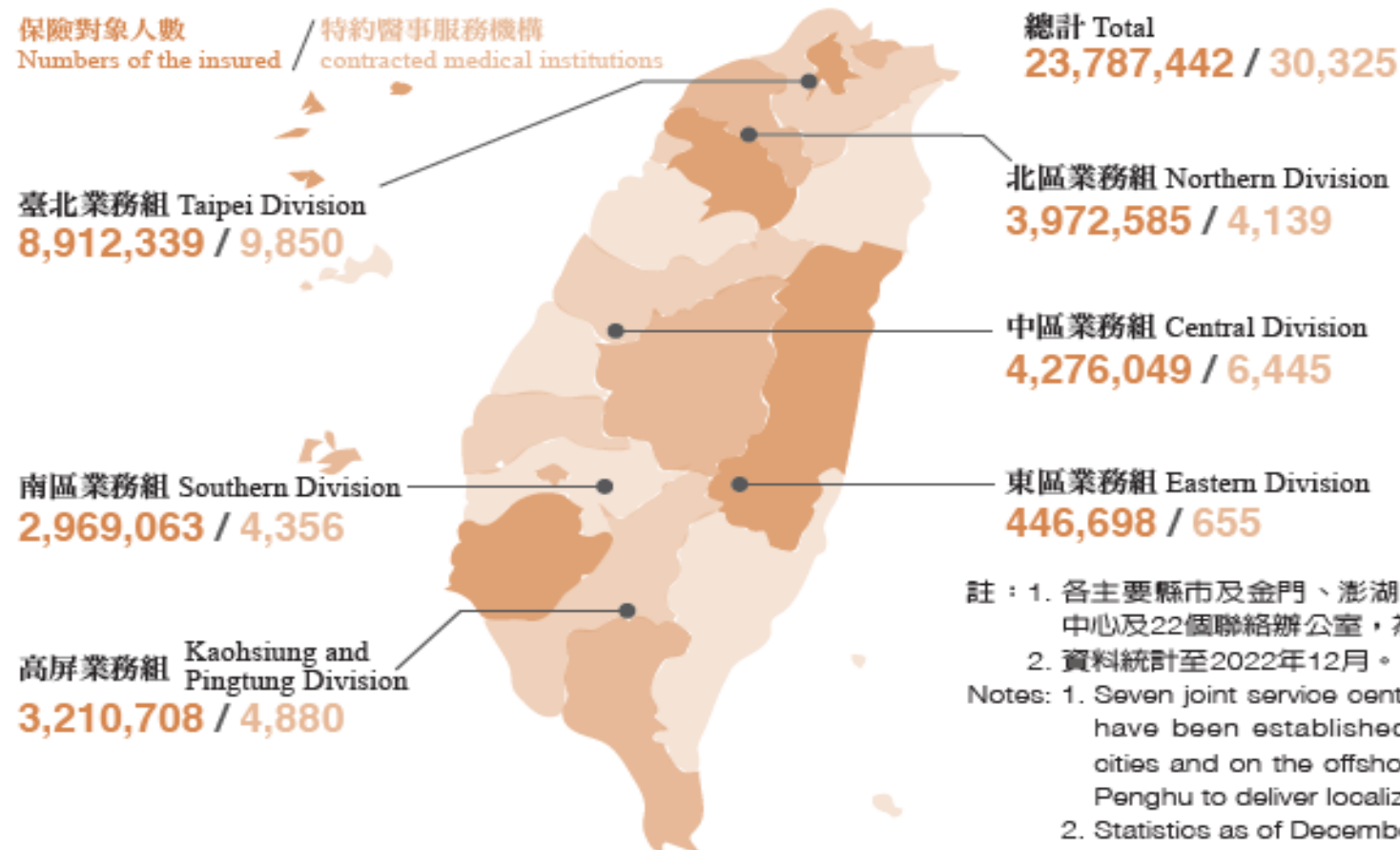




表1-1 中央健康保險署各分區業務組

Table 1-1 The NHIA's Regional Divisions



註：1. 各主要縣市及金門、澎湖等地，設立7個聯合服務中心及22個聯絡辦公室，為民眾提供在地化服務。

2. 資料統計至2022年12月。

Notes: 1. Seven joint service centers and 22 liaison offices have been established in major counties and cities and on the offshore islands of Kinmen and Penghu to deliver localized services.

