A Path to Wellness in Taiwan

Taiwan Medical Association
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National Taiwan University Hospital
• Located in East Asia
• Population in Taiwan is approximately 23.4 million
• Mandarin is the official language
• Highly industrialized country
• More than 99.9% of the population are under National Health Insurance
Wellness

• a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
Patient-centered

Family-based

Community-oriented holistic care

全人、全家、全社區照護
Comprehensive Care System

Accessibility, Integrative, Coordinative

Community Care

Intermediate Care

Palliative CARE

Long Term Care
Holistic and Continuous Care

Preventive medicine
- Cancer screening
- Smoking cessation
- Weight reduction
- Travel medicine
- Health checkups

Chronic diseases
- Hypertension
- Diabetes
- Hyperlipidemia
- Mental illness

Geriatric medicine
- Frailty
- Osteoporosis
- Polypharmacy
- Cognitive dysfunction

End-of-life care
- Symptom management
- Quality of dying
- DNR
- ACP
Taiwan is one of the first countries to implement integrated cancer screening

**Table 1. Recommended activities for early detection of selected cancers**

<table>
<thead>
<tr>
<th>Site of cancer</th>
<th>Activities for</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Early diagnosis</td>
<td>Screening</td>
<td></td>
</tr>
<tr>
<td>Breast</td>
<td>Yes</td>
<td>Yes(^a)</td>
<td></td>
</tr>
<tr>
<td>Cervix</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Colon and rectum</td>
<td>Yes</td>
<td>Yes(^b)</td>
<td></td>
</tr>
<tr>
<td>Oral cavity</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Naso-pharynx</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Larynx</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Lung</td>
<td>No</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Oesophagus</td>
<td>No</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Stomach</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Skin melanoma</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Other skin cancers</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Ovary</td>
<td>No</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Urinary bladder</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Prostate</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Retinoblastoma</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td>Testis</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
</tbody>
</table>

\(^a\) Screening for breast cancer using mammography is recommended in high-resource settings only.

\(^b\) In high-resource settings only.
Travel Medicine

Consultation clinic

Website
http://www.newsouthhealth.org.tw

Phone number
(weekday 9AM-5PM)

Mail:
(reply within 24hrs in work day)
newsouthhealth@gmail.com
Landmarks of palliative medicine in Taiwan

• Home care in Mackay memorial hospital......1983
• Inpatient hospice and palliative care unit in Mackay memorial hospital.....1990
• Inpatient hospice and palliative care unit in Taiwan University Hospital.....1995
• Launch of the Natural Death Act.....2000
• Certification of palliative medicine specialist.....2000
• Extension of palliative care to non-cancer patient.....2009
• Passing of the Patient Autonomy Act.....2016
The numbers and the growth of units of Hospice in-patient wards and shared care teams

1. Natural death act (2000)
2. Reimbursement for inpatient service and hospice home care

Hospice inpatient wards
Hospice shared-care

Non-cancer patients service since 2009

1st inpatient service (MMH) in 1990
Hospice Shared Care since 2004

Courtesy from Director YW Wang
The 2015 Quality of Death Index
Ranking palliative care across the world
A report by The Economist Intelligence Unit
## 2015 Quality of Death Index—Overall scores

<table>
<thead>
<tr>
<th>Rank</th>
<th>Country</th>
<th>Score</th>
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<tbody>
<tr>
<td>1</td>
<td>UK</td>
<td>93.9</td>
</tr>
<tr>
<td>2</td>
<td>Australia</td>
<td>91.6</td>
</tr>
<tr>
<td>3</td>
<td>New Zealand</td>
<td>87.6</td>
</tr>
<tr>
<td>4</td>
<td>Ireland</td>
<td>85.8</td>
</tr>
<tr>
<td>5</td>
<td>Belgium</td>
<td>84.5</td>
</tr>
<tr>
<td>6</td>
<td>Taiwan</td>
<td>83.1</td>
</tr>
<tr>
<td>7</td>
<td>Germany</td>
<td>82.0</td>
</tr>
<tr>
<td>8</td>
<td>Netherlands</td>
<td>80.9</td>
</tr>
<tr>
<td>9</td>
<td>US</td>
<td>80.8</td>
</tr>
<tr>
<td>10</td>
<td>France</td>
<td>79.4</td>
</tr>
<tr>
<td>11</td>
<td>Canada</td>
<td>77.8</td>
</tr>
<tr>
<td>12</td>
<td>Singapore</td>
<td>77.6</td>
</tr>
<tr>
<td>13</td>
<td>Norway</td>
<td>77.4</td>
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<tr>
<td>14</td>
<td>Japan</td>
<td>76.3</td>
</tr>
<tr>
<td>15</td>
<td>Switzerland</td>
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<td>16</td>
<td>Sweden</td>
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<td>Austria</td>
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<td>18</td>
<td>South Korea</td>
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<tr>
<td>19</td>
<td>Denmark</td>
<td>73.5</td>
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<tr>
<td>20</td>
<td>Finland</td>
<td>73.3</td>
</tr>
<tr>
<td>21</td>
<td>Italy</td>
<td>71.1</td>
</tr>
<tr>
<td>22</td>
<td>Hong Kong</td>
<td>66.6</td>
</tr>
</tbody>
</table>
Services Provided by Long Term Care Project

Long-term Care 1.0

(1) Care services (home service, day care service and foster care).
(2) Transportation shuttles.
(3) Meals on wheel services.
(4) Assistive device, and barrier free built environment.
(5) Home health care.
(6) Home and community rehabilitation.
(7) Respite services.
(8) Long-term care facilities and services.

Long-term Care 2.0

Increase the flexibility and expand the services of 1.0.

Innovation, Integration and Extension to Types of Services

(9) Dementia care services.
(10) Integrated Home and Community-Based Services for Aboriginal Area.
(11) Small-size multi-function services.
(12) Family care support services.
(13) Integrated Home and Community-Based Services.
(14) Community-based Disability Prevention.
(15) Maintain Function and Slow Disability Progression.
(16) Hospital Discharge Plan.
(17) Home Medical Visit.

Courtesy from Professor YM Chen
A Practice Unit of Family Physicians ICP

National Health Insurance Administration

Funding: USD ~40,000/year

Coordination Headquarters

5-10 clinics

Member (Insured)

Referral of specialist, further tests, hospitalization

Hospital(s)

OPD services
24 hrs emergency hotlines

Preventive services
Case management
Community education

Shared care
Hospitalization
Utilization of labs

Feedback case discussion

Horizontal referral

Vertical referral

Source: National Health Insurance Administration, NHIA 2004

- Number of CHCG
- Percentage of total clinics (%)
- Percentage of total physicians (%)
- Percentage of total NHI beneficiaries (%)

CHCG, Community Healthcare Group; NHI, National Health
Physicians as Air Pollution Prevention Consultants

Estimated 2005 annual average PM$_{2.5}$ concentrations ($\mu$g/m$^3$), presented according to the WHO AQG and interim target values.

2005 annual average PM$_{2.5}$ ($\mu$g/m$^3$):
- < 10 (< WHO guideline)
- 10–15 (< WHO interim target 3)
- 15–25 (< WHO interim target 2)
- 25–35 (< WHO interim target 1)
- > 35 (> WHO interim target 1)
Effects of Smoking Cessation Clinic
Workplace Health Services
Confederation of Medical Associations in Asia and Oceania

2020 CMAAO General Assembly Taipei

35th CMAAO General Assembly and
56th Council Meeting

September 10 ~ 12, 2020

Hosted by Taiwan Medical Association,
Taipei, Taiwan
Questions & feedback