

出國報告（出國類別：開會）

第 25 屆 FIGO 世界婦產科大會出國報告

服務機關：臺中榮民總醫院傳統醫學部

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派赴國家/地區：南非開普敦

出國期間：114 年 10 月 05 日至 114 年 10 月 09 日

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摘要

世界婦產科大會（International Federation of Gynecology and Obstetrics, FIGO）致力於改善婦女健康與權利，減少婦女和新生兒醫療保健方面的差距，並推動婦產科的科學和實踐。FIGO 每兩年舉辦世界婦產科大會，今年於南非開普敦國際會議中心舉行為期五天的國際會議。本次會議議程包括母嬰醫學、生產、生殖、手術、婦女泌尿、婦科以及婦癌等領域，我主要選擇聆聽婦科、產科及婦女健康的主題。演講內容不僅著力於疾病的治療與預防，也討論現今氣候環境與社會環境對婦女健康的影響，收穫良多。

關鍵字：FIGO、婦科、產科、婦女健康

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一、目的

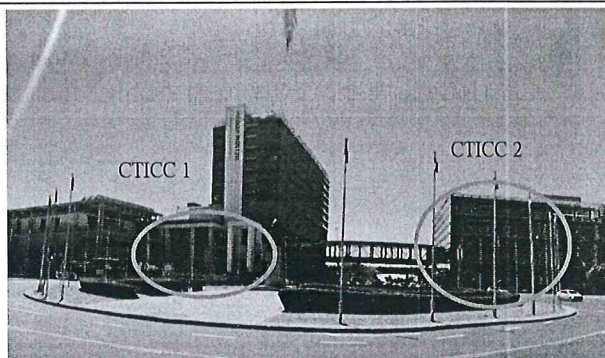
1. 學習婦女醫學新知，促進中西醫合作。
2. 觀摩 poster，了解全球專家學者在婦女醫學領域之研究主題。
3. 出席國際會議，學習演講技巧、投影片製作、會議流程與安排。

二、過程

(一) 今年 FIGO 在開普敦國際會議中心（Cape Town International Convention Centre, CTICC）舉行。該會議中心位於開普敦市中心，有兩個會場（CTICC 1 & 2），中間有空橋相連，行進間可見到著名景點一桌山，令人心曠神怡。本次會議演講場次眾多，使用了 2 個會場，空間開闊，整體感受很舒適。



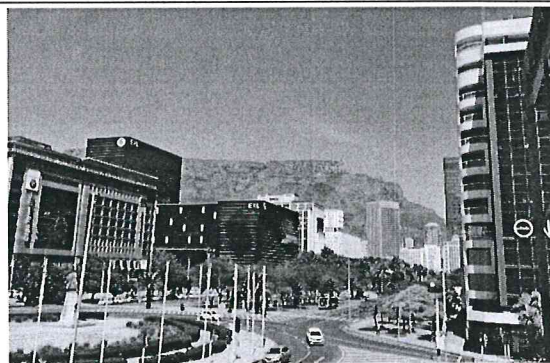
CTICC 1 正門



CTICC 1 後門有空橋連接 CTICC 2



會場內植栽



從空橋可見著名景點一桌山



ePoster

大會看板

(二) FIGO 大會涵蓋婦女醫學多個領域，包括母嬰醫學、生產、生殖、手術、婦女泌尿、婦科以及婦癌等等。由於同時段往往有 8 至 9 個演講同步進行，因此會前要好好研讀議程，選擇聆聽既感興趣又最能幫助臨床的主題，是本次參加會議的挑戰之一。