2. Statistics as of December 2022.

基於前述推動基礎，健保署參考使用者回 照護品質。



分期繳納

對於不符合紓困貸款資格，但積欠健保費達2,000元以上，因經濟困難無法一次繳清者，2021年全年辦理分期繳納共7萬件，合計23.39億元。2022年全年辦理分期繳納共7.2萬件，合計21.94億元。

轉介公益團體補助保險費

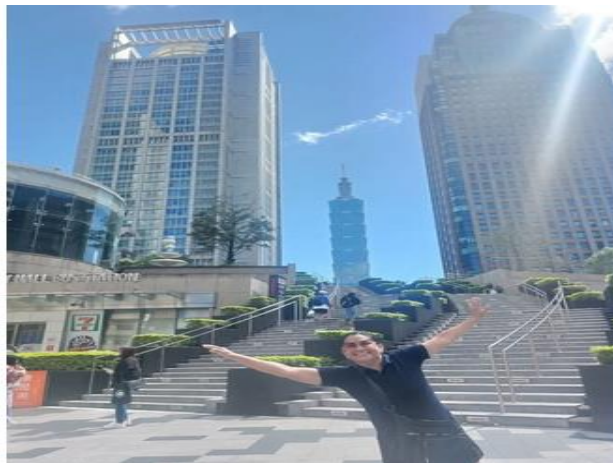
對於無力繳納健保費者，健保署提供轉介公益團體、企業及個人愛心捐款，以補助其健保費。2021年全年轉介成功個案計4,391件，補助金額共2,683萬餘元。2022年全年轉介成功個案計4,734件，補助金額共3,632萬餘元。

保障弱勢民衆就醫權益

為落實醫療平權之普世價值，及蔡總統競選









Secretaría General de Comunicación de la Presidencia





食品營養

(Food and nutrition)

(Alimento y Nutrición)

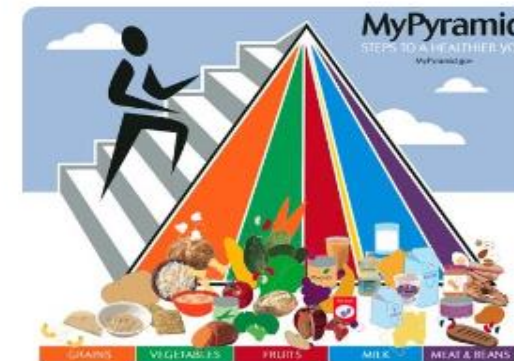
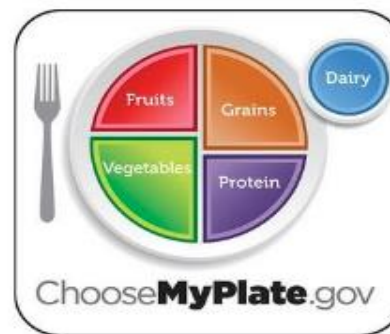


許青雲 長庚科技大學 保健營養系 教授/營養師



Dr. Hsu Ching-Yun
Department of Nutrition and Health Sciences Ph. D/R.D

食事バランスガイド



5

均衡營養是甚麼? What is a balanced diet? : Qué es una dieta balanceada?



Secretaría General de Comunicación de la Presidencia

EL NUEVO
ECUADOR



Outlines

- ✓ Basics of Aromatherapy
- ✓ Methods of Applying Aromatherapy
- ✓ Aromatherapy for infection Prevention and Control
- ✓ DIY Activity



Methods of Applying Aromatherapy



Diffusion



Inhalation



Topical Use



Peppermint (Mentha piperita)

- **Plant Part:** Leaves
- **Volatility:** Medium-High
- **Properties:** Cooling, analgesic, antispasmodic
- **Uses:** Relieves headaches, reduces muscle pain, eases indigestion, and boosts mental clarity.



