

## 個人簡歷 CURRICULUM VITAE



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學歷：國立陽明醫學院醫學系

國立陽明大學臨床醫學研究所博士班

國立陽明大學助理教授

### Education

Sept.1983 -Jun.1990: National Yang Ming School of Medicine, Taipei, Taiwan

Sept. 2000-Jun 2005 Ph.D. in Medicine, Institute of Clinical Medicine, School of Medicine, National Yang Ming University

Jun2007- Assistant professor

經歷：台中榮民總醫院新陳代謝科主任醫師(民國 95 年)-(民國 104 年 10 月)

中華民國糖尿病學會秘書長(民國 102 年 5 月起)-(民國 108 年 3 月)

中華民國糖尿病學會理事(民國 108 年 4 月起) -(民國 111 年 3 月)

### Working experiences

Nov 2006- Nov 2015: Chief of Endocrinology and Metabolism section, Department of Medicine, Taichung Veterans General Hospital, Taichung, Taiwan.

Apr 2013-Mar 2019: Secretary General, Diabetes Association of the Republic of China

Mar 2019-Mar 2022: Executive Board, Diabetes Association of the Republic of China

現職：台中榮民總醫院高齡醫學中心主任醫師(民國 104 年 11 月起)-迄今

#### Professional appointments

Nov 2015-Present : Chief of Center for Geriatrics and Gerontology, Taichung Veterans General Hospital, Taichung, Taiwan.

專科學會：中華民國內科學會

中華民國內分泌學會

中華民國糖尿病學會

中華民國糖尿病衛教學會

台灣老年學暨老年醫學會

#### Membership of learned societies

Taiwan Society of Internal Medicine

Association of Endocrinology and Diabetes, R.O.C.

Taiwan Association of Diabetes Educator

Taiwan Association of Gerontology and Geriatrics

#### 發表著作

#### Major research and Publications

1. Shuo-Chun Weng, Cheng-Fu Lin, Chiann-Yi Hsu and Shih-Yi Lin. Effect of frailty, physical performance, and chronic kidney disease on mortality in older patients with diabetes : a retrospective longitudinal cohort study. *Diabetology & Metabolic Syndrome* 2023(accepted) (指導作者).
2. Sun CH, Chou YY, Lee YS, Weng SC, Lin CF, Kuo FH, Hsu PS, Lin SY. Prediction of 30-Day Readmission in Hospitalized Older Adults Using Comprehensive Geriatric Assessment and LACE Index and HOSPITAL Score. *Int J Environ Res Public Health*. 2022 Dec 26;20(1):348. . (指導作者).
3. Lee YS, Chen YM, Chou YY, Lin CS, Chen JP, Kuo FH, Lin CF, Lin SY. Prefrailty subtypes differentially predict 5-year mortality in the functionally independent geriatric population. *Arch Gerontol Geriatr*. 2022 Dec 5;106:104897. (指導作者).
4. Wang YS, Lin CF, Kuo FH, Chou YC, Lin SY. mpact of Daycare Service Interruption during COVID-19 Pandemic on Physical and Mental Functions and

Nutrition in Older People with Dementia. *Healthcare (Basel)*. 2022 Sep 11;10(9):1744. (指導作者).