(三) 本次會議我主要選擇聆聽婦科、產科以及婦女健康相關主題。

1. 在婦科方面，有多囊性卵巢症候群、子宮內膜異位症、子宮肌瘤等演講，比較特別的是關於貧血對婦女健康的影響，因為貧血常常是被忽視的，但其實不能小看貧血對婦女的健康影響，而缺鐵是造成貧血最常見的原因。根據 WHO 說明，育齡期婦女都有缺鐵的風險。
2. 在產科方面，談論產後出血、子癇前症、妊娠糖尿病、妊娠高血壓、妊娠腎臟病。這些疾病的發生，會增加婦人日後發生相關慢性病或其他疾病的風險；因此，若孕期出現這些疾病，產後仍應追蹤監測，減少生病風險。並且，這些高危險妊娠，也會增加小孩日後的疾病風險。此外，孕期的心理健康也是重要的議題，根據美國婦產科學會（The American College of Obstetricians and Gynecologists, ACOG）建議，在首次產前檢查、孕期和產後回診時使用有信效度的檢測工作篩檢憂鬱和焦慮疾病，並且不建議僅因懷孕或哺乳狀況而暫停或停止治療精神健康問題。而產後出血是 FIGO 今年主席會議（President's Session）的主題。每年導致產婦死亡的首要產科原因，是產後出血。每 6 分鐘就有一位婦女因產後出血死亡，這不僅是對婦女身心的影響，也對其先生、小孩帶來巨大衝擊。因此，FIGO 呼籲大家重視此議題，雖然 PPH 大部分是無法預測的，但有些危險因子可能增加其風險，例如貧血、巨嬰、多胞胎、羊水過多、PPH 史、妊娠晚期的任何出血。FIGO 並提出 E-MOTION (Early detection, Massage, Oxytocic drugs, Tranexamic acid, IntraVenous fluids, Vaginal exam, and Escalation) 治療指引。
3. 不孕症：低生育率的議題備受關注。我在大會期間聆聽的演講中，即有兩位學者提到台灣是全球生育率最低的，其中有一位學者在去年有來台灣參加「2024

台灣健康全球健康福祉論壇」，當次論壇中有一場就會在探討東亞國家少子女化的議題，很高興台灣的學術會議也受到國際專家的關注。而在 FIGO 會議演講，有提到 AI 在不孕症的應用，包括醫療決策、改善溝通、影像分析、配子和胚胎評估、預測懷孕和生產結果等等。I

4. 永續發展目標 (Sustainable Development Goals, SDGs) 與氣候變遷對女性健康的影響：聯合國於 2015 年提出 17 項永續發展目標，其中，性別平等 (SDG 5) 列為優先排序是重要的，因為可以產生下游效應，有助整體協同運作。事實上，婦女在社會上，往往是一個經常被低估的隱藏主角。女性參與領導有助於改善氣候變遷的調適和減緩政策。增強婦女權能可以提高人們對改善健康狀況所需的氣候變遷調適的認識。而氣候變遷會影響女性一生的健康，無論是青少年、育齡期、孕產期或是更年期，會議中也有提到氣候變遷和癌症風險的關聯性。與男性相比，女性在一生中處於健康狀況不佳狀態的時間多出 25%；而最脆弱的女性是孕婦，溫度上升 1°C 就可能增加死產、早產、流產、妊娠糖尿病的發生。身為醫療專業人員，應該增強民眾關於氣候變遷對健康影響的認知，了解重要因素，包括空汙、氣溫、極端天氣等等。從個人角度，可以減少碳足跡，增加食用本地、季節性、植物性食物。演講中有學者分享在手術室可以節能的作法，例如關掉沒有使用的儀器、避免囤積或過度使用手術用品，使用低全球暖化潛力 (low-GWP) 的麻醉劑等等。

(四) 出席證明



Certificate of attendance

We herewith certify that
Shu-Huey CHOU
from Taiwan, Republic of China

has attended the XXV FIGO World Congress of
Gynecology and Obstetrics
held in Cape Town, South Africa from 5 to 9 October
2025


Prof Anne-Batrice Khilari
FIGO President


Prof Ismail Bhorat
SASOG President

三、心得

FIGO 一直是婦產科夙負盛名的會議，嚮往已久，這次有幸能親臨會場，非常的開心。參與盛會除了增進醫學新知，這次感觸較深的有兩點。其一，是體會到國外學者看

待疾病的觀念態度，除了醫療處置以外，也很重視飲食、運動的配合，目的是建立健康的生活型態來預防、治療疾病；其二，是氣候變遷對人民的健康息息相關，深深覺得永續發展是刻不容緩且持續要努力的行動，人人有責。