Tea Tree (Melaleuca alternifolia)

- **Plant Part:** Leaves
- **Volatility:** High/Medium
- **Properties:** Antibacterial, anti-fungal, antiviral
- **Uses:** Treats acne, fungal infections, minor cuts, insect bites, and is used in cleaning products.



Eucalyptus (Eucalyptus globulus)

- **Plant Part:** Leaves
- **Volatility:** High (fast evaporation rate)
- **Properties:** Antiseptic, decongestant, anti-inflammatory
- **Uses:** Relieves respiratory conditions (colds, coughs), soothes muscle aches, and disinfects wounds.



Lemon (Citrus limon)

- **Plant Part:** Peel
- **Volatility:** High
- **Properties:** Antibacterial, antiviral, energizing
- **Uses:** Elevates mood, supports digestion, cleanses skin, and is used in cleaning products.



Frankincense (Boswellia carteri)

- **Plant Part:** Resin
- **Volatility:** Low
- **Properties:** Anti-inflammatory, astringent, immune-boosting
- **Uses:** Supports skin health, reduces inflammation, aids meditation, and boosts immunity.



Rosemary (Rosmarinus officinalis)

- **Plant Part:** Leaves
- **Volatility:** Medium
- **Properties:** Stimulating, antioxidant, antimicrobial
- **Uses:** Improves memory, supports hair growth, relieves muscle pain.



Chamomile (Matricaria recutita)

- **Plant Part:** Flowers
- **Volatility:** Medium/Low
- **Properties:** Calming, anti-inflammatory, analgesic
- **Uses:** Reduce stress, Promote sleep, Promotes relaxation, soothes skin irritations, reduces inflammation.



UNDERSTANDING DEPRESSION

A chronic, recurrent condition.

Without appropriate treatment, it tends to become chronic and prone to relapse. Increased vulnerability may lead to refractory (hard-to-treat) depression.

After the first episode, about 80% of patients will relapse.

Post-recovery, observation and tracking continue for 1-2 years.

Acute treatment with antidepressants for immediate symptom relief: 2-3 weeks.

Continuation treatment for recovery period: up to six months.

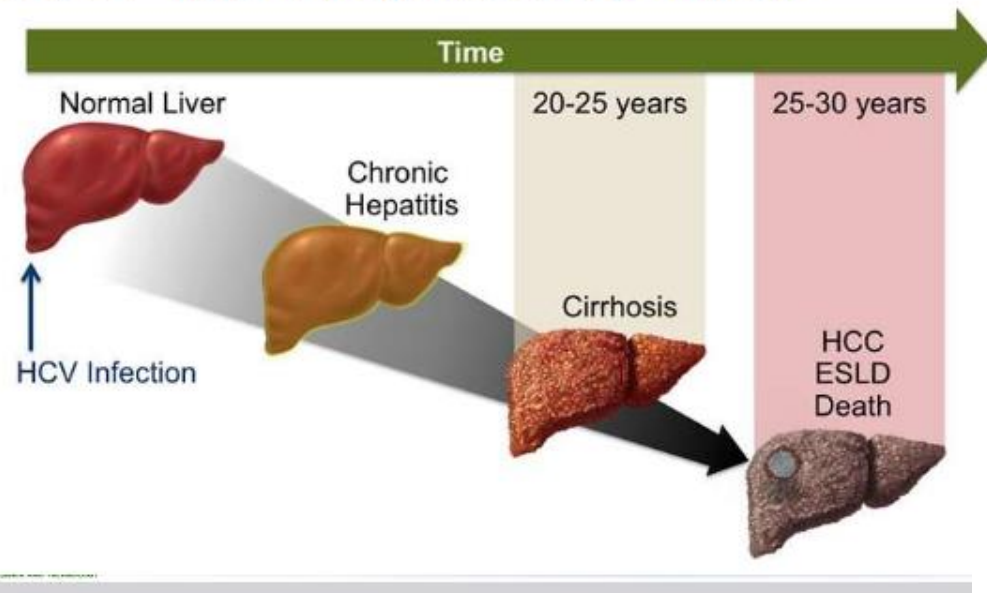
Maintenance treatment for three to five years to prevent relapse (Segal, Williams & Teasdale 2007).



