

The Current Situation and Exploration of the Pathway of Integrated Medical and Nursing Care Model

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Abstract

The aging process of China's population is accelerating day by day, the increase of the aging population brought about by the social problems have also attracted people's extensive attention. As our living standard is improving day by day, people's expectation that they will be provided for when they are old is now changed to the expectation that they will be provided for and treated for when they are old. The combination of medical care and old-age care, namely, the combination of medical care and old-age care, can make the elderly feel more comfortable and provide them with a happy, healthy, quality and valuable life in their later years. However, China's medical care policy for the elderly is not comprehensive. This paper will describe how to establish a comprehensive and perfect combination of medical care and support for the elderly pension model from the five parts of the government guiding the construction of talent team hierarchical hierarchical nursing Internet + combination of medical care and support to establish family doctor responsibility system.

Keywords

Integrated health care model; Talent development; Family doctor.

1. Research Background

By 2020, according to the survey, there are 1 old people in every 5 people in Our country. The total number of old people in our country and the proportion of the total population are rising. It is expected that in the next 20 or 30 years, the proportion of the elderly population in our country will reach a new peak, accounting for about one-third of our population. The survey shows that the incidence of chronic diseases is as high as 50% or even higher among the elderly over the age of 60 in China, and each person suffers from 2-3 chronic diseases. With the increasing aging of China's population, the scale of the elderly who cannot take care of their daily lives is also expanding, which will require a large number of social resources to take care of the elderly's normal daily life, such as human resources, material resources, financial resources and other social resources. Therefore, in the context of such a severe aging population, China's demand for medical care combined with elderly care services will continue to grow. The combination of medical and pension service model is a new pension model that organically combines medical resources and pension resources, which is more comprehensive and better than the traditional pension model Health, the combination of medical and nursing can fully allocate the connection between various resources, so that the overall function of resources is higher, so as to maximize the utilization of social resources for the elderly, and build a more comprehensive and perfect pension model more effectively.

The combination of medical and nursing care for the elderly model has changed from the former independent management of pension institutions and medical institutions, mainly increasing the internal connection between the two, which will well meet the various medical needs of the elderly in the pension, to ensure that they can meet the needs of the elderly at any time. The establishment of the pension mode combining medical care will help to further

improve China's pension system and medical system, and effectively improve the happiness and quality of the elderly in their later life. In addition, the combination of medical care for the elderly model will greatly reduce the pressure of the young generation and pension institutions, and the elderly can be timely and correct treatment in the event of sudden disease, reduce the mortality of the elderly sudden disease.

2. Expand Publicity

As an innovative pension service mode, the combination of medical care and support has great significance to improve the current situation of medical care for the elderly in China, and gradually become a breakthrough to solve the problem of the elderly in the aging stage of the population. The traditional pension model is not comprehensive, it does not include medical treatment, but simply live in pension institutions, or home care. For example, there is no special green channel for the elderly in terms of medical treatment, and nursing institutions can only provide simple physical examination for the elderly. When there is an emergency medical event, it is necessary to contact the elderly and their children and wait for the ambulance, which is easy to miss the golden time for the elderly first aid to a large extent. Since 2015, The State Council has issued policies supporting the combination of medical care and elderly care and establishing and improving elderly care services. It is found that China's policies do not promote and guide the combination of medical and nursing care, resulting in the majority of people lack of basic understanding of the mode of combination of medical and nursing care. Therefore, the government should actively implement the mode of combining medical care with nursing care. By issuing brochures, creating wechat public accounts and carrying out offline lectures, the scope of demand groups for the mode of combining medical care should be expanded, not only limited to the medical problems of the sick elderly. The government should also encourage the organic integration of old-age care institutions and medical institutions, establish preferential tax policies in relevant aspects, attract excellent institutions and enterprises to participate, promote the win-win situation of medical and old-age care industry, so that the benefits brought by the combination of medical and old-age care model can truly spread to the whole society of the elderly.