四、 建議事項

(至少四項，包括改進作法)

- (一) 持續鼓勵醫事人員出國交流：本院院慶舉辦得一年比一年好，今年也親耳聽到中醫同道讚美本院院慶舉辦得很好，這要歸功於院部鼓勵醫事人員出國交流及接納大家的建議。希望院部持續鼓勵醫事人員出國交流，共同為中榮努力，追求卓越的表現，樹立醫療典範。
- (二) 院慶規劃閉幕典禮：許多國際會議有開幕閉幕典禮，這次 FIGO 閉幕式一開場就以熱烈掌聲歡迎幾位重要專家學者上台入座，接著播放大會回顧影片，現場氛圍令人感動。未來本院的國際會議中心落成後，可以規劃在主會場進行閉幕典禮，播放院慶精華回顧影片，讓與會者重溫自己有參與的時光以外，也可以藉由影片看到其他自己沒有參與的片段。
- (三) 促進民眾健康意識：預防勝於治療，醫療人員有責任促進民眾健康意識。院部規劃健康嘉年華及 FB 訊息有促進民眾健康意識的作用，希望台中榮總持續發揮影響力。
- (四) 持續推行節能減碳：部分區域不須長時間開燈的地區可以替換為感應式燈源，節約用電。例如新門診大樓醫梯廳在白天日照時間大多有充足的光線，通常只有早晚進入該空間時覺得昏暗，如果改為感應式燈源，可以減少電燈開整夜的電能消耗。

五、 附錄

議程

Sunday 5 Programme at a glance

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	Hall 8, 9 & 10 CTICC 2, Level 2	Ballroom East CTICC 1, Level 1	Ballroom West CTICC 1, Level 1	Meeting Room 1.41-1.44 CTICC 1, Level 1	Meeting Room 2.41-2.46 CTICC 1, Level 2
08:30-09:30		WHO headline session - Maternal mortality: Monitoring for action	Breaking the polarised debate on SRH: The critical role of the SAGO community of practice	Achievements, challenges and opportunities in the prevention of HPV-related cancers in Latin America	Non-technical skills of the surgeon
09:45-10:45	President's session - Postpartum haemorrhage				
10:45-11:15	Refreshment break in exhibition hall				
11:15-12:15	Mohamad Fallaha lecture - Violence against women				
12:30-13:30	Industry sponsored symposia - see page 26				
13:45-14:45	AFOG session - Cervical cancer elimination, maternal mortality, FGM & PPH	ICM session - What obstetricians and midwives can achieve together through a positive and balanced collaboration	Towards healthy, middle-aged and elderly women's lives	Early motherhood: How to prevent it?	
14:45-15:15	Refreshment break in exhibition hall				
15:15-16:15	SASOG session - Caesarean section rates: Lessons learnt from Rio	Perinatal mental health	New or misleading approaches to infertility management	Postgraduate training in urogynaecology: Current international jobs and needs	
16:30-17:30	WATOG session - Contraception and sexual and reproductive health	A collaborative effort of experts in Malawi to reduce maternal morbidity and mortality	The uncharted melody of myomas	Cervical cancer elimination: The vision of FIGO, the global voice	