5. Su CH, Lin SY, Lee CL, Lin CS, Hsu PS, Lee YS . Prediction of Mortality in Older Hospitalized Patients after Discharge as Determined by Comprehensive Geriatric Assessment.. *Int J Environ Res Public Health*. 2022 Jun 24;19(13):7768(第 2 作者).
6. Shuo-Chun Weng, Chiann-Yi Hsu, Chiung-Chyi Shen, Jin-An Huang, Po-Lin Chen and Shih-Yi Lin. Combined Functional Assessment for Predicting Clinical Outcomes in Stroke Patients After Post-acute Care: A Retrospective Multi-Center Cohort in Central Taiwan. *Front. Aging Neurosci.*, 17 June 2022. (指導作者).
7. Lin CF, Liu HC, Lin SY. Kidney Function and Risk of Physical and Cognitive Impairment in Older Persons with Type 2 Diabetes at an Outpatient Clinic with Geriatric Assessment Implementation. *Diabetes Metab Syndr Obes*. 2022 Jan 10;15:79-91. (指導作者).
8. Chao YT, Kuo FH, Lee YS, Huang YH, Weng SC, Chou YY, Lin CS, Lin SY. Characteristics and Outcome Determinants of Hospitalized Older Patients with Cognitive Dysfunction. *Int J Environ Res Public Health*. 2022 Jan 5;19(1):584. (指導作者)
9. Impacts of Heart Failure and Physical Performance on Long-Term Mortality in Old Patients With Chronic Kidney Disease. Shuo-Chun Weng, Yu-Chi Chen, Chiann-Yi Hsu, Chu-Sheng Lin, Der-Cherng Tarng, Shih-Yi Lin. *Front. Cardiovasc. Med.*, 2021; 04 June 2021. (指導作者)
10. Weng SC, Lin CS, Tarng DC, Lin SY. *BMC Geriatr*. 2021 Feb 1;21(1):92. Physical frailty and long-term mortality in older people with chronic heart failure with preserved and reduced ejection fraction: a retrospective longitudinal study. *BMC Geriatr*. 2021 Feb 1;21(1):92. (指導作者)
11. Lin CF, Lin PC, Hu SY, Tsan YT, Liao WK, Lin SY, Lin TC. Comprehensive Geriatric Assessment and Clinical Outcomes in the Older People at the Emergency Department. *Int J Environ Res Public Health*. 2021 Jun 7;18(11):6164. (指導作者).
12. Lin CF, Huang YH, Ju LY, Weng SC, Lee YS, Chou YY, Lin CS, Lin SY. Health-Related Quality of Life Measured by EQ-5D in Relation to Hospital Stay and Readmission in Elderly Patients Hospitalized for Acute Illness. *Int J Environ Res Public Health*. 2020 Jul 24;17(15):5333. (指導作者).
13. Lin CF, Wu JJ, Huang YH, Ju LY, Lin SY, Chou YC, Lin CS. Impact of day care

services on physical and cognitive functions in old people with dementia in a medical center in central Taiwan. *Health Qual Life Outcomes*. 2021 Jun 24;19(1):170.(共同作者)

14. Wu JJ, Weng SC, Liang CK, Lin CS, Lan TH, Lin SY, Lin YT. Effects of kidney function, serum albumin and hemoglobin on dementia severity in the oldest old people with newly diagnosed Alzheimer's disease in a residential aged care facility: a cross-sectional study. *BMC Geriatr*. 2020 Oct 7;20(1):391. (共同作者).
15. Liu IT, Lee WJ, Lin SY, Chang ST, Kao CL, Cheng YY. Therapeutic Effects of Exercise Training on Elderly Patients With Dementia: A Randomized Controlled Trial. *Arch Phys Med Rehabil*. 2020 May;101(5):762-769. (共同作者)
16. Chen TB, Weng SC, Chou YY, Lee YS, Liang CK, Lin CS, Lan TH, Lin SY, Lin YT. Predictors of Mortality in the Oldest Old Patients with Newly Diagnosed Alzheimer Disease in a Residential Aged Care Facility. *Dement Geriatr Cogn Disord*. 2019;48(1-2):93-104. (共同作者)
17. Pay-for-performance for Shared Care of Diabetes in Taiwan. Lee IT, Hsu CC, Sheu WH, Su SL, Wu YL, Lin SY. *J Formos Med Assoc*. 2019 Nov;118 Suppl 2:S122-S129. 通訊作者
18. Lin CS, Lin SY, Chou MY, Chen LY, Wang KY, Chen LK, Lin YT, Loh CH. Hospitalization and associated factors in people with Alzheimer's disease residing in a long-term care facility in southern Taiwan. *Geriatr Gerontol Int*. 2017 Apr;17 Suppl 1:50-56. (共同作者)
19. Lin SY, Wang YY, Chang CY, Wu CC, Chen WY, Liao SL, Chen CJ\*. 2021. TNF- $\alpha$  receptor inhibitor alleviates metabolic and inflammatory changes in a rat model of ischemic stroke. *Antioxidants*. 2021;10:851(第一作者)
20. Effects of  $\beta$ -Adrenergic Blockade on Metabolic and Inflammatory Responses in a Rat Model of Ischemic Stroke. Shih-Yi Lin, Ya-Yu Wang, Cheng-Yi Chang, Chih-Cheng Wu, Wen-Ying Chen, Yu-Hsiang Kuan, Su-Lan Liao and Chun-Jung Chen. *Cells* 2020; Jun 1;9(6):1373.(第一作者)
21. Lin SY, Yang CP, Wang YY, Hsiao CW, Chen WY, Liao SL, Lo YL, Chang YH, Hong CJ, Chen CJ. Interleukin-4 Improves Metabolic Abnormalities in Leptin-Deficient and High-Fat Diet Mice. *Int J Mol Sci*. 2020 Jun 23;21(12):4451. (第一作者)
22. Hepatoprotective activities of rosmarinic acid against extrahepatic cholestasis in rats. Lin SY, Wang YY, Chen WY, Liao SL, Chou ST, Yang CP, Chen CJ. *Food Chem Toxicol*. 2017 Oct;108(Pt A):214-223(第一作者)

