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抗風濕病藥物的角色－從基礎研究到臨床應用的過程

Role of Anti-Rheumatic Medication - From Basic to Clinic

時間：113 年 6 月 22 日(星期六) 13:30~17:30
地點：臺北榮民總醫院 致德樓第五會議室

13:30-13:40	Opening Remarks	陳明翰主任 Ming-Han Chen
	座長：陳明翰 教授 (Ming-Han Chen)	
13:40-14:20	進化中的風濕性關節炎，未來還有哪些可能性？ Evolution of Rheumatoid Arthritis, Past, Now and Future	葉富強醫師 Fu-Chiang Yeh
14:20-15:00	從基礎研究到臨床實證，乾癬性關節炎與中軸脊椎關節炎 From Basic to Clinic, Psoriatic Arthritis & Axial Spondyloarthritis	全以祖醫師 Yi-Tsu Chuan
15:00-15:30	Coffee Break	
	座長：張景智 教授 (Ching-Chih Chang)	
15:30-16:10	病患導向的治療策略－從檢驗數據蛻變到病人主觀感受 Patient Oriented Decision Making, from Lab number to Patient Report Outcome	謝祖怡醫師 Tsu-Yi Hsieh
16:10-16:50	從病人角度回饋於醫療照護：以 SDM 進行風濕疾病與整合醫療為例 The Reflection of Medical Care from Patient'S Perspective: Examples from SDM Implementation in Autoimmune Disease and Multidisciplinary Care	曹彥博醫師 Yen-Po Tsao
16:50-17:20	Discussion	All
17:20-17:30	Closing Remarks	陳明翰主任 Ming-Han Chen

Evolution of rheumatoid arthritis, past, now and future

進化中的風濕性關節炎，未來還有哪些可能性？

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Rheumatoid arthritis (RA), an evolving autoimmune disease, profoundly affects joint function. Its complex pathogenesis remains under constant investigation.

Future developments in RA treatment will emphasize the practice of precision medicine, tailoring treatment plans based on patients' genetic makeup, immune system abnormalities, and disease progression.

The advancement of novel drug therapies will explore more targeted biologics and small molecule inhibitors to more effectively modulate immune system activity and slow disease progression. Moreover, the importance of early intervention and treatment strategies will be further recognized to minimize joint damage and functional impairment.

In terms of sustainability, personalized and targeted approaches to RA treatment will help reduce wastage of medical resources while enhancing patients' quality of life. Furthermore, continual progress in medical research will contribute to improving the efficiency and sustainability of healthcare facilities. However, it's important to note that the development of novel drugs and personalized treatments may bring new challenges, including issues of drug cost and accessibility, necessitating collaborative efforts from the medical community and governmental bodies for resolution.

From basic to clinic, psoriatic arthritis & axial spondyloarthritis

從基礎研究到臨床實證，乾癬性關節炎與中軸脊椎關節炎

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The interrelationship between psoriatic arthritis (PsA) and axial spondyloarthritis (AxSpA) has been a focus in the medical field from basic research to clinical evidence. Basic research indicates a close association between both diseases and immune system dysregulation, including excessive activation of immune cells such as T cells and dendritic cells, as well as overproduction of inflammatory mediators. Moreover, recent studies have found overlaps in immune modulation and inflammatory pathways, such as the IL-17 and IL-23 pathways, suggesting shared pathophysiological mechanisms and therapeutic targets between PsA and AxSpA. Specific genetic factors are also believed to play crucial roles in the development of both arthritides.

In clinical evidence, numerous studies emphasize the distinct phenotypes and clinical features of PsA and AxSpA, aiding in more accurate diagnosis and differentiation of the two diseases. Imaging modalities such as X-rays, MRI, and ultrasound play critical roles in diagnosing and monitoring disease activity. Therapeutically, significant progress has been made in managing these diseases with traditional disease-modifying antirheumatic drugs (DMARDs), biologics, and targeted therapy drugs.

In-depth research into PsA and AxSpA contributes to a better understanding of the pathophysiological processes of these diseases and provides a theoretical basis for the development of new therapeutic approaches. These studies not only offer clinicians more treatment options but also provide more effective strategies for patient treatment and management.

The comprehensive investigation into PsA and AxSpA aids in understanding the pathophysiology of these diseases and facilitates the development of novel therapeutic strategies. These advancements not only broaden the treatment choices available to clinicians but also enhance the effectiveness of patient treatment and management.

Patient oriented decision making, from lab numbers to patient reported outcomes

病患導向的治療策略 - 從檢驗數據蛻變到病人的主觀感受

Tsu-Yi Hsieh

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Patient-oriented treatment strategies prioritize patients' subjective experiences and overall well-being over solely relying on objective data. This approach, including personalized treatment based on genetic, biomarker, and lifestyle factors, aims to optimize treatment outcomes.

Incorporating shared decision-making, medical teams collaborate with patients to consider their values and preferences in treatment decisions. Patient-reported outcomes, such as quality of life and pain levels, are crucial indicators of treatment effectiveness. Holistic care ensures comprehensive support for patients' physical, psychological, social, and spiritual needs.

Patient-centric strategies result in more effective and personalized treatments, enhancing overall patient satisfaction and outcomes. Shared decision-making fosters better communication and trust between patients and healthcare providers, thereby boosting treatment adherence.

Patient-oriented treatment strategies revolutionize medical care by prioritizing patients' well-being, incorporating shared decision-making, and providing holistic support. By empowering patients to actively participate in their treatment and considering their individual needs, these strategies ensure better treatment outcomes and overall quality of care.

The reflection of medical care from patient's perspective: Examples from SDM implementation in autoimmune disease and multidisciplinary care

從病人角度回饋於醫療照護：以 SDM 進行風濕疾病與整合醫療為例

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Shared decision making (SDM) provides an efficient and effective protocol for increasing healthy literacy of patients. SDM should be performed with best clinical evidence as well as expertise from physicians. SDM could become a bridge between clinical care and patients' expectations in determining the treatment choice, which could facilitate the decision-making process and to decrease the regret of medical choices. In this talk, we will provide SDM examples from autoimmune disease and multidisciplinary care through evidence-based implementation and patient-oriented practice. We hope to augment the satisfaction of clinical decision and compliance of medical treatment.