3. Construction of Professional Personnel Team

According to the data of China Statistical Yearbook from 2021 to 2021, it is found that the number of skilled health personnel per 1,000 people in urban and rural areas of China is on the rise, see Figure 1, but geriatric medical care-related professionals still cannot meet the current aging needs. This is also an important reason for the limited space for the development of the combination of medical care and elderly care and the lagging speed of progress. Before the promotion of the combination of medical care and elderly care model, it is extremely urgent to train a large number of professional medical and nursing staff for the elderly. In carrying out professional nursing training, medical institutions should strengthen the professional training and theoretical knowledge of geriatric nursing, actively develop multi-level medical education for the aged, and increase the investment of personnel training funds. Enhance the attractiveness of the geriatric care industry, encourage medical staff to practice in the medical structure, and enjoy the same treatment in professional title assessment and other aspects. To build the perfect medical combined with professional talent team, let old people see the doctor. In addition medical establishment should be the old man's special green channel, let the old man get more professional timely treatment. In addition, the government must be attach importance to advance design supervision departments and establish supervision mechanism, effective training process, standardize the medical institutions to reassure the elderly.

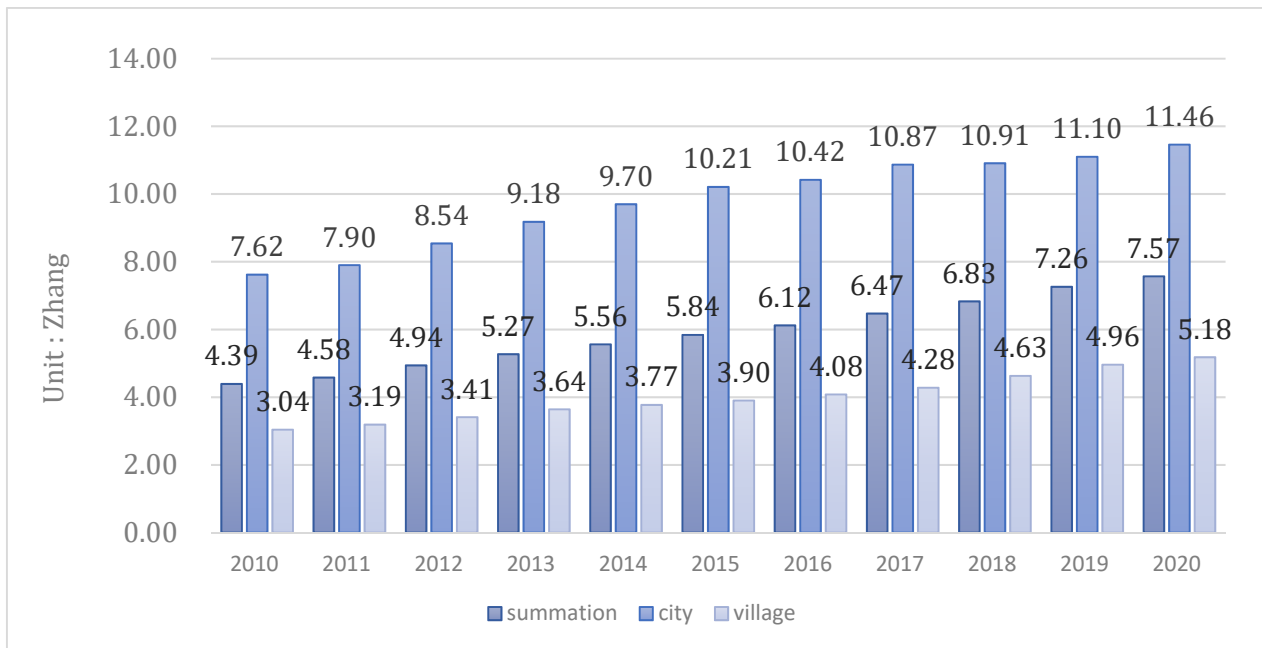


Figure 1. Health technical personnel per thousand people in urban and rural areas

4. Levels of Stratified Nursing

4.1. Have The Ability to Take Care of Themselves Can Adopt Family and Community Pension

For the elderly with mild chronic diseases and those who can take care of themselves, family and community pension model can be adopted. Local governments can divide regions and set up relevant health departments. Relevant departments can establish health documents for the elderly with better self-care ability; Contact the hospital or medical institution, organize the elderly regularly to have physical examination and arrange physical examination data, if the condition is discovered, can timely inform the doctor to treat additionally can regularly arrange special lectures of medical knowledge for the elderly, increase the elderly to understand the knowledge of senile diseases.

