

# 精神科居家治療的成效與挑戰： 文獻回顧

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## 摘 要

自1960年代去機構化之後，大量的精神疾病病人回歸至社區，雖然精神疾病病人的死亡率減少，然而其死亡率仍比一般族群高。為了縮減精神疾病病人與一般族群之間死亡率的差異，維持返回社區的精神疾病病人之醫療照護品質，以及使精神疾病病人穩定接受醫療資源，精神科居家治療從中扮演重要的角色，透過跨領域的專業團隊對於精神疾病病人提供專業評估、藥物諮詢、心理衛教等業務。透過大型健保資料庫的數據進行分析，台灣精神科居家治療的成效已有文獻證實，然而精神疾病病人的死亡風險仍較一般族群高，其非自然死因主要為自殺，自然死因主要為精神疾病病人共病的身體疾病，包括肺炎、癌症；精神科居家治療著重精神疾病病人案的心理健康，同時需重視身體疾病對精神疾病病人帶來的影響。本文回顧過去台灣精神科居家治療之文獻，探討整理精神科居家治療的優勢與挑戰，旨在提升精神疾病病人的照護品質，整合各項醫療資源做為治療策略，以提升精神疾病病人的福祉。(精神健康與社區精神醫學期刊 2025;1(2):17-26)

**關鍵詞：**精神科居家治療、社區治療模式、精神疾病

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## The Effectiveness and Challenges of Psychiatric Home Care Case Management in Taiwan: A Literature Review

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### ABSTRACT

After deinstitutionalization in the 1960s, a large number of patients with psychiatric disorders returned to the community. Although the mortality rate of patients with psychiatric disorders decreased, it remained higher than that of the general population. To reduce the mortality gap between patients with psychiatric disorders and the general population, maintain the quality of medical care for those returning to the community, and ensure stable access to medical resources, home care case management plays a crucial role. Through an interdisciplinary professional team, psychiatric home care case management provides specialized assessments, medication consultations, and psychoeducation. Analysis of data from Taiwan National Health Insurance Research Database has confirmed the effectiveness of psychiatric home care case management. However, patients with psychiatric disorders still face a higher risk of mortality than the general population. Their primary non-natural cause of death is suicide, while natural causes are mainly due to comorbid physical illnesses, such as pneumonia and cancer. While psychiatric home care treatment focuses on patients' mental health, it is also essential to pay attention to the impact of physical illnesses on these patients. This paper reviews previous literature on psychiatric home care case management in Taiwan, analyzing its advantages and challenges. The goal is to enhance the quality of care for patients with psychiatric disorders by integrating various medical resources as part of treatment strategies, ultimately improving their well-being.

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**Key words: Home Care Case Management, Community-based Mental Health Care, Mental Disorder**

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