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**失智長者核心健康指標：**過去失智症患者的健康問題常被片段式處理，缺乏整體觀點，導致照護方向不一致。本研究突破此困境，找出失智長者核心健康指標，並建立「整合性健康評估套組」，以完整且科學化的架構，協助照護團隊精準掌握健康狀態。

失智長者核心健康指標共 18 項分布於五大構面：認知行為障礙、感覺知覺障礙、疾病功能障礙、功能性體適能退化及社會隔離，搭配五種觀察量表與六項身體功能測試組成評估套組，這些構面不僅反映失智症的多面向影響，亦提供照護人員全面性的健康觀察架構。評估套組適用於監測健康變化、及早介入延緩疾病惡化，也能在健康促進活動前後或依日照中心規範定期評估，確保照護計畫更具科學依據。

未來，我們將運用此工具進行大規模健康調查，找出預測因子，進一步建立失智長者健康模式，推動精準照護，提升生活品質。



Domain / Indicators	Measurements
Domain 1: Cognitive and behavioral impairment	
Cognitive status	MoCA
Psychiatric behavioral symptoms	NPI-Q
Domain 2: Sensory and perceptual impairment	
Pain perception	PAINAD
Hearing impairment	Question #16 of FCI
Visual impairment	Question #15 of FCI
Domain 3: Disease and dysfunction	
ADL	Item #1-4 of DAD
IADL	Item #5-10 of DAD
Chronic diseases and Comorbidities	FCI
Polypharmacy	Survey the number of medication types
Sleep disturbance	Actigraphy
Domain 4: Functional fitness deterioration	
Balance ability	Balance test in SPPB
Lower limb muscle strength	Chair stand test in SPPB
Gait speed	Gait speed test in SPPB
Handgrip strength	Digital handgrip dynamometer (TKK-5101)
Cardiorespiratory endurance	Two-minute step test
Domain 5: Social isolation	
Family social support	Is there family or social support?
Social interactions	Frequency of interpersonal interactions
Social engagement	Frequency and type of social participation

*Note.* ADL = Activities of daily living, DAD = Disability Assessment for Dementia, FCI = Functional Comorbidity Index, IADL = Instrumental activities of daily living, MoCA = Montreal Cognitive Assessment, NPI-Q = Neuropsychiatric Inventory Questionnaire; PAINAD = Pain Assessment in Advanced Dementia Scale; SPPB = Short Physical Performance Battery.

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<https://doi.org/10.1111/wvn.70060>



### 【具體成果】



#### ● 獲獎經歷

1. 114 年高雄醫學大學研究計畫績優獎
2. 114 年高雄醫學大學研究成果績優獎
3. 114 年高雄醫學大學優秀論文獎

### 【研究團隊】

**團隊成員：**陳桂敏教授、林育德教授、郭藍遠教授、何佩珊教授、王靜枝教授、林麗惠教授、Frank Belcastro 教授、董曉婷助理教授、陳孟勤助理教授、張江清講師

**團隊簡介：**陳桂敏教授帶領的研究團隊長期致力於老年人之長期照護研究與服務，研究方向包括應用於老年人之健康促進策略、老年人適用之運動方式與活動設計、輔助/另類療法開發、老人護理與長期照護之相關研究。

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**The core health indicators for older adults with dementia:**

Health issues of older adults with dementia were managed in a fragmented manner, without adopting a holistic approach, resulting in inconsistent care. This study made a groundbreaking advance by identifying core health indicators for older adults with dementia and developing an integrated health assessment toolkit. This comprehensive, scientifically structured framework enables care teams to accurately monitor health status.

The core health indicators for older adults with dementia consist of 18 indicators across five domains: (1) cognitive and behavioral impairment, (2) sensory and perceptual impairment, (3) disease and dysfunction, (4) functional fitness deterioration, and (5) social isolation. The study developed a health assessment toolkit comprising five observational scales and six physical function measures to provide comprehensive health data. These domains not only reflect the multifaceted impacts of dementia but also provide caregivers with a holistic framework for health monitoring. The assessment toolkit supports tracking health changes of older adults with dementia, enabling timely interventions that may delay disease progression and improve overall well-being. Assessments should be conducted before and after health promotion activities or at regular intervals in accordance with adult daycare center guidelines to ensure evidence-based care planning.

Future research will use this toolkit to conduct large-scale health surveys, identify predictive factors, establish health models for older adults with dementia, and promote precision care to improve their quality of life.



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### 【Concrete Results】

#### ● Academic Achievements

1. 2025: Outstanding Research Project Award, Kaohsiung Medical University
2. 2025: Outstanding Research Achievement Award, Kaohsiung Medical University
3. 2025: Outstanding Paper Award, Kaohsiung Medical University

### 【Research Team】

**Team Members:** Professor Kuei-Min Chen, Professor Yu-Te Lin, Professor Lan-Yuen Guo, Professor Pei-Shan Ho, Professor Jing-Jy Wang, Professor Li-Hui Lin, Professor Frank Belcastro, Assistant Professor Hsiao-Ting Tung, Assistant Professor Meng-Chin Chen, Lecture Chiang-Ching Chang

**Research Team Introduction:** The research team lead by Professor Kuei-Min Chen has long been focusing on research and clinical services for older adults and long-term care sector. The research topics emphasize health promotion programs for older adults, designing physical exercise programs for older adults, complementary and alternative therapies applications, and a wide array of topics associated with long-term care in aging.

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