4.2. Those with Poor Self-care Ability and No Self-care Ability Enter Institutions for the Elderly

For the elderly with poor or no self-care ability, they can enter the medical and nursing institutions for the elderly, which can also reduce the pressure of the elderly and their children. The medical and nursing institutions should be dedicated to nursing, strictly check the condition and vital signs, and conscientiously do all basic work to ensure the life safety of the elderly. At the same time, strict nursing plans should be made for the elderly in critical condition to ensure that medical equipment is intact and they can cooperate with doctors for rescue at any time. At the same time, the government should formulate unified nursing service standards and nursing grade classification to encourage the supervision of the combination of medical and nursing services from all walks of life. We will establish unified and sound supporting policies for elderly care and medical care, further implement the combination of medical care and elderly care, so that more elderly people are willing to go to such institutions for elderly care and rehabilitation treatment. So that the elderly can spend a quality and temperature in their old age without bothering their children.

4.3. Professional Psychological Counseling for the Elderly with Mental Health Problems

The questionnaire results show that mental health plays a large part in the expected old-age life, (see Chart 2). Mental health should be attached great importance to the diseases of the elderly. According to the data released by the World Health Organization in 2018, the prevalence of depression among the elderly aged 65 and above is about 10% to 15%. Many elderly people become depressed and joyless due to the death of their spouse, which even leads to severe depression, namely geriatric depression disorder. There are also some old people's children do not often go home, the emotional needs of the elderly and social interaction can not be effectively met, is also an important reason for the elderly suffering from depression. It is necessary to set up consultation institutions for the mental health problems of the elderly, psychological guidance and emotional dredge, so that the elderly live a healthy and happy old life.

