for long-term care: Role of a geriatrician	17:00-18:00 Geriatrics 10 Preparation care for long-term care	17:00-18:00 Gerontology 2 Older Seniors, old adults, culture	17:00-18:00 Geriatrics 15 Edu	17:00-18:00 Social Science 15 Resilience in Southeast Asian Communities: Research and Practice	17:00-18:00 Others Economic equality, healthy, sustainable, and intergenerational solidarity: what is the role of geriatrics?	17:00-18:00 Oral Session Social science	17:00-18:00 Oral Session Geriatrics 1	17:00-18:00 JAGG-CSO Symposium Connecting health in ageing: from care to ageing: human policy
18:00-19:00 Geriatrics 13 Policy strategy for healthy and sustainable ageing	18:00-19:00 Frailty Research Advances of Translational Models for Frailty	18:00-19:00 Social Science 7 Evaluating Translational Research in Geriatrics and Gerontology	18:00-19:00 JCT Joint Symposium Preparation care for long-term care: Role of a geriatrician	18:00-19:00 Geriatrics 10 Preparation care for long-term care	18:00-19:00 Gerontology 2 Older Seniors, old adults, culture	18:00-19:00 Geriatrics 15 Edu	18:00-19:00 Social Science 15 Resilience in Southeast Asian Communities: Research and Practice	18:00-19:00 Others Economic equality, healthy, sustainable, and intergenerational solidarity: what is the role of geriatrics?	18:00-19:00 Oral Session Social science	18:00-19:00 Oral Session Geriatrics 1	18:00-19:00 JAGG-CSO Symposium Connecting health in ageing: from care to ageing: human policy
19:00-20:00 Geriatrics 13 Policy strategy for healthy and sustainable ageing	19:00-20:00 Frailty Research Advances of Translational Models for Frailty	19:00-20:00 Social Science 7 Evaluating Translational Research in Geriatrics and Gerontology	19:00-20:00 JCT Joint Symposium Preparation care for long-term care: Role of a geriatrician	19:00-20:00 Geriatrics 10 Preparation care for long-term care	19:00-20:00 Gerontology 2 Older Seniors, old adults, culture	19:00-20:00 Geriatrics 15 Edu	19:00-20:00 Social Science 15 Resilience in Southeast Asian Communities: Research and Practice	19:00-20:00 Others Economic equality, healthy, sustainable, and intergenerational solidarity: what is the role of geriatrics?	19:00-20:00 Oral Session Social science	19:00-20:00 Oral Session Geriatrics 1	19:00-20:00 JAGG-CSO Symposium Connecting health in ageing: from care to ageing: human policy
20:00-21:00 Gala Dinner (Inter-Campus Yokohama Grand Hall)											

第一天研討會

PROGRAM AT-A-GLANCE June 13, 2023 (Tue.) Day 2											
Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7	Room 8	Room 9	Room 10	Room 11	Poster
1F G5+G6	1F G8	1F G7	3F G301+G302	3F G303	3F G304	3F G312+G313	3F G314+G315	3F G316+G317	3F G318+G319	3F G311	1F G1+G2+G3+G4
8:00-9:00 Keynote Lecture 5 Healthy Care for Older People in the World	8:00-9:00 Keynote Lecture 6 Healthy Care for Older People in the World	8:15-9:00 Morning Seminar 1 Japan Lifestyle	8:15-9:00 Morning Seminar 2 Austria Pharma								8:00-9:00 Student Symposium Sharing experiences of student and early career researchers and present across the Asia-Oceania region
9:00-10:00 Dementia 9 Recent topics in Dementia of Dementia	9:00-10:00 Social Science 9 International perspectives on family caregiving for older adult	9:00-10:00 Dementia 1 Care for older people with dementia and their families from the perspective of care management	9:00-10:00 Dysphagia Dysphagia and Oral Frailty	9:00-10:00 GCOA Symposium Fragility fracture	9:00-10:00 Social Science 1 Health-Based Integrated Care/Facilitated Programs	9:00-10:00 Geriatrics 6 Strength-based Approach to Prevention and Rehabilitation	9:00-10:00 Geriatrics 14 Management of diabetes in older adults	9:00-10:00 Long term care 1 Gender disparities in long-term care and its modifiable factors	9:00-10:00 Oral Session Frailty and Sarcopenia	9:00-10:00 APON Symposium 1 Western Pacific Policy Brief on Dementia Prevention and Awareness	
10:00-11:00 Keynote Lecture 7 Older persons in 2024: all around the world	10:00-11:00 Keynote Lecture 8 An Innovation Platform for 100 Years Life Society		10:00-11:00 Luncheon Seminar 6 Sempu Holdings	10:00-11:00 Luncheon Seminar 7 Floor Japan	10:00-11:00 Luncheon Seminar 8 Gleason/Hillier	10:00-11:00 Luncheon Seminar 9 Kowa	10:00-11:00 Luncheon Seminar 10 AGUS				
11:00-12:00 Dementia 4 Diving of older people with cognitive decline	11:00-12:00 Social Science 10 Healthy and Active Aging Index in ASEAN countries	11:00-12:00 Dementia 3 Biology of cognitive aging across species	11:00-12:00 Geriatrics 9 Management of transition and awareness	11:00-12:00 Geriatrics 12 Health of older people	11:00-12:00 Social Science 14 Higher education in Gerontology	11:00-12:00 Social Science 13 Exploring healthy longevity: results from the panel surveys in Asia/Oceania region	11:00-12:00 Aging Science 2 AGLCSA: A Real-World Malaysian National Aging Cohort	11:00-12:00 Oral Session Aging Science	11:00-12:00 Oral Session Others	11:00-12:00 APON Symposium 2 Multimorbidity and polypharmacy	
Coffee Break (Refreshment served in the Exhibition Hall)											
12:00-13:00 Dementia 5 Innovative Neuroimaging for cognitive impairment and its related disorders	12:00-13:00 Sponsored Symposium Edu	12:00-13:00 Dementia 3 Biology of cognitive aging across species (continued)	12:00-13:00 Geriatrics 8 Evidence update	12:00-13:00 Geriatrics 17 New energy for old people	12:00-13:00 Social Science 6 Prevention of functional decline during COVID-19 epidemics	12:00-13:00 Social Science 5 Social sciences and health in the post-COVID-19 era	12:00-13:00 Aging Science 3 Multiple Mechanisms of Sarcopenia: Prevention and Improvement by Exercise	12:00-13:00 Geriatrics 22 Evidence of home-based medical care from cohort studies in Japan and Taiwan	12:00-13:00 Oral Session Contextual Awareness	12:00-13:00 Special Session Development of Online Geriatrics & Gerontological Education Program with International Language Translation AI Service	12:00-13:00 Oral Session Long-term care quality of care
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18:00-19:00 Dementia 5 Innovative Neuroimaging for cognitive impairment and its related disorders	18:00-19:00 Sponsored Symposium Edu	18:00-19:00 Dementia 3 Biology of cognitive aging across species (continued)	18:00-19:00 Geriatrics 8 Evidence update	18:00-19:00 Geriatrics 17 New energy for old people	18:00-19:00 Social Science 6 Prevention of functional decline during COVID-19 epidemics	18:00-19:00 Social Science 5 Social sciences and health in the post-COVID-19 era	18:00-19:00 Aging Science 3 Multiple Mechanisms of Sarcopenia: Prevention and Improvement by Exercise	18:00-19:00 Geriatrics 22 Evidence of home-based medical care from cohort studies in Japan and Taiwan	18:00-19:00 Oral Session Contextual Awareness	18:00-19:00 Special Session Development of Online Geriatrics & Gerontological Education Program with International Language Translation AI Service	18:00-19:00 Oral Session Long-term care quality of care
19:00-20:00 Gala Dinner (Inter-Campus Yokohama Grand Hall)											

