

中文題目：病患管理系統用于自體免疫疾病病患的健康促進的成效

英文題目：The effectiveness of patient management system in health promotion for autoimmune disease patient

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Background

Autoimmune diseases are uncommon diseases but have serious impact in patient's health. Autoimmune diseases include many diseases, such as systemic lupus erythematosus, rheumatoid arthritis, ankylosing spondylitis, etc. They could involve all body systems and influence quality of life in minor cases and cause disability, even death in severe cases. However the compliance and adherence to medical care was poor for patients with autoimmune diseases. Many patients even seek for traditional or alternative therapy. The reasons of poor compliance were mainly due to poor understanding of diseases and fear of drug related adverse effect. Hence, to increase the individual patient's understanding of self diseases and drugs, we introduce the patient management system. By patient-tylering education and follow-up, we could improve compliance and adherence in patients with autoimmune diseases.

Methods

We established the patient management system for autoimmune diseases in our hospital. For patients fulfilled the criteria, including fresh case, cases with poor understanding of self disease, poor compliance to drugs, poor adherence of OPD follow up, we introduce the system to manage, educate and follow up those patients. A well training manager and computer system responsible for the patient management was arranged. After our management, the OPD adherence rate, satisfaction rate, and re-admitted rate and self disease-drug understanding rate was evaluated.

Results

After we started the patient management system in our hospital since 2010, till now total 819 patients was included with average 8498 patient-time medical education each year. The OPD adherence was 87.83%. The satisfaction rate was 94.07% and re-admitted rate in patients with systemic lupus erythematosus and rheumatoid arthritis was less than 2.5%.

Conclusion

Ordinary population has poor understanding to autoimmune diseases. Therefore the patient's compliance and adherence was low. By establishment of patient management system, we hope to change the medical behavior, introduce better disease control, healthy lifestyle and to decrease complication. By this model, we hope to help the patients return to their ordinary life as soon as possible and have been no longer bothered by their diseases.