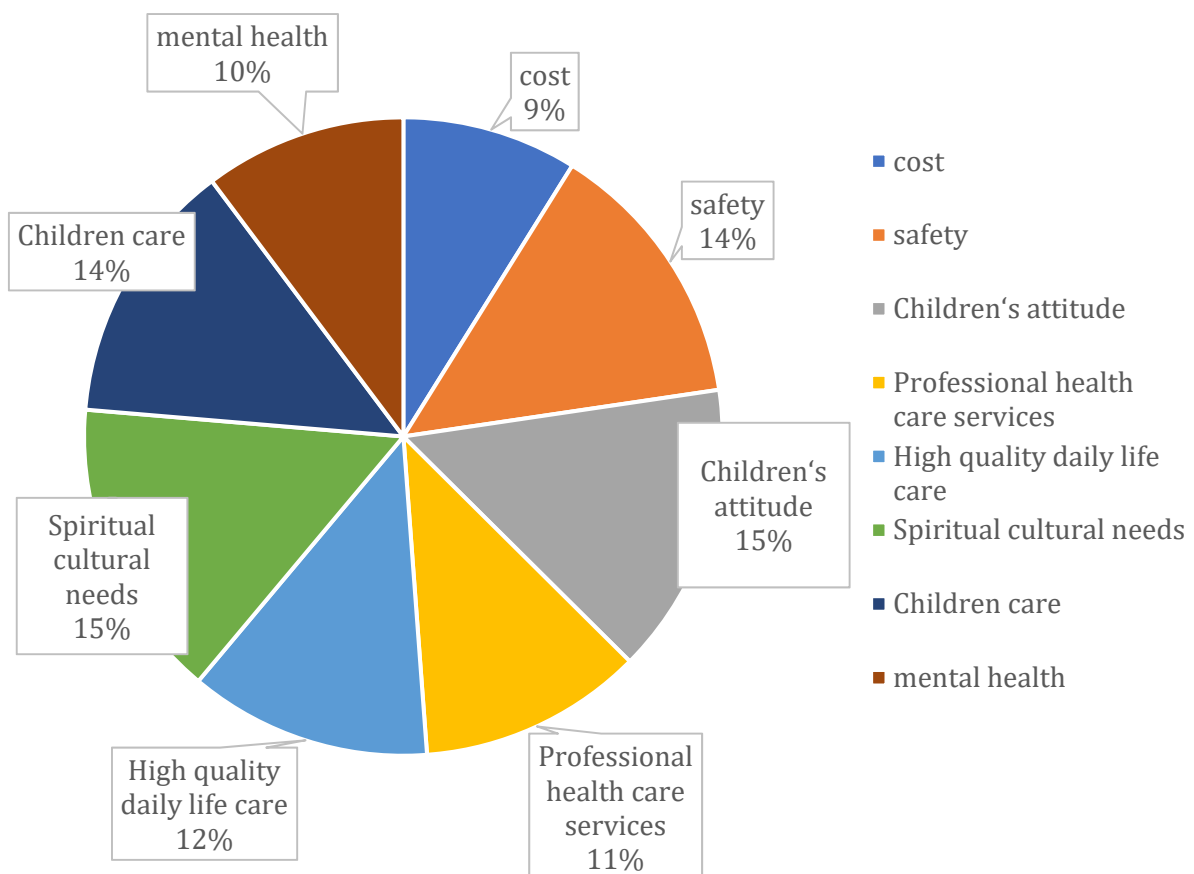


Figure 2. Issues concerning pension

5. Integrating Medical Care with the Internet

5.1. Establish A Medical Intelligent Joint Elderly Care Information Sharing Platform

With the rapid development of the economy, the Internet and big data have been widely popularized. The mode of combining medical care and elderly care can be connected with the Internet to create a new pension mode of medical care + Internet. The government can establish a joint information sharing platform to collect health data of the elderly and carry out real-time data sharing. The platform can centrally process regional electronic medical records and share medical resources to realize the interconnection between pension institutions and medical

institutions. At the same time, the platform can provide teaching videos and simple operation guide, so that the elderly can better use the platform, and provide health consultation and recommend appropriate medical service resources for the elderly. Pension institutions can also contact appropriate medical institutions through the health information of the elderly shared on the platform to create special care for the elderly.

5.2. Use of High-tech Medical Equipment

If the elderly at home are not accompanied by family members or other personnel, emergency remote call equipment and cameras can be installed in the elderly home or pension institution to remotely monitor their daily life in real time. When the elderly have an accident, the elderly can press a button for help, so that the other end of the monitoring equipment to find the elderly situation in time, and contact the nearest local medical personnel, timely and effective treatment of the elderly; Electronic smart watches can also be worn for the elderly to monitor their temperature, heart rate, blood pressure and other vital signs in real time. In addition, electronic devices can remind the elderly to take medicine on time for real-time positioning. The use of high-tech equipment can effectively deal with the elderly sudden illness, provide fast and convenient service for the elderly, to ensure the health and life safety of the elderly.

6. To Establish A Family Doctor Responsibility System to Promote the Combination of Medical Care for the Elderly Model.

6.1. Strengthen Publicity to Guide the Meaning of Family Doctor Correctly

The combination of medical care and nursing in China is still in the exploratory stage due to its late emergence and slow development, and most people do not know or even know the relevant knowledge of family doctors, which leads to the lack of trust in them. This is where the government's guiding role, supporting the family doctor this model, make the social group to the family doctor In addition, you can through the social media publicity, so that people understand family doctors in the importance of lifestyle diseases health knowledge education, and let people understand understand family doctor is reliable, is approved by the government. Based on this, can let the family doctor face-to-face service, in the service process, make people feel in the life, the existence of the family doctor is very convenient, so as to improve the public's trust, and on its dependencies, let old people never leave home can receive high quality medical service, reduce hospital running back and forth, spend old age more happy and healthy.

6.2. Improve the Diagnosis and Treatment Level of Family Doctors and Establish A Medical Management System

Want to have more people involved in the family doctor, the government will need to devote more energy and resources, and raise welfare treatment of family doctors, improving family doctors professional identity, so as not to cause the family doctor talent gap, and need continuing professional skill training of family doctors, improve their professional level. Strengthen the interaction between family doctors and community residents, so that community residents have a sense of trust in family doctors on the psychological level Also can be targeted to build system of family first, in the elderly family emergencies, family doctors through the diagnosis, emergency first aid, if it serious, will help the old man to choose the appropriate hospital and department, not only save time, can also relieve the strain on medical resources, and the family doctor can also be responsible for follow-up care Through the above measures can greatly improve the elderly medical difficulties, so that the elderly people more efficient and convenient medical treatment.

7. Conclusion

This paper analyzes the current mode of combining medical care and elderly care and gives countermeasures. The traditional mode of combining medical care and elderly care has been unable to meet the diversified needs of elderly care. In order to further improve the combination of medical care and elderly care service supply quality, so that the elderly can be provided for It is necessary for the whole society to attach great importance to the aging problem and old-age care services, and constantly promote and implement the concept of respecting and loving the elderly. Based on this, the author puts forward several suggestions to promote the combination of medical care and elderly care, hoping to further implement the combination.

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