Sunday 5 Programme at a glance

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	Nerina & Protea CTICC 2, Level 1	Freesia & Orchid CTICC 2, Level 2	Meeting Room 1.61-1.64 CTICC 1, Level 1	Meeting Room 2.61-2.66 CTICC 1, Level 2	Auditorium 1 CTICC 1, Level 1
08:30-09:30	Menstrual health and associated disorders	Innovating and training to end obstetric fistula	Ethical considerations of assisted reproduction	Preventing maternal and newborn sepsis: Results from multinational clinical trials	
09:45-10:45					
10:45-11:15	Refreshment break in exhibition hall				
11:15-12:15					
12:30-13:30	Industry sponsored symposia - see page 26				
13:45-14:45	Unlocking better surgical outcomes: Tackling iron deficiency anaemia	Multilevel actions for preventing and optimising outcomes in preterm birth	The management of chronic pelvic pain: A multi-lens approach	External and internal contributors to metabolic syndrome	Surgical video classroom - Vaginal surgery
14:45-15:15	Refreshment break in exhibition hall				
15:15-16:15	Updates in GTN staging and classification	AI and new technologies for better management of pregnancy: Thinking on LMICs	How to teach abortion: Competency-based curricula and their implementation	Integrating stem cells and omics to decode prenatal disease	Surgical video classroom - MAS for benign conditions: Prevention and handling of complications
16:30-17:30	Environmental drivers of women's health	Small and vulnerable newborns: Impact of multiple micronutrient supplementation on maternal nutrition	Violence against doctors	Meet the editors	Surgical video classroom - Laparoscopic approach to complications in pelvic floor surgery

Monday 6 Programme at a glance

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	Hall 8, 9 & 10 CTICC 2, Level 2	Ballroom East CTICC 1, Level 1	Ballroom West CTICC 1, Level 1	Meeting Room 1.41-1.44 CTICC 1, Level 1	Meeting Room 2.41-2.46 CTICC 1, Level 2
08:30-09:30	WHO headline session - WHO contraceptive guidelines: evidence and implementation updates	Preventing maternal and perinatal mortality and morbidity in women with sickle cell disease	How to keep control over caesarean section rates: What are the real medical indications in 2025?	Pelvic organ prolapse: Selecting the best surgical approach	
09:45-10:45	SASOG session - HIV/HPV related gynaecological cancers	AFOG session - Enhancing the best practices of labour and reducing unnecessary caesarean sections	Adenomyosis: A game-changer for the management of infertility and abnormal uterine bleeding	Products for patients: Accelerating access to life-saving material and newborn health products	
10:45-11:15	Refreshment break in exhibition hall				
11:15-12:15	Markku Sappala Ovidon lecture - Prenatal communication between fetus and mother				
12:30-13:30	Industry sponsored symposia - see page 26				
13:45-14:45	Advanced cervical cancer: African experience	The decriminalization of abortion: A new paradigm - implications in clinical and social contexts	WATOG session - Urogynaecology and menopause	Intrapartum care	
14:45-15:15	Refreshment break in exhibition hall				
15:15-16:15	Vaccination in pregnancy	Childbirth care in special situations	Who is going to win the unplanned pregnancy challenge? AI or clinicians?	Vaginal surgery: "Sem-liva" hysterectomy	
16:30-17:30	Challenges in contraception	Laparotomy, laparoscopy, robotics and AI	Work-up and management of early endometrial cancer	Adapting and evaluating WHO Antenatal Care guidelines: Results from NAMAI implementation research	

Monday 6 Programme at a glance

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	Nerina & Protea CTICC 2, Level 1	Freesia & Orchid CTICC 2, Level 2	Meeting Room 1.61-1.64 CTICC 1, Level 1	Meeting Room 2.61-2.66 CTICC 1, Level 2	Auditorium 1 CTICC 1, Level 1
08:30-09:30	Navigating cancer and pregnancy: Challenges, fertility, and post-cancer parenthood	Legal and ethical aspects of human reproduction	Right care, every birth: Removing barriers and raising voices in maternal health	Research driven access: Solar pathways for second trimester abortion	Surgical video classroom - Managing the breast
09:45-10:45	Global threats to reproductive rights and their impact	Gender commission on maternal and newborn health	Bioethical issues in women's health	UOG session - Navigating women's health research challenges: Integrity, impact and implementation	Surgical video classroom - The best anti-incontinence sling
10:45-11:15	Refreshment break in exhibition hall				
11:15-12:15					
12:30-13:30	Industry sponsored symposia - see page 26				
13:45-14:45	Strengthening implementation of maternal and perinatal death surveillance and response (MPDSR)	Scaling up lesser known drugs for PPH: Gleaning evidence and catalysing change	Advocating for increased global investment in R&D for sexual and reproductive health technologies	Hypertensive disorders in pregnancy	Surgical video classroom - Ultrasound evaluation of the female pelvic floor
14:45-15:15	Refreshment break in exhibition hall				
15:15-16:15	Priorities for a comprehensive fistula care continuum: Optimising post-repair health and wellbeing	Preconception health and care: International progress and new directions	Hypertension in pregnancy and diabetes on long-term health: How to mitigate long-term effects	Surgical video classroom - Subdermal implants and PPHD	
16:30-17:30	Challenges in traditional and indigenous midwifery in modern obstetric care	Addressing the fistula treatment gap and post-obstetric fistula repair/incontinence	International network obstetric survey systems: Multi-country studies on severe maternal morbidities	Preventing maternal and newborn sepsis: Results from multinational clinical trials	Surgical video classroom - Advanced prolapso in the elderly