第二天研討會

PROGRAM AT-A-GLANCE June 14, 2023 (Wed.) Day 3											
Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7	Room 8	Room 9	Room 10	Room 11	Poster
1F G5+G6	1F G8	1F G7	3F G301+G302	3F G303	3F G304	3F G312+G313	3F G314+G315	3F G316+G317	3F G318+G319	3F G311	1F G1+G2+G3+G4
			8:00-9:00 Morning Seminar 3 Medicine	8:00-9:00 Morning Seminar 4 UCB							
9:00-9:30 Keynote Lecture 9 Social Gerontological Perspectives	9:00-9:30 Keynote Lecture 10 Alzheimer: The Genetic Driven Approach to Healthy Aging										
9:40-11:40 Geriatrics 1 Older adults care in care facilities	9:40-11:40 Geriatrics 4 Healthy aging, lifestyle and biomarkers: Asian/Taiwan collaborative studies	9:40-11:10 Sponsored Symposium SITB	9:40-11:10 Aging Science 2 Nutrition and Aging	9:40-11:10 Geriatrics 3 Team approach for secondary fracture prevention	9:40-11:10 Sponsored Symposium Common Medication	9:40-11:10 GSA Joint Symposium Social environment, aging, and well-being	9:40-11:10 Social Science 17 Creating a better life for the Old: Needs of Aging Populations: Examples from the United States, Japan, Taiwan, and Singapore	9:40-10:30 Oral Session Social science	9:40-10:40 Oral Session Long-term care: care workers/family caregivers	9:40-11:10 Long term care 2 Practical research beyond multi-disciplinary family care: capturing perspectives of junior researchers	
								10:50-11:30 Oral Session COVID-19	10:40-11:40 Oral Session Geriatric mental health		
			11:40-12:40 Luncheon Seminar 11 Cancer Medical Systems	11:40-12:40 Luncheon Seminar 12 Inter-Rate	11:40-12:40 Luncheon Seminar 13 Spain: Santiago Hospital 27 July 1997	11:40-12:40 Luncheon Seminar 14 Medicine				11:30-12:00 Lunch with the Stars Are you interested in seeking a mentor?	
12:50-14:20 Dementia 2 The progress and recent approach to neurodegenerative disease research	12:50-14:20 Dementia 6 Recent Advances in Robotics and AI technology for cognitive impairment	13:00-14:30 Social Science 3 Community building for Aging in Place	13:00-14:30 Geriatrics 15 Cross talk related to muscle health	13:00-14:30 Geriatrics 7 Fall prevention in a different setting	13:00-14:30 Social Science 6 Psychosocial factors of well-being, psychological adaptation, and healthy longevity	13:00-14:30 Gary Andrews Forum Asia Disease perspectives on supporting carers/older people to sustain their caregiving role and optimized health and wellbeing	13:00-14:30 Geriatrics 11 Definition and diagnosis of senescence	12:50-14:30 COVID-19 Symposium 2 Risk perception, risk preventive behavior and resilience during COVID-19 pandemic among older adults in Asia, South Korea and Hong Kong	12:50-13:30 Oral Session Others	12:50-13:30 Oral Session Dementia 1: Cohort	
Coffee Break/Refreshment served in the Exhibition Hall!											
14:50-16:20 Dementia 2 The progressed brain new approach to neurodegenerative disease research (continued)	14:50-16:20 Dementia 7 Challenges and Prospects of Integrated Care for Dementia and Cognitive	14:50-16:20 Geriatrics 18 Anti-thrombotic and anti-coagulation for older patients	14:50-16:20 Aging Science 1 Calculate aging: from pathology to therapy	14:50-16:20 Geriatrics 21 Status of Geriatric Medicine in Asia II	14:50-16:20 Social Science 2 Interdisciplinary study of supercentenarians: exploring healthy longevity	14:50-16:20 Gary Andrews Forum Asia Disease perspectives on supporting carers/older people to sustain their caregiving role and optimized health and wellbeing (continued)	14:50-16:20 Dementia 11 Innovative Dementia Care in Japan: Taiwan-Waiting	14:50-15:40 Oral Session Social science	14:50-16:40 Oral Session Geriatric genetics: disease/condition		14:50-16:20 Poster Session
								15:40-16:40 Oral Session Priority and Participants			
17:00-18:00 Closing Ceremony											

