

P2-00



3 School of Medicine, China Medical University, Taichung, Taiwan

國語日報

家庭 12

去年十一月，臺灣醫界雜誌刊出提醫館師的大作，介紹維多利亞時期英國畫家盧克·菲爾德斯（Luke Field）與其知名畫作《醫師》（The Doctor）。畫中的醫師在畫作正中央，仔細端詳躺在便床上閉著眼睛的女

醫療×科技
點亮銀髮人生

醫師家訪

文／谷大為（倫敦國王學院老人精神醫學博士、精神科主治醫師）

圖片來源 / WTA

經費補助，得以延續出國前及博士研究的主題，在舊同

英國最大的精神醫療體系 South London and Maudsley (SLM) Foundation Trust 的醫師，我的指導老師。Bennie 經常帶我一起看門診，為病人檢查，也帶我進行研究。Bennie 是全英唯一一位「視覺神經科」醫師，曾經對我說他喜歡家，因為透過家往往可以看到患者疾病背後，比其他的專長更為包羅萬象。近來我的專長是研究視覺與視覺相關的各類精神疾病，的衛生或者專家。

因此，居住治療是精神科醫師的一門治療學，也是心理師家護理師的藥物（通常大家認為針劑）到病人家中關心照顧、評估並治療疾病。

取得博士學位並完成博後後，我隨了兩年，我除了工作外，幾乎都在撰寫、修訂研究計畫，這個階段研究是包括這個醫院、研究單位、社會等政府所屬單位的官員與

人精神醫學博士、精神科主治醫師

現場

經費補助，得以延續出國前及博士研究的主題，在舊同

會大眾重視貧窮與不公等問題，因此曾有很長的時間為當時的社會主義畫報《The Graphic》作畫，並且與同業關心社會

淘氣的
阿丹

「包裝紙看起來有點單調，如果包裹禮物就不一樣了。」

主編 傅燕鈴 投稿支店生活及教養心得、經驗溝通等原创作品，請上國際日報社網站「日報期刊／線上投稿」。本刊徵集修改稿。投稿一個月未接獲通知，請自行處理稿件。

Inspired by Sir Samuel Luke Fildes' painting 'The Doctor', we contemplate the importance of home-visits in psychiatric practice and dementia research, highlighting their unique ability to reveal patients' real-life circumstances and support more effective, person-centred care. Additionally, we also reflect on our home-visit experiences equipped with wearable technology in modern dementia care.

Home-visits

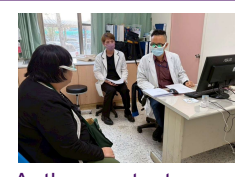
Victorian painter, Sir Samuel Luke Fildes is best known for *The Doctor*, which depicts a physician attentively observing a young girl lying on an improvised bed, while her anxious parents watch and pray nearby. The scene suggests a home visit where the child's condition appears grave. During my PhD training at King's College London, I frequently visited care institutions to assess residents, and sometimes shadowed my supervisor, Professor Dominic ffytche the UK's only Professor of Visual Psychiatry-in outpatient consultations and home visits. Dominic often emphasised that home visits reveal a richer clinical context, especially for visual disorders such as hallucinations; observing the home's lighting or layout helps clarify symptoms and suggest non-pharmacological interventions. I share his view. Psychiatry is one of the few specialties where trainees regularly visit patients at home. Because anosognosia is common in severe mental illnesses, many patients do not seek care voluntarily. To prevent untreated illness from affecting personal and community safety and wellbeing, psychiatrists often deliver home-based evaluation and treatment alongside community nurses.

Research-visits and beyond

After completing my PhD and postdoctoral training and returning to Taiwan, I spent months writing and revising research proposals, some of which recently received support from national academic agencies. These projects continue my earlier work by integrating wearable technologies into geriatric psychiatric care in the super-age Taiwan. My team has also begun conducting home visits. Such visits allow us to see the patient's real living conditions, better understand family dynamics, and strengthen therapeutic relationships—despite the time cost, they are deeply valuable. Returning to Fildes: influenced by his reformist grandmother Mary Fildes, he dedicated much of his art to social issues and contributed to *The Graphic*, where he met Charles Dickens. I admire artists like Fildes who communicate ideals through imagery. His portrayal of a devoted physician resonates with many clinicians. Interestingly, *The Doctor* was once used in the UK to celebrate the NHS, yet in the US it was repurposed by the American Medical Association to oppose President Truman's national health insurance plan—an outcome Fildes likely never anticipated.

1. Guu, T.-W., Brem, A.-K., Albertyn, C. P., Kandangwa, P., Aarsland, D., & Fytche, D. (2024). Wrist-worn actigraphy in agitated late-stage dementia patients: A feasibility study on digital inclusion. *Alzheimer's & Dementia*, 20(5), 3211-3218. <https://doi.org/10.1002/alz.13772>
2. Guu, T.-W., Li, W.-J., Lee, S.-H., Hsu, C.-S., Chou, C.-N., Liock, L., & Ma, J.-F. (2023). Facilitating the measurement and treatment of Behavioral and Psychological Symptoms of Dementia (BPSD) and understanding caregiver burden using wearable devices in Rural Taiwan—Protocol for a dyadic feasibility pilot study. *PLoS One*, 21(5), e0342136. <https://doi.org/10.1371/journal.pone.0342136>
3. Guu, T.-W., Muurling, M., Khan, Z., Kalafatis, C., Aarsland, D., & Fytche, D. (2023). Wearable devices: Underrepresentation in the ageing society. *The Lancet Digital Health*, 5(6), e336-e337. [https://doi.org/10.1016/S2589-7500\(23\)00069-9](https://doi.org/10.1016/S2589-7500(23)00069-9)
4. Guu, T. W., Aarsland, D., & Fytche, D. (2022). Light, sleep-wake rhythm, and behavioural and psychological symptoms of dementia in care home patients: Revisiting the sundowning syndrome. *International Geriatric Psychiatry*, 37(5). <https://doi.org/10.1002/gps.5712>

CONTACT



Author contact:
Dr Ta-Wei Guu, MD, PhD
Ta-wei.guu@kcl.ac.uk

ALZHEIMER'S ASSOCIATION | **AAIC** > 2019