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DEVELOPMENT OF REHABILITATION MEDICINE IN TAIWAN DURING PAST THREE DECADES

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The development of rehabilitation medicine for the physically disabled in Taiwan started around the later half of 1950s. It was started from a room in orthopedic ward of National Taiwan University Hospital (NTUH) providing physical therapy for the victims of poliomyelitis in 1958. In the following ten or more years, there were many hospitals in this islands joined to the work of rehabilitation for the polio children, however, the work was mostly dependent on the hands of orthopedic surgeons. Due to lack of personnels, rehabilitation medicine in Taiwan developed slowly till 1975, the Department of Health of the government began to carry on a project to set up the department of rehabilitation medicine in public hospitals with the cooperation of NTUH. The project included the change of by-law of the hospitals, personal training at NTUH and financial help. Through the effort, there were several public hospitals set-up the rehabilitation service in the following years. In the mean-time, there were several modern private hospitals built after 1977, all equipped with good facilities including the aspect of rehabilitation medicine, that raised up the rehabilitation service further for the physically disabled.

In the last 5 years, it became prominent that more professionals who received graduate training in foreign countries drained back into the island blooming up the development of rehabilitation medicine in this country. Upto the present, there are around 100 hospitals including 70 hospitals of district or higher level, have the department of rehabilitation medicine distributed the whole island more evenly.

NTUH started the resident program in department of rehabilitation medicine since 1969. However, the number was limited in one per year at the beginning, and that was entirely insufficient for the need. After 1980, the number of the resident gradually increased, and also, due to the change of NTUH policy to accept long term training of the physicians sent from its affiliated hospitals that more physicians who completed the resident program in rehabilitation medicine were able to serve in the other hospitals. In 1984, the Rehabilitation Medicine Association of ROC started its board examination for the physiatrists. Later in 1989, the Department of Health approved the board examination. All together, there are 222 physiatrists passed the examination at present. Additional 158 physicians who are now under resident training in 29 training

hospitals for physiatrist will join to the work in next one to four years, that will facilitate the further development of rehabilitation medicine.

Among the other professionals who relate to the development of rehabilitation medicine the most are physical therapist. In 1977, National Taiwan University, College of Medicine set up the first program of P.T. in Taiwan and recruited the first class of students in that summer. The course maintained as the only one program in this country for a long time till 1986, other medical colleges provided the same course for the students. At the moment, there are 6 programs in P.T. offered by 6 different medical colleges. In addition, there were two schools offered a high school level program for P.T. assistants in 1981-1982. As a result, the number of P.T. increased rapidly in recent a few years. In 1992, there were 655 P.T. personnels. Among them, 25% graduated from the medical college while over 50% of the personnels were the P.T. assistants graduated from the high school level programs. The first occupational therapy program in Taiwan was also offered by NTUH medical college in 1980. The additional 3 programs from other medical colleges were offered in recent a few years. All together, there were 190 O.T. personnels working for the physically disabled patients in 1992. Among them, 80% graduated from the college and the rest of 20% from high school level as O.T. assistants. A formal course for speech therapists and audiologists was just established last year. In 1992, there were 46 speech therapists working in the field of rehabilitation medicine. Most of them were the graduates of other health related schools, and received a short period of training (6 months or more) for the speech therapy. Besides, there were 121 prosthetists and orthotists working in 28 workshops at present. Most of them were trained 6 months period locally in collaboration with World Rehabilitation Foundation from New York or with the instructors from Japan.

Rehabilitation medicine in Taiwan started from the care for the victims of polio in 1950s. In 1963, NTUH extended its service to the care for stroke patients. In 1969, NTUH succeeded to rehabilitate the first case of a T11 paraplegic patient in Taiwan. Again in 1976, the department of Physical Medicine and Rehabilitation of NTUH set up the first clinic for the sports injured patients which opened the door for the sports medicine in Taiwan. In 1978, NTUH began to develop the program for the rehabilitation of cardiac or pulmonary disorders. Besides, in 1965, NTUH was also the first hospital to have a two-channel EMG machine which provided both the electrodiagnostic service for the patients and also as the training place for the physicians. In summary, during past 3 decades, NTUH played as a frontiers-man in the field of rehabilitation medicine in Taiwan and hope that it will still keep this glorious record forward and as the leader of rehabilitation medicine in this country.