Wednesday 8 Programme at a glance ¹⁴

	Hall 8, 9 & 10 CTICC 2, Level 2	Ballroom East CTICC 1, Level 1	Ballroom West CTICC 1, Level 1	Meeting Room 1.41-1.44 CTICC 1, Level 1	Meeting Room 2.41-2.46 CTICC 1, Level 2
08:30-09:30		WHO headline session - Innovative systems approaches in maternal and newborn care [English]	FIASOG session - Realities in contraception during menopause [English]	Liver disease in pregnancy: Uncovering the hidden challenges and introduction to the FIGO guidelines [English]	Fourth trimester [English]
09:45-10:45		WATOG session - Fetal and maternal medicine [English]	WATOG session - Reproductive endocrinology and infertility (REI) [English]	Advancing women's health globally: FGM and health disparities [English]	Gynaecological health in vulnerable populations [English]
10:45-11:15	Refreshment break in exhibition hall				
11:15-12:15	De Waele memorial lecture - The Emperor has no clothes [English]				
12:30-13:30	Industry sponsored symposia - see page 26				
13:45-14:45		SASOG session - Strategies to reduce medication-related risk related to cerebral palsy [English]	Placenta accreta spectrum [English]	Delivering tertiary care in the 21st century [English]	Advances in HPV vaccination worldwide: Are we meeting our goals? [English]
14:45-15:15	Refreshment break in exhibition hall				
15:15-16:15	Nutrition across the life-course [English]	Training of surgical management in gynaecological cancers [English]	Qual-Dee project in Argentina, Burkina Faso, Thailand and Vietnam [English]	Old and new infectious enemies in pregnancy [English]	
16:30-17:30	Fibroids and endometriosis [English]	Minimally invasive surgery in gynaecological oncology: Cutting-edge advancements and techniques [English]	Navigating the political, legal, and clinical challenges for non-binary and LGBTQ+ individuals: Insights for ob-gyns [English]	Modern approaches to polycystic ovary syndrome (PCOS) [English]	

