

後期日程

富山大学

科目

小論文

医学部 医学科

注 意

1. 開始の合図があるまで、この問題冊子を開いてはいけません。
2. 問題は全部で2ページ、解答用紙は2枚、下書き用紙は2枚です。問題冊子に不備がある場合は、直ちにその旨を監督者に申し出てください。
3. 解答用紙は、問題冊子とは別になっています。解答は、すべて解答用紙の所定の欄に横書きで記入してください。解答用紙の所定の欄以外に記入した解答は、評価(採点)の対象としません。
4. 受験番号は、解答用紙2枚の受験番号の欄(各2か所)に記入してください。
5. すべての解答用紙(2枚)を提出してください。
6. 問題冊子、下書き用紙は、試験終了後、持ち帰ってください。

実施年月日  
25. 3. 12  
富山大学

資料は病気と健康について記載された文章からの抜粋である。

資料を読んで問いに答えなさい。

### What is 'health'?

Health as defined by the World Health Organization — 'a state of complete physical, mental and social wellbeing and not merely an absence of disease' — is a rare, personal and subjective state experienced by less than 1 in 10 of the population at any time; nevertheless, it has to be a Utopian goal.

### What is 'non-health'?

The converse<sup>1</sup> of health is *non-health* with a wide spectrum of grades of severity.

It ranges from a feeling of *dysphoria*<sup>2</sup> or general dissatisfaction with one's life; through *sickness* when the person feels that there is something wrong requiring some relief by self-care measures (note that on any day one-third of the population takes some over-the-counter medicines<sup>3</sup>); *illness* which is a state requiring advice from a health professional, usually a GP<sup>4</sup> consultation in the UK; to a *disease* or a diagnostic label applied by a physician, and diseases can be graded into minor, chronic and major.

### Whose responsibilities?

Responsibilities for health maintenance and promotion, disease prevention and management must be shared between *individuals* and *families* who must accept and adopt the rules for good health, such as avoiding health risks (e.g. smoking), regular exercise, sensible diet, drinking in moderation and collaborating in organized disease prevention programmes; *professionals* — doctors and nurses — who, in addition, to traditional disease management, should use the opportunities of a consultation for health education; and the *providers*, the National Health Service in the UK or government and insurance organizations in other countries. All involved have to pay attention to ensuring optimal<sup>5</sup> economic efficiency and effectiveness.

*What factors?*

Underlying the causation<sup>6</sup>, nature, progression and outcome of disease are a multiplicity<sup>7</sup> of factors:

- *clinical* — specific causes and pathologies<sup>8</sup> and response to treatment;
- *social* — income, housing, lifestyles, occupation, literacy<sup>9</sup>, safe water, food and environment;
- *personal* — such as family and genetic traits and susceptibilities<sup>10</sup>. It is well known in practice that apart from known genetic inherited liabilities certain families are more prone to suffer from particular conditions and with higher consultation rates, demands and expectations.

出典：Common diseases (fifth edition), Chapter 1 HEALTH, DISEASE, CARE, Kluwer Academic Publishers, 1993 より抜粋

<sup>1</sup>converse：正反対，逆

<sup>2</sup>dysphoria：不快，身体違和感

<sup>3</sup>over-the-counter medicine：市販薬

<sup>4</sup>GP：家庭医，かかりつけ医

<sup>5</sup>optimal：最善の，最適の

<sup>6</sup>causation：原因，因果関係

<sup>7</sup>multiplicity：多様性，複合性

<sup>8</sup>pathology：病理

<sup>9</sup>literacy：読み書き能力

<sup>10</sup>susceptibility：感受性

問 1. 文章の内容を 300 字以内に要約しなさい。

問 2. この資料をもとに医師を目指すあなたが考える「健康」について 600 字以内で述べてください。