第三天研討會

在精彩的議程中，有數場專題演講對於本院在推展臨床業務有相當的參考價值，包括：

- (1)研討會中的 Keynote Lecture-Nutrition and Healthy Aging 之演講者為日內瓦醫學大學 Prof. Jean-Pierre Michel，他強調除了遺傳因素之外，情感和家庭教育環境以及一般環境從生命的第一天開始就相互作用，其他如社會經濟水平、父母教育、城市或農村地區的學校教育，也在健康素養的差異中發揮著重要作用。這決定了健康生活方式、危險行為、藥物濫用等行為，也決定了人們是否遵從健康與衛生規範、疫苗注射和醫療相關治療。
- (2)Social Science 的主題演講為 Health Inequality in Gerontology，其中亦邀請到臺灣成功大學醫學院健照所的劉立凡教授演講，強調年齡歧視(Ageism)和健康不平等對老年人之影響，他引用了聯合國對於老年人的生活原則中提到” Care” 及” Dignity”，應提供適切之長照服務及減少年齡歧視(包括態度上的偏見、行為及態度

上的歧視等)，可藉由資料收集/分析、與老年人接觸、增加老化過程的相關知識及政策協調等方法來改善偏見或歧視問題。

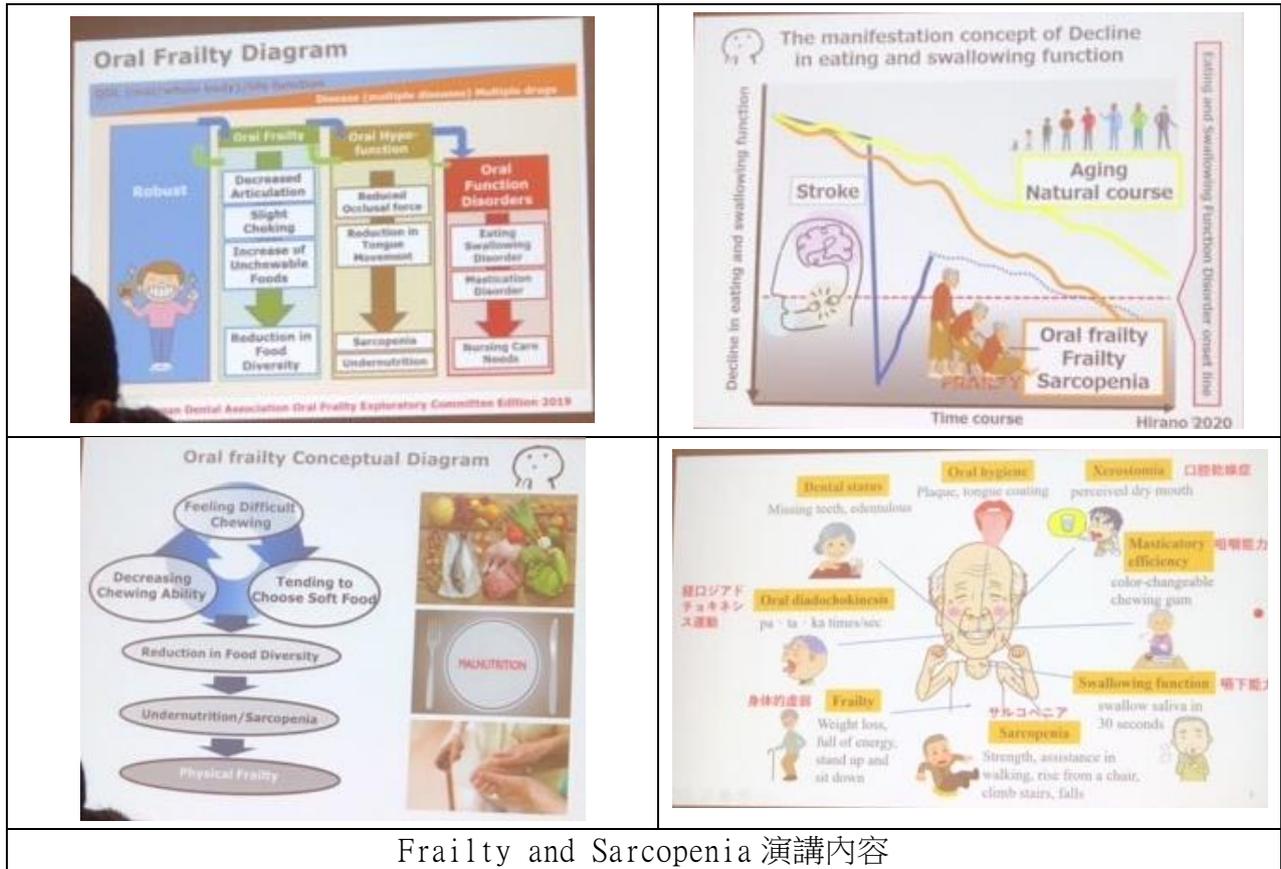


(3)大會亦邀請到 Karolinska Institutet and Karolinska University Hospital 的 Prof. Miia Kivipelto 演講有關他研究團隊正在進行的 FINGER model，如何透過多專科領域的介入措施來降低或預防失智症的發生，其 FINGER model 包括 Healthy balance diet, Exercise, Cognitive training, Social activities, Managing vascular and metabolism risk factors。介入過程以個人或小組方式進行，且以小步驟進展並給予正向回饋的多專科團隊介入，初步的研究成果為 2 年的退出率為 12%，個案有高度遵從性(FINGER model : 62~95%)及無嚴重不良反應事件。



(4)在 Oral Session 中以 Frailty and Sarcopenia 為主軸之多場分享中，談論到 Oral Frailty (OF) 相關之研究，原本與會同仁欲在今年的研究計畫做 OF，因施測過程需專業人員協助且過程繁

