

INTERVIEW WITH DR. YU FANG (ASSOCIATE PROFESSOR, XI'AN JIAOTONG UNIVERSITY)

方宇博士(西安交通大学副教授)访谈

By Kun Zhang Ph.D.

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Dr. Yu Fang is an associate professor in the Department of Pharmacy Administration at the School of Medicine, Xi'an Jiaotong University. Dr. Fang's research interests focus on assessing the accessibility of essential prescription drugs in western China and evaluating outcomes of pharmaceutical care for patients with hypertension. Dr. Fang has published multiple peer-reviewed journal articles and book chapters.

方宇博士是西安交通大学医学院药理学系副教授。他的主要研究方向为国家基本药物目录所涵盖的药物的可获得性评估及改进，以及对治疗高血压病人药物效果的评估。方宇博士已经发表了多篇同行评审学术论文，参与了多部学术著作的编写。

Kun Zhang is a Prevention Effectiveness Fellow at the Centers for Disease Control and Prevention

张坤博士是美国疾病控制与预防中心研究员。

Kun: What aspects of the CMB Open Competition (OC) grant you find the most appealing?

张坤：CMB 公开竞标项目的哪些方面吸引了你的参与？

Dr. Fang: What appeals to me the most is the purpose and theme of the CMB OC, which is to improve health policy and systems sciences (HPSS) research capacity in China through supporting researchers in medicine and public health across China. Second, CMB OC emphasizes emerging health challenges and the new healthcare reform in China, and it is willing to fund research in these areas to ensure that people in China have equitable access to healthcare. Third, CMBOC provides young researchers in China a great platform for international and domestic exchange.

方宇：有三个地方非常吸引我。第一，CMB 公开竞标项目的目的是通过选拔并支持我们这些研究人员来改进中国的卫生政策与卫生体系科学的研究。第二：CMB 公开竞标项目强调支持对于中国当下医疗卫生体制改革以及目前医疗卫生面临的新挑战的研究，并且希望通过这些研究来确保每一个中国人都平等的享受医疗卫生服务。第三，CMB 给这一领域里中国年轻的学者们提供了一个前所未有的国际与国内交流的平台。

Kun: Are there any lessons learned from participating in the CMB OC?

张坤：这次申请 CMB 公开竞标项目过程中，哪些经验对你最重要？

Dr. Fang: The application for CMB Open Competition grant led to many new ideas for me when searching for research topics and carrying out HPSS studies. Moreover, in the second round of the review process, the reviewers provided constructive comments on study design, data collection, feasibility of the proposal, and the budget planning. These comments are extremely helpful to my future research and grant writing. I truly appreciate the effort and contribution of all the reviewers.

方宇：这次申请 CMB 公开竞标项目给了我很多关于选择研究课题以及具体实施卫生政策和卫生体系科学研究的启发。最重要的是，在项目审核的第二阶段，项目申请评审专家给了我很多建设性的意见，例如对于我的研究设计，数据收集，研究可行性等。这些建议对于我今后的研究以及继续的申请很重要。我衷心感谢这些评审专家所作出的努力与贡献！

Kun: As an expert in pharmaceutical policy research, what do you think are the major causes for the high price of pharmaceutical products in China?

张坤：作为一位药物政策研究领域的专家，你认为目前我国药价高的主要原因是什么？

Dr. Fang: In my opinion, the long-standing public hospitals' reliance on drug sales to generate revenue is the main reason of the high price of pharmaceutical products in China. In 2009, national health care expenditure in China totaled \$240 billion, about 5% of China's gross domestic product (GDP). Spending on drugs accounted for more than 40% of total expenditure, which is one of the highest in the world. The high pharmaceutical expenditure is associated with both high retail prices of drugs and high utilization, some of which are irrational and unnecessary. Furthermore, both price and utilization factors are deeply associated with policies including overall health sector regulation, health care financing policies, and pricing policies. Recognizing the major causes for the disproportionately high pharmaceutical expenditure, the new round of health care reform particularly emphasized the establishment of National Essential Medicines System (NEMS), and the implementation of public hospital reform and promoting rational use of medications.

方宇：公立医院长期依赖药物出售来创造收入是中国药价高的主要原因之一。2009年，中国的医疗卫生支出达到2400亿美元，占全国GDP的5%。其中药物支出就占到40%，这在全世界范围内来讲都是非常高的。药物方面的高支出是因为高药价以及高使用，其中对很多药物的使用都是非理性以及不必要的。高药价和高使用又与中央对于医疗卫生部门，例如制药企业以及公立医院的监管，以及定价政策紧密相连。正是因为对这些原因的及时认识，在新一轮的医疗卫生改革中，中央强调对于国家基本药物目录的建立以及公立医院的改革，和促进合理用药。

Kun: What do you think are the pros and cons of establishing a National Essential Medicines system by the central government?

张坤：你认为由政府来制定国家基本药物目录的优势和劣势是什么？

Dr. Fang: According to the WHO Framework for Action, "access to health care including essential medicines is part of the fulfillment of the fundamental right to health. All countries are obligated to work towards the fulfillment of equitable access to health care services and commodities, including essential medicines necessary for the prevention and treatment of prevalent diseases. Appropriate policies and action plans need to be put in place to achieve this aim". In response, as one of the top five priorities of the Chinese government's systematic plan announced in 2009 aiming to achieve universal access to healthcare by 2020, the establishment of a NEMS to meet basic needs for treatment and prevention and ensure drug safety, quality, and supply was particularly emphasized. I am pretty optimistic that by improving access to existing essential medicines in China, more and more people will share the benefits of the healthcare reform. Meanwhile, it is urgent to generate evidence about the impact of the NEMS on access to and affordability of medicines, as well as to support the central government's implementation of sound pharmaceutical policies.

方宇：根据世界卫生组织的行动框架，平等享有医疗卫生服务包括基本药物，是保证人类健康权利的一个根本。所有世卫组织成员国都应该努力让其国民平等享有医疗卫生服务和物品，包括基本药物，来预防和治疗疾病。成员国需要制定相关的政策和行动计划来保证这一目标的实现。中国政府对于这一框架做出了积极的回应。2009年，中国政府制定了一个系统的计划来保证在2020年前实现全民享有医疗卫生服务。这一计划强调了五个重点领域，其中一个就是建立全国基本药物目录。建立基本药物目录的目的就是保证人民对于疾病基本的预防的治疗，保障药品安全，质量，以及供给。我本人对于通过改善对基本药物目录药品的获取使人民最终享有医疗卫生改革的好处保持乐观的态度。同时，我们也亟需相关的研究来评估建立基本药物目录对于民众用药难用药贵问题的影响，这样才能更好地为中央实施药品政策提供建议与支持。