Office Stretches and Exercises



HCV and Hepatic mortality



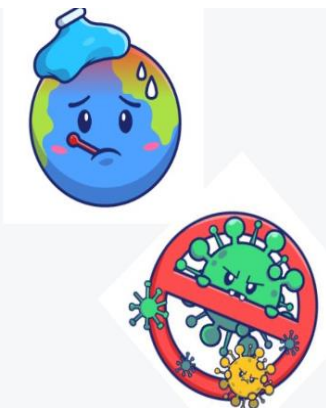
The goal of HCV elimination

World Health Organization: 2030

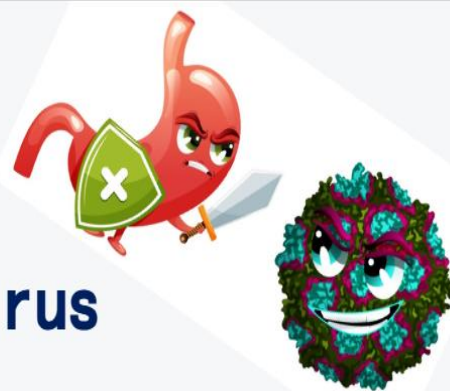
Taiwan: 2025-Yes, we can achieve, because
we are front-line nurses.



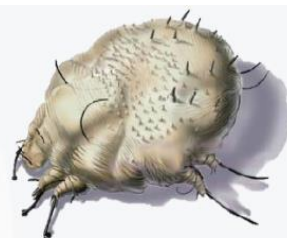
Influenza



Norovirus



Scabies



2024年35週腸病毒就診千分比地理分佈



Vigilancia de casos de enterovirus en
pacientes ambulatorios y urgencias leves en
Taiwán

10

30000

- Influenza/COVID-19~人口密集機構/醫院

- RSV~坐月子中心/托嬰中心

- 腸病毒~坐月子中心/托嬰中心

空氣傳播

- 肺結核~人口密集機構

- 麻疹~醫院

接觸傳播



全國 麻疹 本土病例及境外移入病例 地理分佈 (2024年-202
[發病日 2024/01/01-2024/12/28]



全國 麻疹 本土病例及境外移入病例 趨勢圖 (2023年1週-2024年36週)
[發病日 2023/01/01-2024/09/07]





Hand Hygiene Guidance

問關(認知前後測)/有獎徵答/回覆示教/團體學習



Oral Health Care and Practice



Research Center for
Intelligent Medical Devices
智慧醫療研究中心

STEM Education and
Healthcare

洪國永 Kuo-Yung Hung
COE Dean, Director
e-mail: kuoyung@mail.mcut.edu.tw



Be Kind to Yourself

Mindfulness Eating Practice



1. Clean hands
2. One napkin (folded) with two raisins



Secretaría General de Comunicación de la Presidencia

Be Kind to Yourself

■ Mindfulness Breathing Meditation



NUEVO
ECUADOR

藥師勤留意 天狗無二波

敬請藥師於執業時，發現自疫區返台疑似登革熱相關症狀之民眾，主動關懷衛教並轉介至轄區診所執行相關檢疫防疫措施或撥打登革熱防疫專線06-336-6366

民眾就醫，出現登革熱疑似症狀

突發發燒 $\geq 38^{\circ}\text{C}$ 並伴隨下列任二（含）項以上症狀

- 頭痛/後眼窩痛/肌肉痛/關節痛/骨頭痛
- 出疹 ●白血球減少 ●噁心/嘔吐 ●血壓帶試驗陽性
- 任一警示徵象：腹部疼痛及壓痛、持續性嘔吐、臨床上體液蓄積（腹水、胸水...）、黏膜出血、嗜睡、躁動不安、肝臟腫大超出肋緣下緣2公分、血比容增加伴隨血小板急速下降。