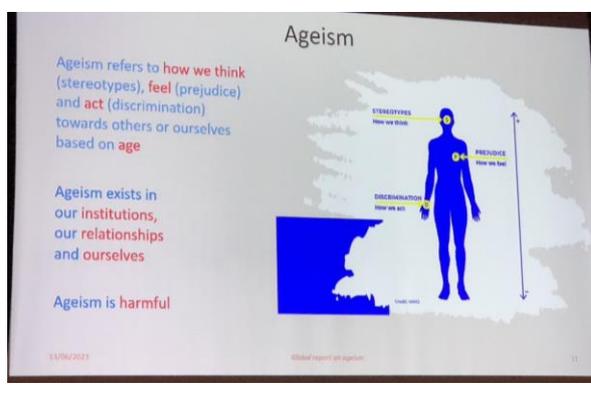
瑣而改做口腔相關生活品質，大會裡分享的學者也都同樣面臨不易收案的窘境，這也表示本院進行之研究方向及目標與國際研究接軌。



Frailty and Sarcopenia 演講內容

(5)大會亦邀請到 WHO 的 Dr Yuka Sumi 做 Keynote/Special Lecture，講題為 Integrated Care for Older People (ICOPE) approach: UN decade of healthy ageing (2021-2030)。演講內容提到人口老齡化是全球人口趨勢，許多國家也都面臨著確保其衛生、社會和照護系統能夠滿足老年人不同需求的挑戰，所以促進老年人的自主性和功能能力至關重要。自聯合國通過（2021-2030）以來，更多國家和合作夥伴對健康老齡化感興趣。“健康老化十年”的行動領域包括“提供以人為本的綜合護理和針對老年人的初級衛生服務”。世界衛生組織之老年人綜合護理（Integrated care for older people, ICOPE）方法反映了護理的連續性，這將有助於調整衛生和社會服務方向，轉向更加以人為本和協調一致性的老年照護。要擴大 ICOPE 的方法就需要改變衛生和社會系統以及服務提供方式，其中包括：1)制定財政機制以支持綜合衛生和社會保健，使 ICOPE 介入措施在沒有經濟負擔的情況下易於獲得和使用（Universal Health Coverage）；2)

為當前和未來的衛生保健工作者提供管理老年人複雜需求的技能和知識；3)加強信息和通信技術以促進整合多學科團隊的活動，並監測和評估實施的項目；4)減少環境障礙並設計基礎設施以支持安全有效的照護服務。

	
	
<p>Keynote/Special Lecture 演講內容</p>	

研討會各演講類別主題簡述如下：

<p>Dementia</p> <p>Dementia 1 <u>Care for older people with dementia and their families from the perspective of care management</u></p> <p>Chairs : Claudia Meyer (Bolton Clarke) Julie Byles (The University of Newcastle, NSW)</p> <p>Speakers : Motoko Kita (Jikei University) Pokin Sakarinkhul (Lamphun Hospital) Chieko Greiner (Kobe University) Claudia Meyer (Bolton Clarke)</p> <p>Dementia 2 <u>The progress and brand-new approach to neurodegenerative disease research.</u></p> <p>Chairs : Jaewon LEE (Pusan National University) Nobuyuki KIMURA (Okayama University of Science)</p> <p>Speakers : Jaewon LEE (Pusan National University) Seung-Cheol CHANG (Pusan National University) Eun-Kyoung CHOI (Hallym University) Irene Han-Joo CHENG (National Yang Ming Chiao Tung University) Hirobumi TADA (Shigakkan University) Nobuyuki KIMURA (Okayama University of Science)</p> <p>Dementia 3 <u>Biology of cognitive aging across species</u></p> <p>Chairs : Ayako TONOKI (Chiba University) Sho KAKIZAWA (Kyoto University)</p> <p>Speakers : Joong-Jean PARK (Korea University College of Medicine) Pei-Yu WANG (National Taiwan University)</p>	<p>SOCIAL SCIENCE</p> <p>Social science 1 <u>Community-Based Integrated Care/Public Health Program</u></p> <p>Chairs : Tatsuhiro Ishizaki (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG)) Satoshi Seino (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG))</p> <p>Speakers : Kheng Hock Lee (Singapore General Hospital) Rajna Ogrin (Bolton Clarke Research Institute) Tatsuhiro Ishizaki (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG))</p> <p>Social science 2 <u>Interdisciplinary study of supercentenarians: exploring healthy longevity</u></p> <p>Chairs : Yasuyuki Gondo (Osaka University) Yasumichi Arai (Keio University)</p> <p>Speakers : Perminder Sachdev (UNSW Sydney) Kwangsung Park, (Korean Centenarian Study) Chia-Ming Yen (National Center for Geriatrics and Welfare Research, National Health Research Institutes) Yukie Masui (Tokyo Metropolitan Institute of Gerontology)</p> <p>Social science 3 <u>Community building for Aging in Place</u></p> <p>Chairs : Katsuya Iijima (The University of Tokyo) Ming-Yueh Chou (Kaohsiung Veterans General Hospital)</p> <p>Speakers : Alison Carver (Monash University) Tsuyoshi Okamura (Tokyo Metropolitan Institute for Geriatrics and Gerontology) Susana Harding (International Longevity Center, TSAO foundation)</p>
<p>失智症相關演講主題</p>	<p>社會科學相關演講主題</p>