23. *Glechoma hederacea* extracts attenuate cholestatic liver injury in a bile duct-ligated rat model. Wang YY, Lin SY, Chen WY, Liao SL, Wu CC, Pan PH, Chou ST, Chen CJ. *J Ethnopharmacol.* 2017 Apr 14. pii: S0378-8741(17)30088-0(第一作者)

## 糖尿病併發症與精準衛教執行

### Diabetes complication and implementation of precise diabetes education

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糖尿病患者會增加血管併發症風險，例如糖尿病患者會增加 心血管疾病，腎臟疾病、神經病變、視網膜病變與下肢部分或完全截肢機會。糖尿病精準醫療是指考慮到個體間差異，經由整合大量臨床資料，優化糖尿病診斷、預測、預防或治療的方法。與現有醫學的主要區別是精準醫療使用複雜的數據來描述個人的健康狀況、易感性、預後和可能的治療反應。隨著醫學進步與更多更多的生物和生理數據累積，將更加提升糖尿病與其併發症更精確診斷分類、風險預測、治療和預後等目的。

目前基於各研究實證，糖尿病醫療會使用降糖藥物控制 HbA1c 與和 statin 藥物、高血壓藥物降低各血管併發症風險。此外也會針對特定併發症使用如 ACE 抑製劑/AngiotensinII 受體阻斷劑 (ARBs) 和 SGLT2 抑製劑用於治療控制糖尿病慢性腎臟疾病，Fibrate 類藥物用於糖病視網膜病變等。除藥物治療外，也會透過糖尿病衛教改善飲食與運動等日常生活行為，增進自我照護能力，提升用藥規則性，並定時進行如血糖與血壓自我間監測等。但值得注意的是，糖尿病衛教目前雖有許多教材，但是如何將不同衛教內容精準運到到合適的病人身上，目前研究是較少的。例如我們是否能根據更精確糖尿病分型或併發症風險預測等，進行精準糖尿病飲食、運動與生活方式等衛教。此外進行糖尿病人衛教時或教材內容製作時，也需注意所謂的精準醫療照護(Precision Health Care; (PHC)，它的概念主要涉及依據病人基本特質、個人生活模式偏好與所需優先次序，設定不同我管理模式，達成照護目標。例如依據實證訂定目標、病人生活偏好和優先次序，透過跨團隊合作，制定量身訂作的飲食與運動教育方法，讓病人能自我管理，並運用可行監測模式，達成個人化血糖控制目標。隨著現有精準診斷、藥物治療，併發症風險與預後預測等之進步，也能同時發展量身定制糖尿病衛教教育計劃與策略，進而達到降低糖尿病併發症，提升生活品質的目標。