Wednesday 8 Programme at a glance ¹⁵

	Nerina & Protea CTICC 2, Level 1	Freesia & Orchid CTICC 2, Level 2	Meeting Room 1.61-1.64 CTICC 1, Level 1	Meeting Room 2.61-2.66 CTICC 1, Level 2	Auditorium 1 CTICC 1, Level 1	
08:30-09:30	Surgical safety: Error prevention and management in gynaecological surgery [English]	Clinical update on respectful abortion provision [English]	Ultrasound in obstetrics: Focusing on low and middle-income countries [English]	No to violence against women [English]	Surgical video classroom - Hysteroscopy [English]	08:30-09:30
09:45-10:45	Understanding and classification of endometriosis [English]	Inclusive contraceptive care: Strategies for unique patient groups [English]	Implementing e-motive at scale: Real world experience in four countries [English]	Transforming obstetric training: Building a culture of safety and compassionate care [English]		09:45-10:45
10:45-11:15	Refreshment break in exhibition hall					10:45-11:15
11:15-12:15						11:15-12:15
12:30-13:30	Industry sponsored symposia - see page 26					12:30-13:30
13:45-14:45	Outcomes of the safer births bundle of care implementation in 30 hospitals in Tanzania [English]	Fellowship in minimally-invasive gynaecologic surgery (GMIGS): Standardised training [English]	Innovating community-based strategies to improve reproductive health for youth: Insights from Kenya [English]	Musculoskeletal diseases of women at menopause and beyond [English]	Surgical video classroom - The last ovarian repair [English]	13:45-14:45
14:45-15:15	Refreshment break in exhibition hall					14:45-15:15
15:15-16:15	Innovations with evidence across the continuum of care [English]	Reproductive lifespan in women with sickle cell disease [English]	A primer for vulvovaginal disorders [English]	Ending obstetric violence: Barriers, breakthroughs, and contextual solutions [English]	Surgical video classroom - Skill and safety in caesarean birth [English]	15:15-16:15
16:30-17:30	Diagnosis in the dark: The urgent need for better pre-eclampsia diagnostics [English]	Updates on preeclampsia (PE) and bundle approach of PE management [English]	Self-managed abortion: The role of the health care system in supporting access to safe abortion care [English]	Cochrane's impact within maternal, newborn, and child health: Past, present and future [English]	Surgical video classroom - Basic laparoscopy and emergencies in low-middle income countries [English]	16:30-17:30

Thursday 9 Programme at a glance ¹⁶

	Hall 8, 9 & 10 CTICC 2, Level 2	Ballroom East CTICC 1, Level 1	Ballroom West CTICC 1, Level 1	Meeting Room 1.41-1.44 CTICC 1, Level 1	Meeting Room 2.41-2.46 CTICC 1, Level 2
08:30-09:30		WHO headline session - Advancing towards quality comprehensive abortion care: A global perspective [English]	SASOG session - Access to low-cost assisted reproduction [English]	Sexual health in women affected by gynaecologic or breast cancer [English]	Menopause [English]
09:45-10:45		North America session - Selfbirth: New trends in prevention and care management [English]	WATOG session - Women's cancers [English]	Abortion self-management is a critical issue for healthcare professionals: The ECSACOG experience [English]	Cesarean section epidemic [English]
10:45-11:15	Refreshment break in exhibition hall				
11:15-12:15	B. N. Parandare lecture - Assisted reproductive technologies: The future is bright [English]				

Thursday 9 Programme at a glance ¹⁷

	Nerina & Protea CTICC 2, Level 1	Freesia & Orchid CTICC 2, Level 2	Meeting Room 1.61-1.64 CTICC 1, Level 1	Meeting Room 2.61-2.66 CTICC 1, Level 2	Auditorium 1 CTICC 1, Level 1	
08:30-09:30	Non-surgical treatment of urinary incontinence [English]	Reconstructive surgery after FGM [English]	Improving maternal health outcomes with global collaborations and innovative care models [English]	Global experiences in post-caesarean delivery surveillance for surgical site infection [English]	Surgical video classroom - Laparoscopic surgery in Africa: My journey [English]	08:30-09:30
09:45-10:45	Medically assisted reproduction: Good medical care [English]	Training of surgical skills: A must for MAS [English]	Body after birth: Postpartum pelvic health [English]	Expanding inclusive gynaecological care for transgender and gender-diverse patients [English]	Surgical video classroom - Placenta previa management [English]	09:45-10:45
10:45-11:15	Refreshment break in exhibition hall					10:45-11:15
11:15-12:15						11:15-12:15

Key

Maternal fetal medicine	Benign surgery	English
Clinical obstetrics	Urogynaecology	French
Sexual and reproductive health and rights	Non-surgical gynaecology	Spanish
Reproductive medicine	Women's cancer	

This programme is subject to change. For the most up-to-date programme, please refer to the mobile app.

A nursing room is available to use during Congress hours in CTICC 1, level 1.

Two prayer rooms are available to use during Congress hours on the ground floor of CTICC 1 and CTICC 2.