<p>GERIATRICS</p> <p>Geriatrics 1 <u>End-of-life care in care facilities</u></p> <p>Chairs : Hiroki Fukuhori (Faculty of Nursing and Medical Care, Keio University) Kaoruko Aita (University of Tokyo)</p> <p>Speakers : Keiko Tamura (Kyoto University) Midori Nishiyama (Arima Orsen Hospital) Kieko Iida (Chiba University) Wei-Min Chu (Occupational Medicine, Taichung Veterans General Hospital Chiayi Branch)</p> <p>Geriatrics 2 <u>Gerontechnology in long-term care</u></p> <p>Chairs : Shuichi Obuchi (Tokyo Metropolitan Institute of Gerontology) Yoshio Matsumoto (Tokyo University of Science)</p> <p>Speakers : Takenobu Inoue (National Rehabilitation Center for Persons with Disabilities (NRCD)) Yoshio Matsumoto (Tokyo University of Science) Hyak Ga (Incheon Eunhye Hospital) Hiroyasu Miwa (Human Augmentation Research Center, National Institute of Advanced Industrial Science and Technology (AIST)) Kentaro Watanabe (National Institute of Advanced Industrial Science and Technology (AIST))</p> <p>Geriatrics 3 <u>Team approach for secondary fracture prevention</u></p> <p>Chairs : Ken Shinmura (Hyogo Medical University School of Medicine) Derrick Chan (National Taiwan University)</p> <p>Speakers : Atsushi Suzuki (Fujita Health University School of Medicine) Jae-Young Lim (Seoul National University)</p>	<p>AGING SCIENCE</p> <p>Aging Science 1 <u>Cellular aging, from pathology to therapy</u></p> <p>Chairs : Masataka Sugimoto (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG)) Hiroshi Kondo (Kyoto University Hospital)</p> <p>Speakers : Tohru Minamino (Department of Cardiovascular Biology and Medicine, Juntendo University Graduate School of Medicine) Ao-Lin Allen Hsu (National Yang Ming Chiao Tung University) Shih-Yin Tsai (National University of Singapore) Masataka Sugimoto (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG)) Hiroshi Kondo (Kyoto University Hospital)</p> <p>Aging Science 2 <u>Nutrition and Aging</u></p> <p>Chairs : Yoshitaka Kondo (Waseda University) Koji Fukui (Shibaura Institute of Technology)</p> <p>Speakers : Yoshitaka Kondo (Waseda University) Koji Fukui (Shibaura Institute of Technology) Ayami Sato (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG)) Taichi Hara (Waseda University) Hae Young Chung (Pusan National University)</p> <p>Aging Science 3 <u>Molecular Mechanisms of Sarcopenia Prevention and Improvement by Exercise</u></p> <p>Chairs : Shuichi Machida (Juntendo University)</p> <p>Speakers : Yusuke Ono (Institute of Molecular Embryology and Genetics (IMEG), Kumamoto University) Mitsuharu Okutsu (Graduate School of Science, Nagoya City University)</p>
老年學相關演講主題	老化科學相關演講主題

<p>GERODONTOLOGY</p> <p>Gerodontology 1 <u>Oral frailty, Assessment and interventions</u></p> <p>Chairs : Koichiro Matsuo (Tokyo Medical and Dental University) Hirohiko Hirano (Tokyo Metropolitan Institute of Gerontology)</p> <p>Speakers : Hirohiko Hirano (Tokyo Metropolitan Institute of Gerontology) Hsiao-Ling Huang (Kaohsiung Medical University) Tomoki Tanaka (The University of Tokyo) Colman McGrath (Hong Kong University)</p> <p>Gerodontology 2 <u>Oral functions, diet styles, nutrition</u></p> <p>Chairs : Kazunori Ikebe (Osaka University) Shunsuke Minakuchi (Tokyo Medical and Dental University)</p> <p>Speakers : Yumi Kimura (Osaka University) Orapin Komin (Chulalongkorn University) Tsung-Chieh Yang (National Taiwan University) Manabu Kanazawa (Tokyo Medical and Dental University)</p> <p>Gerodontology 3 <u>Oral health and cerebro/cardio vascular disease: challenges for prevention and rehabilitation</u></p> <p>Chairs : Takahiro Ono (Osaka Dental University) Chin-Kai Chang (Department of Geriatrics and Gerontology Attending Physician, National Taiwan University Hospital Yunlin Branch)</p> <p>Speakers : Chin-Kai Chang (Department of Geriatrics and Gerontology Attending Physician, National Taiwan University Hospital Yunlin Branch)</p>	<p>FRAILITY & SARCOPENIA</p> <p>Frailty <u>Recent Advance of Wearable Watch for Frailty</u></p> <p>Chairs : Shunei Kyo (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG)) Atsushi Araki (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG))</p> <p>Speakers : Shuichi Obuchi (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG)) Keiko Motokawa (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG)) Yoshiaki Tamura (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG)) Tetsuya Nakazato (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG)) Joji Ishikawa (Tokyo Metropolitan Institute for Geriatrics and Gerontology (TMIG))</p> <p>Frailty and Sarcopenia <u>AGELESS: A Nine-Year Malaysian National Ageing Cohort</u></p> <p>Chairs : Maw Pin Tan (University of Malaya, Kuala Lumpur)</p> <p>Speakers : Maw Pin Tan (Faculty of Medicine, University of Malaya, Kuala Lumpur) Rahimah Ibrahim (Malaysian Institute of Ageing, Universiti Putra Malaysia) Kalavathy Ramasamy (Faculty of Pharmacy, Universiti Teknologi MARA, Puncak Alam) Shaun Wen Huey Lee (Malaysian School of Pharmacy, Monash University) Suzana Shahar (Universiti Kebangsaan Malaysia, Kuala Lumpur Campus)</p>
老年醫學相關演講主題	衰弱和肌少症相關演講主題

<p>GERENTECONOLOGY</p> <p>Gerontechnology <u>Recent Advances in Gerontechnology: From Bench to Real World in Geriatric Setting</u></p> <p>Chairs : Satoru Ebihara (Department of Internal Medicine and Rehabilitation Science, Tohoku University Graduate School of Medicine) Shannon Freeman (School of Nursing, University of Northern British Columbia)</p> <p>Speakers : Midori Miyagi (Tohoku University Graduate School of Medicine) Shannon Freeman (University of Northern British Columbia) Hisako Miura (Tohoku University Graduate School of Medicine) Lillian Hung (University of British Columbia) Satoru Ebihara (Tohoku University Graduate School of Medicine)</p>	<p>COVID-19</p> <p>COVID-19 1 <u>Newly different types of cognitive impairments including post COVID-19 cognitive deficit</u></p> <p>Chairs : Takahashi Sho (Department of Disaster and Community Psychiatry, Faculty of Medicine, University of Tsukuba) Yoshimura Masafumi (Department of Occupational Therapy, Faculty of Rehabilitation Kansai Medical University)</p> <p>Speakers : Asao Ogawa (Department of Psycho-Oncology Service, National Cancer Center Hospital East) Hitoshi Tanimukai (Faculty of Human Health Sciences, Graduate School of Medicine, Kyoto University) Kyochei Otani (Department of Psychiatry, Kakogawa Central City Hospital) Takahashi Sho (Department of Disaster and Community Psychiatry, Faculty of Medicine, University of Tsukuba)</p> <p>COVID-19 2 <u>Risk perception, risk preventive behavior and loneliness during COVID-19 pandemic among older adults in Japan, South Korea and Hong Kong</u></p> <p>Chairs : Keiko Katagiri (Advanced Research for Well-being, Kobe University)</p> <p>Speakers : Rumiko Murayama (Graduate School of Human Development and Environment, Kobe University) Vivian Weikun Lou (Department of Social Work and Social Administration, Sau Po Centre on Ageing, the University of Hong Kong) Keiko Katagiri (Advanced Research for Well-being, Kobe University) Soondool Chung (Department of social welfare at Ewha Womens University)</p>
通用經濟相關演講主題	COVID-19 相關演講主題