快快篩 - 快快好

<https://reurl.cc/yyNKga>

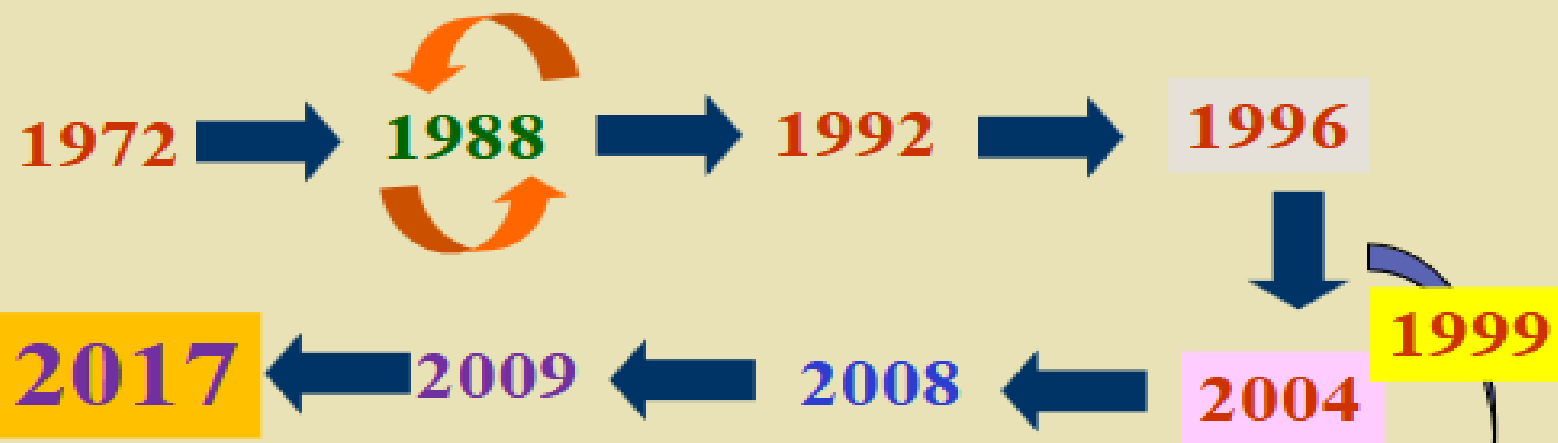


敬請鄉親
多多配合



Evolution of the Definition of Health-Associated Infections

- The Centers for Disease Control and Prevention (CDC) in the United States established definitions for nosocomial infections



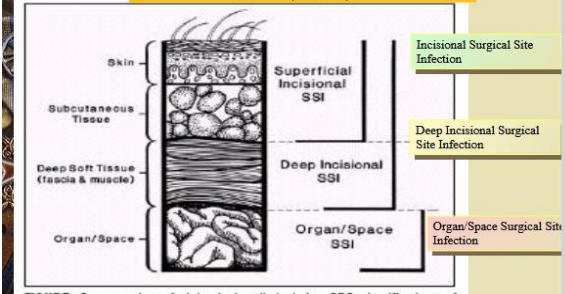
Currently, hospitals in Taiwan adopt these updated definitions as the standard for identifying hospital-acquired infections

The CDC has also published the Centers for Disease Control and Prevention Guidelines for the Prevention of Surgical Site Infections

Robotic Surgery



Classification of Surgical Wounds (Part 4)



Evidence-Based Strategies for Preventing SSI: Preoperative Phase (Part 1)

1. Appropriate Hair Removal

According to the United States CDC (1999) recommendations

- Unless hair interferes with the surgery, there is **no need to prepare the skin** or remove hair before the operation.

Evidence-Based Strategies for Preventing SSI: Preoperative Phase (Part 2)

2. Skin Cleansing

According to the United States CDC (1999) recommendations:

Preoperative Showering or Bathing: It is strongly recommended to shower or bathe with an antimicrobial skin agent on the day before surgery and the day of surgery. This practice can reduce surgical site infections (SSI) by 30%.

- The UK CDC advises:

Preoperative Showering or Bathing: Patients should bathe or shower once before surgery, but the use of an antimicrobial agent is not required.

Evidence-Based Strategies for Preventing SSI: Preoperative Phase (Part 3)

3. Maintaining Blood Glucose Stability

- On the day of surgery and within two days postoperatively, blood glucose levels should be maintained between 90 and 180 mg/dL (5 to 10 mmol/L).
- Cardiac Surgery Patients: Blood glucose should be controlled to below 200 mg/dL.
- Critically Ill Patients: Blood glucose levels should be maintained between 140 and 180 mg/dL. This range, compared to Intensive Insulin Therapy (IIT), can reduce mortality rates and decrease the incidence of severe hypoglycemia (blood glucose < 40 mg/dL).

