

Study on Self-reported Symptoms and The Influence on Daily Life in Patients with Phlegm-turbidity Syndrome: Based on Interview

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ABSTRACT Objective To summarize self-reported symptoms and their influence on daily life in patients with phlegm-turbidity syndrome by interview, and to develop the efficacy evaluation scale for phlegm-turbidity syndrome.

Methods Semi-structured interviews, which were interviewing closely around the outline, and the interviews didn't end until information saturation, were conducted. Information on self-reported symptoms and those had influences on daily life of patients was extracted from the interview data with both qualitative and quantitative analytical methods.

Results It is showed by interviewing 32 patients with phlegm-turbidity syndrome that, the self-reported symptoms of this syndrome include: fullness and oppression in the stomach, low food intake, heavy sensation in the limbs, much sticky phlegm, foreign body sensation in the pharynx, slimy sensation in the mouth, much sleep, sleepiness, heaviness in head, white and greasy tongue coating, and sticky stool. These symptoms had different influence on the patients' diet, sleep, emotion, creation, social activities, etc. **Conclusion** Patients with phlegm-turbidity syndrome have various symptoms, which are closely related to their underlying disease. The influence is mainly about diet and sleep.

Keywords phlegm-turbidity syndrome; efficacy evaluation; self-reported outcomes from patients; quality of life; methodology

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国家中医药管理局、国家发展和改革委员会发布 《中医药“一带一路”发展规划(2016—2020年)》

(本刊讯)为贯彻落实《推动共建丝绸之路经济带和 21 世纪海上丝绸之路的愿景与行动》,加强与“一带一路”沿线国家在中医药(含民族医药)领域的交流与合作,开创中医药全方位对外开放新格局,近日,国家中医药管理局、国家发展和改革委员会联合发布了《中医药“一带一路”发展规划(2016—2020年)》。

自古以来,中医药就是古丝绸之路沿线国家交流合作的重要内容,伴随早期的商贸活动在沿线国家落地生根,以不同形态成为沿线民众共享共建的卫生资源。近年来,随着健康观念和医学模式的转变,中医药在防治常见病、多发病、慢性病及重大疾病中的疗效和作用日益得到国际社会的认可和接受。目前,中医药已传播到 183 个国家和地区,中国已同外国政府、地区主管机构和国际组织签署了 86 个中医药合作协议。屠呦呦研究员因发现青蒿素获得 2015 年诺贝尔生理学或医学奖,表明中医药为人类健康做出卓越贡献。中医针灸列入联合国教科文组织“人类非物质文化遗产代表作名录”,《本草纲目》和《黄帝内经》列入“世界记忆名录”。国际标准化组织(ISO)成立中医药技术委员会(ISO/TC249),并陆续制定颁布 10 余项中医药国际标准。以中医药为代表的传统医学首次纳入世界卫生组织国际疾病分类代码(ICD-11),中医药作为国际医学体系的重要组成部分,正为促进人类健康发挥积极作用。

推动中医药“一带一路”建设,对服务国家战略具有重要意义。中医药凝聚着中华民族传统文化的精华,是中华文明与沿线国家人文交流的重要内容,有助于促进与沿线国家民心相通。中医药是中国特色医药卫生事业的重要组成部分,可以为沿线国家解决医疗可持续发展提供借鉴参考,满足沿线各国建设民生的普遍关切。随着中医药融入国际医学体系的步伐逐渐加快,中医药健康服务业发展存在巨大潜力,能够为促进经济结构转型、拉动经济增长贡献力量。积极参与“一带一路”建设,有利于促进中医药传承创新,促进中医药原创思维与现代科技融合发展,为维护人类健康做出新的贡献。