

文學觸診：醫者的閱聽與書寫

Literary Palpation: on Doctor's Reading and Listening and Writing

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Palpation

L. palpatio-- palpō (“touch softly, stroke; flatter”) + -tiō.

“Palpation is the process of using one's hands to check the body, especially while perceiving/diagnosing a disease or illness.[1] ”

“Palpation is a method of feeling with the fingers or hands during a physical examination. The health care provider touches and feels your body to examine the size, consistency, texture, location, and tenderness of an organ or body part.

From National Library of Medicine,US

<https://medlineplus.gov/ency/article/002284.htm#:~:text=Palpation%20is%20a%20method%20of,an%20organ%20or%20body%20part.>



Physical Examination

望、聞、問、切

Physical Examination

健康檢查的第一道關卡、基本功:

醫師透過問診及視診，觸診，叩診，聽診等方式，發現一些身體是否有異常現象。「問病史與做身體診察」

猶如中醫所強調的「望、聞、問、切」(切: 觸診— 包含脈診和按診)

PGY 住院課程習醫

Training: 客觀結構式臨床/ 標準化病人/ 沉浸式情境模擬

測驗 (2-4 of 20; 10項之一)

「理學檢查」(「物理 (physics) 」???)

「理學檢查」應該譯為「身體診察」(韓良誠醫師, 美國聖路易斯大學醫學院小兒科朱真一教授, 小兒感染科的大老黃富源醫師)

しんたいしんさつ (日)「診察」(韓)

「醫病平台 / 「身體診察」必也正名乎？」韓良誠、賴其萬 (醫師) 2020-09-25

<https://health.udn.com/health/story/6001/4881775>



美麗的錯誤？

Ex.2

思麗安乳膏skinoren cream(德國Scheing) 20%乳膏,常用的青春痘外用藥物

杜鵑花酸

壬二酸Azelaic acid –有點像Azalea(杜鵑花)

能治療青春痘，有效地抑制皮膚上的痤瘡桿菌和阻斷脂肪酸生成，它t 包的
生長、阻斷黑色素的形成，可預防斑點形成，降低黑色素沉著。

壬二酸(Azelaic acid) 有點像杜鵑花(Azalea) —美麗的錯誤？



Ex.3

「驗光師困擾8年！逾5千人抗議衛福部刻意誤譯名稱」

「驗光師Optometrist」誤譯為「配鏡師Optician」

(2023-06-07 17:01 聯合報 <https://udn.com/news/story/7266/7219452>)

Liver Hand Palpation, 4th century BC



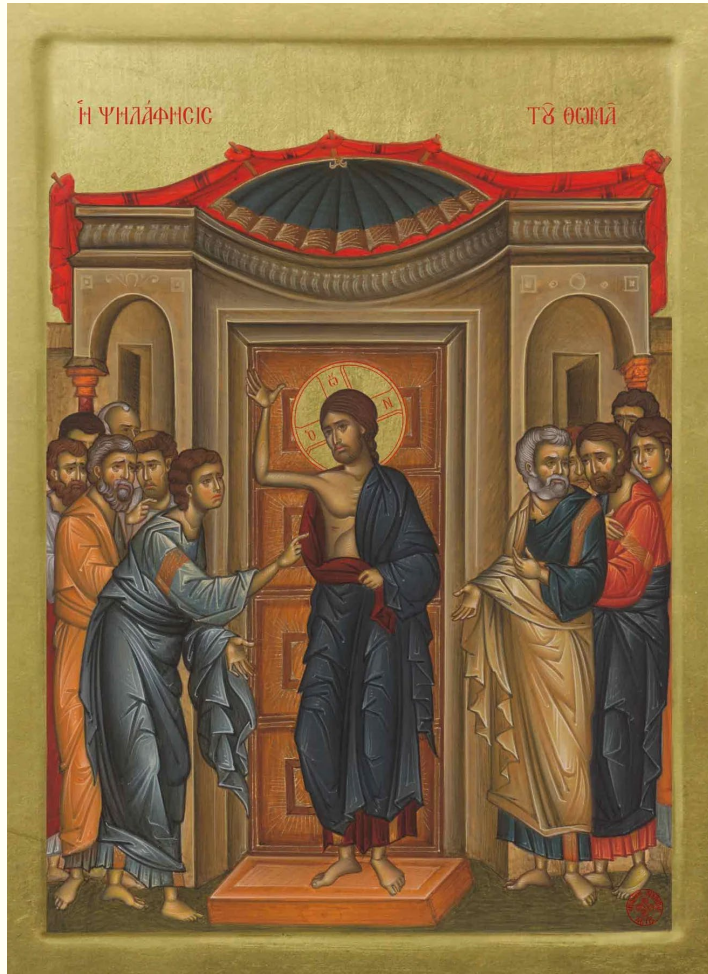
Hippocrates examining a patient's upper abdomen (possibly palpating the spleen?). Photograph courtesy of Dr Barbara Bain, St Mary's Hospital, London.
https://onlinelibrary.wiley.com/cms/asset/88129968-8a37-4b88-b4fa-530bb4df590f/bjh_3425_f1.