Evidence-Based Strategies for Preventing SSI: Preoperative Phase (Part 7)

6. Appropriate Use of Prophylactic Antibiotics

- Appropriate antibiotics should be selected based on the type of surgery and the most common pathogens causing infections in specific surgical procedures. These should be administered within 1 hour before skin incision.
- When using fluoroquinolones and vancomycin, they should be administered 2 hours before skin incision.
- Prophylactic antibiotics should be discontinued within 24 hours after surgery (for cardiac surgery, within 48 hours).

Evidence-Based Strategies for Preventing SSI in the Intraoperative Phase

- Control the operating room environment
- Disinfect the hands of surgical staff.
- Maintain normal body temperature of the surgical patient.
- Increase oxygen supply to the surgical patient.
- Adhere to surgical aseptic principles.

Evidence-Based Strategies for Preventing SSI: Postoperative Phase (Part 1)

1. Surgical Site Care

According to the United States CDC (1999) recommendations:

- After surgery, cover the surgical site with sterile dressing for 24 to 48 hours. This can reduce the incidence of surgical site infections (SSI) from 7.1% to 2.6%.
- Before changing the dressing, ensure proper hand washing and use sterile gloves during the procedure.
- Adhere to aseptic techniques during the dressing change.

Ranking of common HAIs bacteria in ICU of medical centers in the past three years in Taiwan

	2021	2022	2023
菌種	Ranking		
<i>Enterococcus faecium</i>	2	1	1
<i>Klebsiella pneumoniae</i>	1	2	2
<i>Candida albicans</i>	3	3	3
<i>Escherichia coli</i>	4	4	4
<i>Pseudomonas aeruginosa</i>	5	5	5
Yeast-like	6	7	6
<i>Acinetobacter baumannii</i>	7	6	7
<i>Stenotrophomonas maltophilia</i>	11	8	8
<i>Enterococcus faecalis</i>	10	9	9
<i>Enterobacter</i> species	8	13	10

Strategies to prevent Catheter-Associated Urinary Tract Infections (CAUTIs)

- Perform a risk assessment to remove unnecessary catheters.-
- Ensure only trained personnel insert urinary catheters.-
- Follow aseptic techniques for insertion and maintenance.
- Use alternatives to indwelling catheters, like intermittent catheterization.
- Monitor and document catheter use and maintenance.
- Educate healthcare personnel on proper insertion, care, and



Strategies to prevent Central Line-Associated Bloodstream Infection (CLABSI)

- Conduct hand hygiene before catheter insertion.
- Use maximum sterile barrier precautions during insertion.
- Prefer the subclavian site for catheter placement.
- Use chlorhexidine for skin antisepsis.
- Change dressings regularly and when soiled or loose.
- Perform daily monitoring and remove nonessential

Strategies to prevent Ventilator-Associated Pneumonia (VAP)

- Avoid intubation and promote noninvasive ventilation if possible.
- Minimize sedation and use spontaneous breathing trials.
- Elevate the head of the bed to 30°–45°.
- Provide regular oral care without chlorhexidine.
- Change ventilator circuits only when visibly soiled.
- Use subglottic secretion drainage endotracheal tubes for prolonged intubation.