海報發表於 112 年 06 月 12 至 14 日每天早上開始展示，特別安排在超過 1000 坪的會場，錄取共 1,500 篇以上海報發表，本院職及陳秋盈營養師榮獲大會錄取共 8 篇海報

發表，發表主題及發表分述如下表。此次為疫情後首次參加國外的國際研討會，同仁積極準備，亦與與會的研究同好相互切磋、交換心得，同行成員也一同學習及成長是相當可貴的經驗。在分享本院的研究成果並與與會貴賓現場交流的發表過程，深刻的體認到應加強自身的英文能力，將其寶貴經驗作為未來改善的方向。海報錄取及發表相關訊息如下：

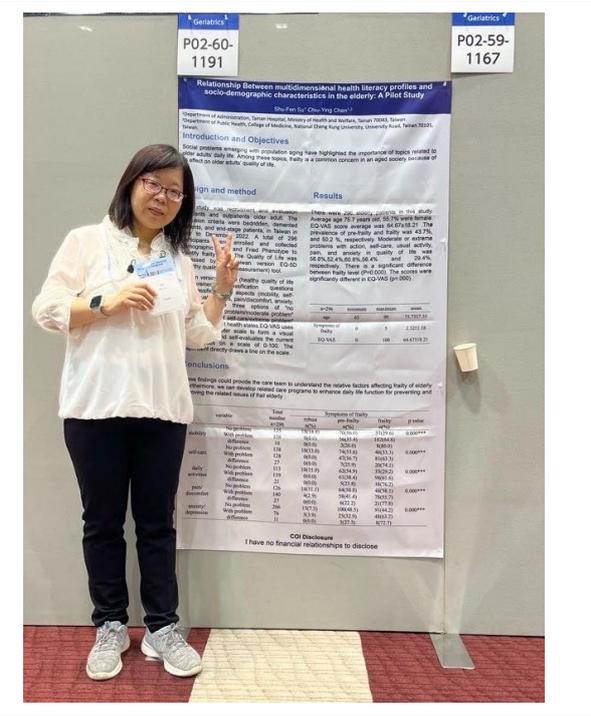
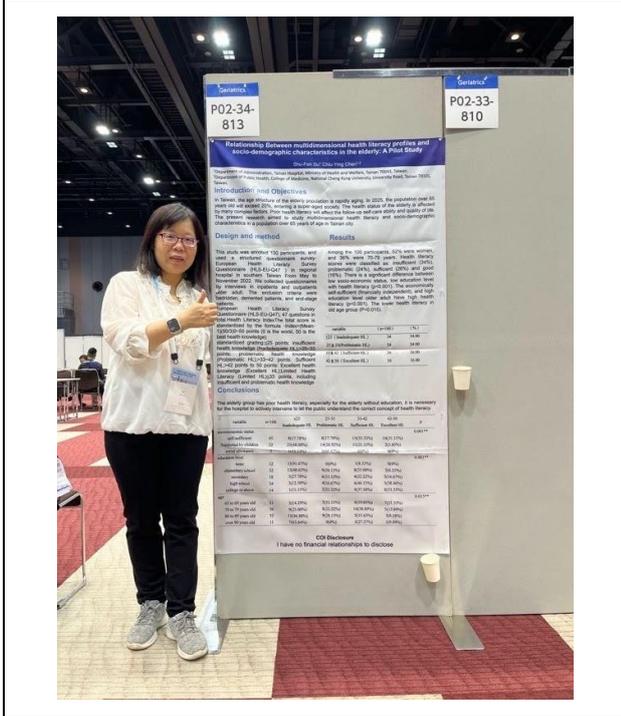
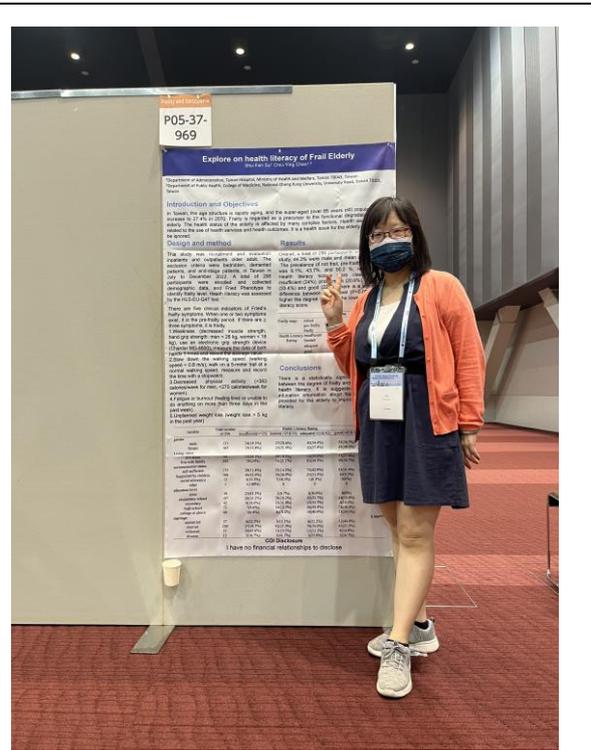
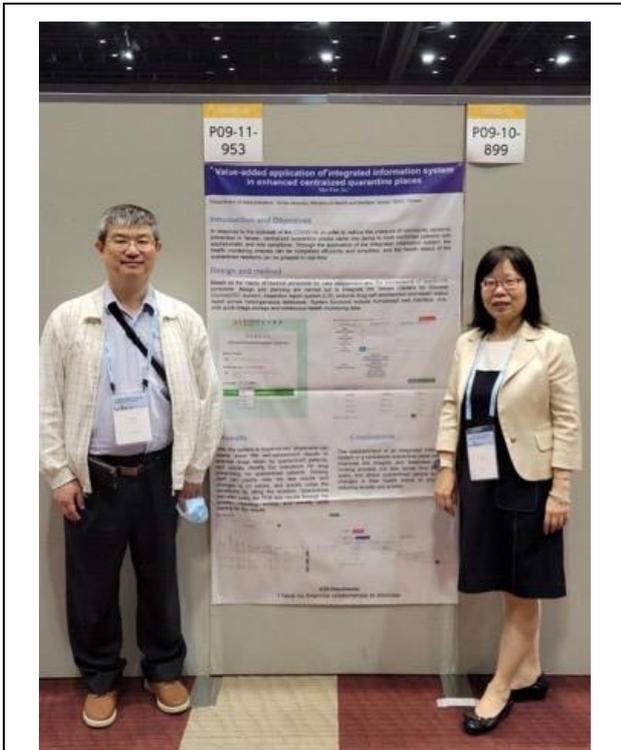
<table border="1"> <tr><td>Title</td><td>Value-added application of integrated information system in COVID-19 enhanced centralized quarantine places</td></tr> <tr><td>Paper Status</td><td>Accepted for Poster</td></tr> <tr><td>Theme</td><td>09. COVID-19</td></tr> <tr><td>Session Details</td><td>Poster 1 月曜日, 6 12, 2023 15:55 - 16:55</td></tr> <tr><td>Presenting Author</td><td>Ms. Shu-fen Su Affiliations: Tainan Hospital, Ministry Of Health And Welfare</td></tr> </table>	Title	Value-added application of integrated information system in COVID-19 enhanced centralized quarantine places	Paper Status	Accepted for Poster	Theme	09. COVID-19	Session Details	Poster 1 月曜日, 6 12, 2023 15:55 - 16:55	Presenting Author	Ms. Shu-fen Su Affiliations: Tainan Hospital, Ministry Of Health And Welfare	<table border="1"> <tr><td>Title</td><td>Relationship Between multidimensional health literacy profiles and socio-demographic characteristics in the elderly: A Pilot Study</td></tr> <tr><td>Paper Status</td><td>Accepted for Poster</td></tr> <tr><td>Theme</td><td>02. Geriatrics</td></tr> <tr><td>Session Details</td><td>Poster 2 火曜日, 6 13, 2023 15:30 - 16:30</td></tr> <tr><td>Presenting Author</td><td>Ms. Shu-fen Su Affiliations: Tainan Hospital, Ministry Of Health And Welfare</td></tr> </table>	Title	Relationship Between multidimensional health literacy profiles and socio-demographic characteristics in the elderly: A Pilot Study	Paper Status	Accepted for Poster	Theme	02. Geriatrics	Session Details	Poster 2 火曜日, 6 13, 2023 15:30 - 16:30	Presenting Author	Ms. Shu-fen Su Affiliations: Tainan Hospital, Ministry Of Health And Welfare
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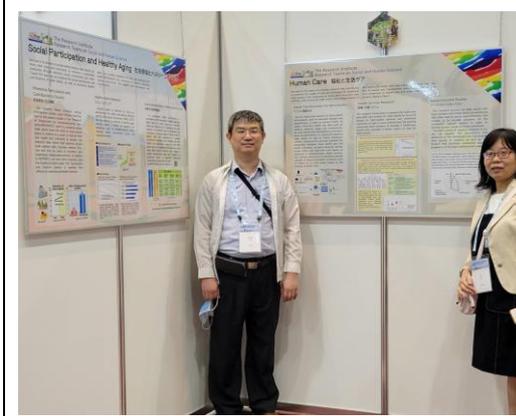
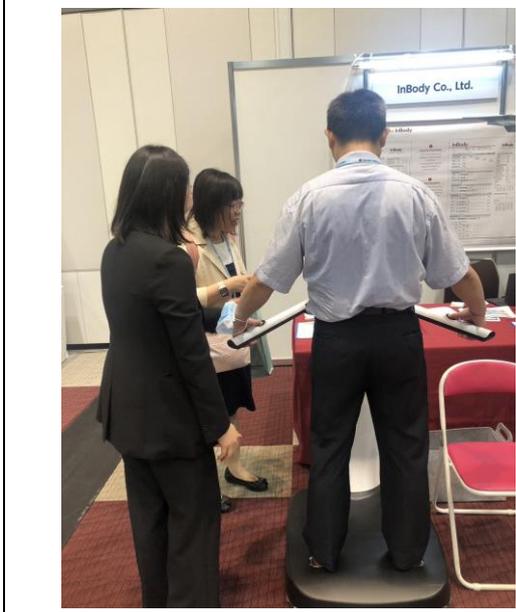
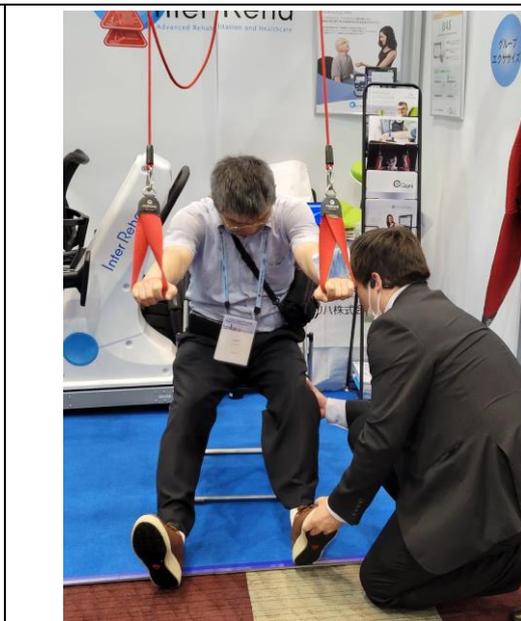
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Location: G1-4, Pacifico Yokohama North