過去三十年來台灣復健醫學的發展

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我國在台灣的復健醫學始於一九五〇年代的後期。一九五八年，台大醫院首先在當時之骨科病房撥出一房間成立物理治療室以治療小兒麻痺患者。隨後於一九五九年，台北榮民總醫院亦落成啓用設立復健醫學部，但由於工作人員缺乏，進展甚慢。到一九六〇年代，由於教會醫院之投入小兒麻痺兒童之復健工作，國內之復健醫療乃初具規模，但因為這些醫院皆以骨科醫師及護理人員做為復健醫療之骨幹，對國內之復健醫學發展影響不大，雖然其間於一九六七年，振興復健中心落成，對小兒麻痺患者之照顧添上生力軍，但對整個國內復健醫學之發展助力仍然甚微。直到一九七五年，衛生署與台大醫院合作，開始有計劃訓練人員，同時透過法令之修改，增加編制，纔逐漸在各省市立醫院成立復健科，使復健醫學在量的方面獲得擴充。一九七七年以後，國內紛紛成立之財團法人大型綜合醫院，如長庚、國泰、逢甲(後改為奇美)、亞東、慈濟、新光等醫院都設有相當完善的復健科，使得國內的復健醫學不但在量的方面進一步增加，質的方面亦大為提昇。但是這些發展仍然偏重於北、南兩地，中部與東部，特別是離島如澎湖，能夠提供復健醫療服務之醫療機構依然甚少。近五年來，由於國內培養之復健醫療人員，包括醫師以及其他專業人員為數漸多，自美國回流之專業人員亦日益增加，加上教學醫院評鑑制度的設立，使得復健醫學獲得進一步擴展的契機。到目前為止，設有復健科之醫療院所，已接近百家(按：衛生主管機關登記設有復健科之醫療院所，一九九三年底已達127家)，地區醫院以上設有復健科者亦有七十餘家，在地區分布上亦較以前更為均勻。

在人員的訓練方面，雖然早在一九六九年台大醫院復健部便設置住院醫師制度訓練復健科醫師，但由於早年能提供之名額有限，加上受完訓練後之醫師大都出國不歸，所以對復健醫學之發展助力不大。直到一九八〇年代，台大醫院復健部獲院方支持，一方面增加住院醫師名額，另一方面採建教合作代訓制度，使得受過訓練的復健科醫師人數大為增加，這些醫師逐漸在各地醫院成立復健科，也參與復健科醫師之訓練工作，使得醫師之培訓工作，在近十年來進展迅速，對國內復健醫學之發展貢獻很大。中華民國復健醫學會於一九八四年設置專科醫師制度，第一年共有28名醫師取得復健科醫師資格，以後四年，分別有9、10、16及12名醫師取得復健科醫師資格。一九八九年，衛生署正式辦理國內十八種專科醫師制度，除前述75名專科醫師獲得承認外，連年辦理甄審(試)，到去年為止，共有222名的醫師獲得復健科專科醫師資格。除外，學會中，另有158名還未得專科醫師資格之醫師會員，分別在29家專科醫師訓練醫院受訓，預期在未來四年中，這些年輕醫師大部分將陸續取得專科醫師資格，投入國內復健醫學之開拓工作，對復健醫學之進一步發展將有莫大的助力。

至於其他專業人員之成長對復健醫學之發展息息相關的首推物理治療人員，一九七七年台大醫學院最早設置大學程度之物理治療訓練課程。以後一直維持這個局面至一九八六年，其他醫學院纔相繼成立學系培育物理治療師。在這以前，國內一直以訓練護理人員做為代替方案。其間，於一九八一與一九八二年國內亦成立了兩家高職程度的培訓機構，大量供應人員。因此到一九九二年，在工作的物理治療人員已經增到655人，其中大學程度佔25%，高職程度佔50%以上為最多。職能治療人員之培訓則始於一九八〇年，在台大醫學院開始設組招生，其他醫學院亦是在近十年纔陸續跟進，但無論是人數或專業的生長都仍略遜於物理治療人員，至一九九二年之統計，國內在復健醫學領域工作之職能治療人員，已有190人，其中大學程度佔80%，高職程度僅佔20%。至於語言治療人員，則由於正規培訓計劃一直延遲到去年纔在中山醫學院正式招生，國內的工作人員除了少數在國外受過正式教育以外，幾乎絕大部份都是在國內由其他專業人員接受短期在職訓練後充當，所以無論質與量都有待繼續努力提昇。至一九九二年之統計，在國內復健醫學領域裏工作的語言治療師共有46名，其中將近一半在台北市工作，地域分佈相當不均勻。此外，義肢裝具製作人員，亦是在過去二十年間，透過國內外復健機構之培訓計劃，訓練了相當多數的工作人員，由於其流動性大，數字很難掌握，到今年4月之統計，全台灣地區有121名分別在28家工廠工作。

國內之復健醫學在三十年前由台大醫院開始於小兒麻痺症的照顧，到一九六三年台大醫院把它延伸到腦中風病人的治療。一九六九年，亦是在台大醫院首先成功的復健了一位胸椎骨折的截癱病人，從此開拓了脊髓損傷者的復健工作。一九七六年台大醫院復健部創設國內第一個運動傷害特別門診，展開國內運動醫學與運動傷害復健治療的序幕，一九七八年，台大醫院復健部又成立運動生理研究室，同時開拓了心肺疾病的復健領域。此外，台大醫院復健部於一九六五年購置國內第一部肌電圖檢查儀器，成為國內肌電檢查之先驅，國內早期從事肌電檢查的專家，幾乎都是從這個檢查室培養出來。總之，在過去三十年來，國內的復健醫學的發展，無論是制度的訂定，硬體設施的建設或人員的訓練，都由台大醫院復健部帶頭衝鋒，現值台大醫院慶祝其百年院慶，謹將上述成果呈獻給它，做為它的生日獻禮。