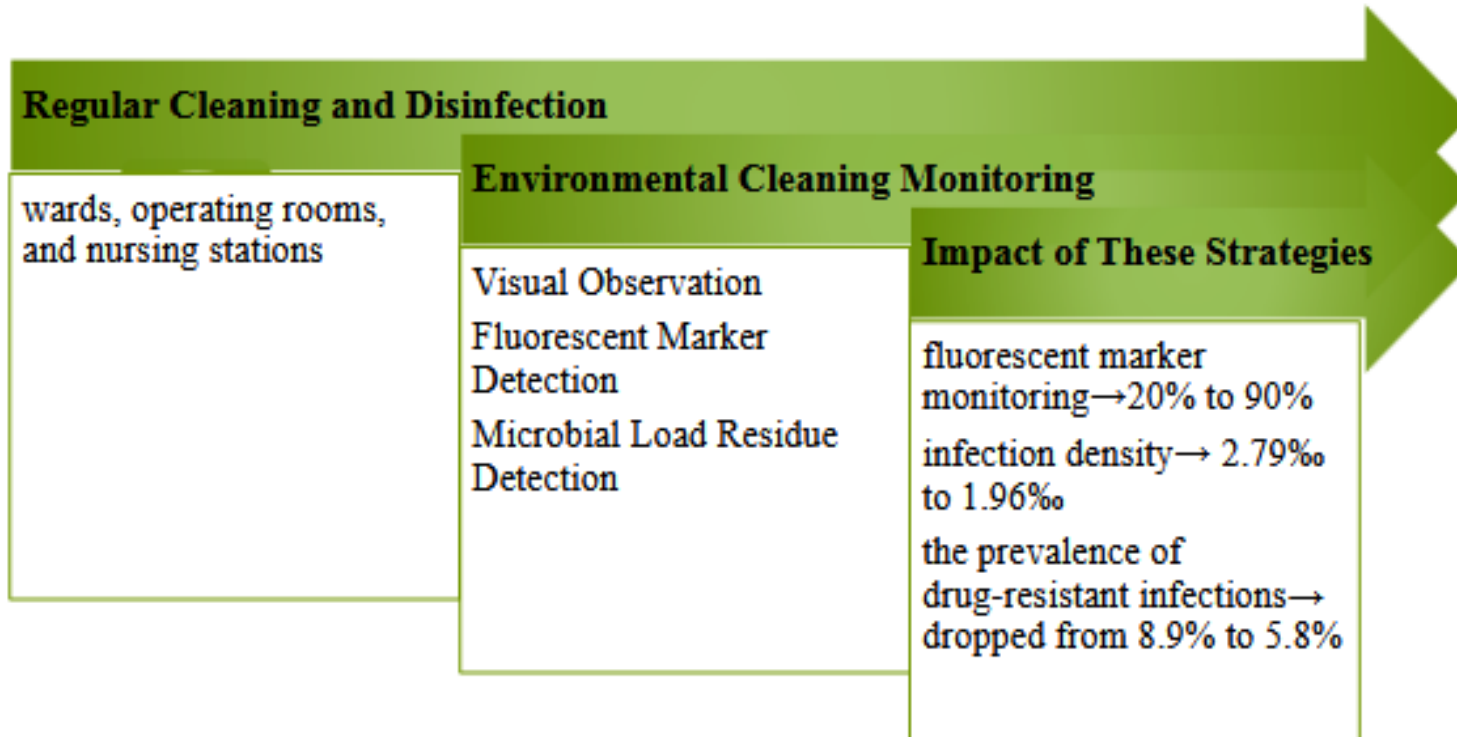
Source: Yokoe, D. S., Adams, S. D., Anderson, D. U., Babcock, R. G., Bell, N., Berthelot, C. M., Boyer, R. C., Bush, N., Calderwood, M. S., Calfee, D. P., Dubberke, E. R., Ellingson, K. D., Fishman, N. O., Gerding, D. N., Glowicz, J., Hayden, M. K., Kaye, K. S., Klompas, M., Kociol, R. J., and the CLABSI and VAP Workgroup. Executive Summary: A Compendium of Strategies to Prevent Healthcare-Associated Infections in Acute-Care Hospitals: 2022 Updates. Infection control and hospital epidemiology, 44(10), 2019, 1000-1010.

Common Infectious Diseases in the ICU -Multidrug-Resistant Organisms (MDROs)

- Strict adherence to hand hygiene protocols.
- Use of contact precautions for patients with MDROs.
- Implement antibiotic stewardship programs to minimize unnecessary antibiotic use.



Environmental cleaning in healthcare settings in Taiwan





保護自己 照顧他人



A scenic view of a mountain range with a sea of clouds below and a clear blue sky above. The text is overlaid on the upper portion of the image.

Thank You for Listening

Wishing everyone peace and ease.