Blood-letting, 6th century BC



Red-figure Aryballos, now in Paris, Musée Du Louvre
https://www.herodote.net/La_medecine_a_l_epoque_romaine-enjeu-149.php

Palpation (Η Ψηλάφησης) of St. Thomas



The Assurance of Apostle Thomas [Greek wording “The Touching of Thomas”]
Holy Icons from Mount Athos, handmade Greek Orthodox icon, Jesus Christ and
Apostle Thomas Byzantine art. [https://www.athoniteusa.com/collections/gold-holy-
icons/products/the-assurance-of-apostle-thomas](https://www.athoniteusa.com/collections/gold-holy-icons/products/the-assurance-of-apostle-thomas)



Michelangelo Merisi da Caravaggio, The Incredulity of Saint Thomas (Secular Version), 1602,
[https://en.wikipedia.org/wiki/The_Incredulity_of_Saint_Thomas_\(Caravaggio\)](https://en.wikipedia.org/wiki/The_Incredulity_of_Saint_Thomas_(Caravaggio))



Paolo Moranda Cavazzola, “The Incredulity of St. Thomas,” [https://publisher-ncreg.s3.us-east-2.amazonaws.com/pb-
ncregister/swp/hv9hms/media/20230416080412_4b7e72e85eacda42b13432fcf4dd0633c07cef334a416b9d6ac18d6dee59d406.webp](https://publisher-ncreg.s3.us-east-2.amazonaws.com/pb-ncregister/swp/hv9hms/media/20230416080412_4b7e72e85eacda42b13432fcf4dd0633c07cef334a416b9d6ac18d6dee59d406.webp)



170 drachmas Greek stamp issued in **1998**, for the 16th World Congress of the International Society for Heart Research, held on the island of Rhodes. Tirlomis T. "Heart research and ancient Greek medicine." *Heart*. 2003 Jan;89(1):2. doi: 10.1136/heart.89.1.2. PMID: 12482775; PMCID: PMC1767505. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1767505/>



Jason Palpating the patient's abdomen, 2nd century

AD, Tombstone, British Library; funerary stele of an Athenian physician called Jason (2nd century shown examining a young patient by palpating the abdomen; a cupping vessel nearby; https://www.britishmuseum.org/collection/object/G_1865-0103-3

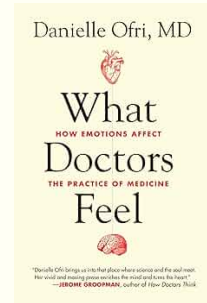
“那天，我輕輕觸著了你的傷口.....”

■ 江自得，《那天，我輕輕觸著了你的傷口》，台北:笠詩刊社，1990。

《醫師的內心世界:情緒如何影響行醫》，遠見，2020。

■ Danielle Ofri, *What Doctors Feel:*

How Emotions Affect the Practice, 2013. [MD. PhD]



“Jefferson Scale of Empathy”:設法客觀衡量(Thomas Jefferson U, Philadelphia)

同情心 (真的感受到病人的感覺)

同理心(一種認知、思考的過程，理解病人的感受)

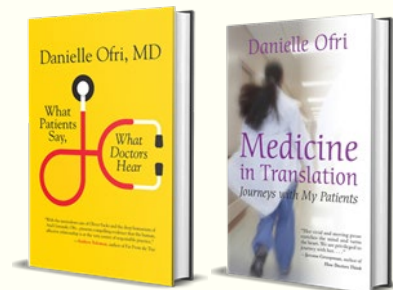
反思行醫經驗:防止同理心下降(Robert Wood Johnson Medical School)

接種:整合式見習訓練學程home v.s. rotate,從住院到居家訪視長時間觀察(Harvard U+ UCSF)

2015 MCAT新制:涵蓋哲學、倫理學、人文學、社會科學

Ofri, What Patients Say, What Doctors Hear (2017)

Medicine in Translation: Journeys with My Patients (2011)



如果 AI、後人類，然後呢？

人機協作、ChatGPT、自然語言處理…

多元健康綠醫療



Palpation

Techniques or Process?

Encounter, Touch and Connect

共振、找到共鳴點

Resonance of Emotions (as of Sonata) 共鳴

醫師同理心可以影響病人健康 (「哪一種人」生了「什麼病」)

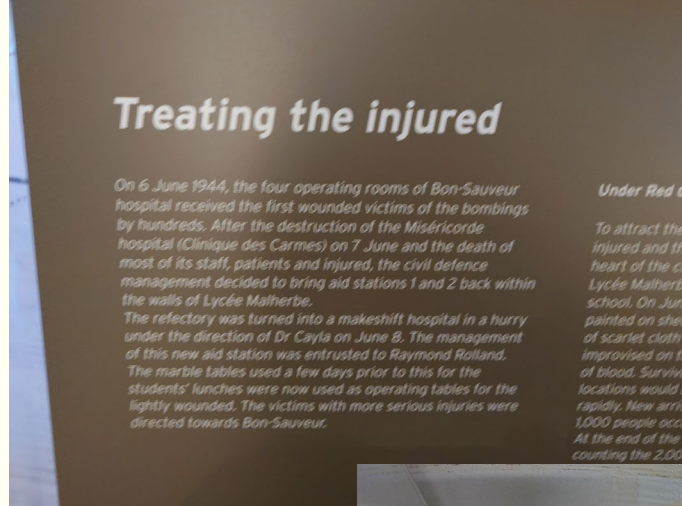
文化能力 (Cultural Competence): 醫師復原力

醫師的恐懼、「悲傷是工作的一部分」

醫師的身心安適、典範追求



Leeds, UK, July 2023



Caen, Normandy



Surgeons' Hall in Edinburgh, Headquarters of the Royal College of Surgeons of Edinburgh (RCSEd).

Memories about a Doctor I know....



Winds in the Willow (1908) by Kenneth Grahame, original illustration by E. S. Shepard, in Bodleian Library, Oxford, <https://images.app.goo.gl/gwAcxoTPeLqN86gC9>



Colossal Statue of the Queen, at the Royal Institution (now the Roayl Academy), Edinburgh

https://en.wikipedia.org/wiki/Royal_Scottish_Academy_Building#/media/File:Edinburgh_-_Royal_Scottish_Academy_Building_-_20140421192731.jpg



“The Ship on The Shore,” A floating restaurant, Leith Harbour, Edinburgh

Peggotty's Boat House of *David Copperfield*?