

1-C4-1 日本語

費用対効果分析の基本的概念と実際

The principles of cost-effectiveness analysis and their application

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対象者 後期研修医（卒後3年目以上）・初期研修医（卒後1-2年目）・学生・その他

Target Senior resident (3+years after graduation)・Resident (1-2 years after graduation)・Medical student・Other

我が国において医療費は40兆円を超え介護費は10兆円に迫っており（2016年度）、今後超高齢化社会の到来を迎え医療・介護費は更なる増大が予想されている。従って医療経済的な観点から見て持続可能な医療・介護保険制度の構築が必須な状況である。厚生労働省は2016年度の診療報酬改定にて高額医薬品・医療機器への費用対効果評価の試行的導入を開始しその結果を元に2018年の改定にて制度化する方針としており、日本において費用対効果分析は今後ますます重要性を増す。しかしながら普段から臨床研究の論文を読み慣れている内科医であっても費用対効果分析は専門用語が多く（例：QALY、ICER、Willingness to payなど）、非常にとっつきにくい分野であるのが実情と言える。今回のセッションにおいて、前半で費用対効果分析の基本的概念に関して学び、後半で筆者自身の研究(1, 2)を通じて骨折予防に関する費用対効果分析の実際に関して学ぶ予定である。今回のセッションを通じて、一人でも多くの参加者が費用対効果分析に関する理解と興味を深めるきっかけとなれば幸いである。

In Japan, the healthcare expenditure exceeded ¥40 trillion, and the long-term care expenditure was about to reach ¥10 trillion in 2016. These expenditures are projected to increase even further as the population grows older. Therefore it is, from the economical point of view, essential to restructure sustainable healthcare and long-term care systems in Japan. In 2016, the Japanese Ministry of Health, Labor, and Welfare preliminarily started to use the results of cost-effectiveness analyses to determine the medical fee schedule for expensive treatments and instruments, which is updated every two years. Then, the Ministry plans to officially implement the approach in 2018, making cost-effectiveness analysis more important in Japan. However, even for those who read medical literature such as clinical trials and observational studies on a daily basis, usually it would not be easy to read and understand articles regarding cost-effectiveness analysis, as these contain many technical terms (e.g., QALY, ICER, Willingness to pay, etc.). In this session, you will learn the basic principles of cost-effectiveness analysis in the first half, and learn their application using my cost-effectiveness analysis of fracture prevention (1, 2) in the second half. I sincerely hope this session will help those who attend to become more familiar with and interested in cost-effectiveness analysis.

1. Mori T, Crandall C, Ganz D (2017) Cost-effectiveness of denosumab versus oral alendronate for elderly osteoporotic women in Japan. *Osteoporosis International* 28:1733-1744
2. Mori T, Crandall C, Ganz DA (2017) Cost-effectiveness of combined oral bisphosphonate therapy and falls prevention exercise for fracture prevention in the USA. *Osteoporosis international* 28:585-595