Presentation Date	Set up time	Session time	Remove time
June 12, 2023	8:30-12:00	15:55-16:55	18:00-19:30
June 13, 2023	9:00-12:00	15:30-16:30	18:00-19:30
June 14, 2023	9:00-12:00	14:15-15:15	16:30-18:00



蘇淑芬秘書發表現況



会場廠商展示情形

 <p>IAGG Asia/Oceania Regional Congress 2023</p> <p>Certificate of Attendance ID: 00954</p> <p>This is to certify that <u>Shu-fen SU</u></p> <p>has participated in the IAGG Asia/Oceania Regional Congress 2023 (IAGG-AOR2023) held in Yokohama, Japan from 12 to 14 June 2023.</p> <p><i>Kenji TOBA</i> TOBA, Kenji Chair of the IAGG-AOR2023</p>	 <p>IAGG Asia/Oceania Regional Congress 2023</p> <p>Certificate of Attendance ID: 01441</p> <p>This is to certify that <u>Yu-pei CHEN</u></p> <p>has participated in the IAGG Asia/Oceania Regional Congress 2023 (IAGG-AOR2023) held in Yokohama, Japan from 12 to 14 June 2023.</p> <p><i>Kenji TOBA</i> TOBA, Kenji Chair of the IAGG-AOR2023</p>	 <p>IAGG Asia/Oceania Regional Congress 2023</p> <p>Certificate of Attendance ID: 00415</p> <p>This is to certify that <u>Chiu-ying CHEN</u></p> <p>has participated in the IAGG Asia/Oceania Regional Congress 2023 (IAGG-AOR2023) held in Yokohama, Japan from 12 to 14 June 2023.</p> <p><i>Kenji TOBA</i> TOBA, Kenji Chair of the IAGG-AOR2023</p>
蘇淑芬秘書參加證明	陳俞沛醫務秘書參加證明	陳秋盈營養師參加證明

肆、參訪心得

本次職與 2 位同仁參加 IAGG Asia/Oceania Regional Congress 2023 研討會，會場安排在橫濱的國際會議中心，該會議中心空間寬敞、舒適，報到時採 QR code 掃描報到即印出相關報名資料，相當迅速、方便，即便須因應上千位與會者，也無大排長龍的情況。海報發表區即安排在報到處旁，佔地 1000 坪以上之會場，演講廳則分布在 1 至 3 樓，與會人員可依照自己的領域或興趣選擇聽講，內容除了瞭解國際上目前對於老年疾病治療之最新進展及研究外，同仁亦參與海報發表，對於同仁來說，是一個學習及拓展視野的極佳機會。本院由職及陳秋盈營養師榮獲大會錄取共 8 篇海報發表，為臺南醫院首次多篇錄取發表於國際研討會，透過這次海報發表的機會與國際專家學者交流討論，展現本院同仁在研究上積極努力之成果，增加臺灣在國際的能見度，也能蒐集瞭解國際上醫學新知，有助於拓展同仁研究視野的深度與廣度。

在分享本院的研究成果並與與會貴賓現場交流的發表過程，深刻的體認到應加強自身的語文能力，不管是對與會人員提問的回應，或是在表達自身研究成果的優點，如何以淺顯易懂的英文聚焦研究問題及優點，使他國學者可以迅速理解，讓整體研究成果發表更形出色，將其寶貴經驗作為未來改善的方向。

此次參與研討會上，主要聚焦在超高齡社會中，針對認知能力下降和衰弱的預防性試驗應納入國家健康戰略，以延緩殘疾的發生。殘疾主要目標從傳染病、非傳染性疾病到失智症、衰弱的軌跡等，對於所有亞洲/大洋洲國家來說可能是一個很好的或具有挑戰性的範本，就像日本 Keio University 名譽教授 Atsushi SEIKE, Ph.D. 所說，即便日本

的人口老齡化與其他發達國家一樣是經濟增長的結果，但也會帶來社會成本上升、勞動力減少等問題。為了應對人口老齡化帶來的問題，促進老年人就業非常重要，讓有意願、有能力的老年人在退休年齡後繼續工作，將減輕老齡化社會的人均社會負擔。而老年活躍勞動者和消費者數量的增加，也將成為供給和需求經濟增長的動力。為了實現這一目標，就需要改革社會保障體系和就業機制，因此在日本創建一個終身活躍的社會將對這些國家產生寶貴的影響，且值得我們借鏡。

日本東京大學老年學研究所 Prof. Hiroko Akiyama 也在演講中提到，在本世紀出生的日本人中有一半以上預計能活到 100 歲。Individual aging 和 population aging 雖給我們帶來了巨大的挑戰，同時也給我們帶來了無限的新機遇，這需要技術創新和社會創新。

伍、建議事項

本院定位為社區醫院，積極配合中央政策提供長照相關服務，承接長照計畫及擔任長照 A 單位，在院內亦有 52 床日照中心，未來更積極規劃 200 床玉井住宿式長照機構之設置，在參與此國際研討會後，除了瞭解目前老年醫學之治療趨勢外，還有其他創新方向可供未來規劃長照相關服務時參考：

- 一、即早做失智症與衰弱篩檢及預防，減少或改善疾病進展。
- 二、創新科技產品(如：監視系統)應用於日照中心及住宿式長照機構之可行性。
- 三、參考日本經驗規劃「活躍老化」計畫，在醫院與院區內之商家簽約時，附加請商家先以部分工時的方式聘用退休老年人，再視情況慢慢擴大。
- 四、目前本院有持續進行跨團隊合作之醫療服務為急性中風後期照護計畫(PAC plan)，期待未來可組成如 FINGER model (Healthy balance diet, Exercise, Cognitive training, Social activities, Managing vascular and metabolism risk factors)之整合照護團隊，提供以老年人為中心之長照服務。
- 五、跨國合作已是全球趨勢，走上國際增加研究的視野有其重要性，建議可與國際間領域相近之同好維繫交流，或更進一步進行研究合作計畫來進行人才培育，提升國際

競爭力與世界接軌。

六、建議除了同仁自身加強語文聽力與說話能力的訓練外，醫院也能安排一些在職教育訓練課程，供有興趣的同仁參加，增加國際交流之機會。