

# 特定保健指導説明資料

■保健指導内容

支援区分	実施時期	支援形態	支援時間	支援ポイント(支援A)	支援ポイント(支援B)
初回支援	—	個別支援	30分	—	—
継続支援	2週間後	電話B	5分	—	10
継続支援	6週間後	メールB	5分	—	5
中間評価	13週間後	個別支援A	30分	80	—
継続支援	17週間後	個別支援A	30分	80	—
継続支援	20週間後	メールB	5分	—	5
最終評価	24週間後	—	—	—	—

■契約情報と利用者の窓口負担情報

内容	
委託料単価	30,000円
支払割合	初回支援時
	最終評価時
	(継続支援分)
窓口負担率	20%
窓口負担金額(初回全額支払)	6,000円
保険者負担金額	24,000円

サンプル XML (CLAIMS)  
【初回時】

```

1 <?xml version="1.0" encoding="UTF-8"?>
2 <healthGuidanceClaim xmlns:xsi="http://www.w3.org/2001/XMLSchema-instance" xsi:schemaLocation="http://tokuteikenshin.jp/checkup/2007 /XSD/
   gc08_V08.xsd" xmlns="http://tokuteikenshin.jp/checkup/2007">
3   <encounter>
4     <serviceEventType code="2" />
5     <guidanceLevel code="1" />
6     <guidanceTiming code="1" />
7   </encounter>
8   <subjectPerson>
9     <performerOrganization>
10      <id root="1 2 392 200119 6 102" extension="1310001001" />
11    </performerOrganization>
12    <insuranceCard>
13      <insurerNumber root="1.2.392 200119 6 101" extension="00131001" />
14      <symbol root="1 2 392 200119 6 204" extension="1 1" />
15      <number root="1 2 392 200119 6 205" extension="1 1" />
16    </insuranceCard>
17    <name>フタナイチジュウイチ</name>
18    <addr>
19      <postalCode>100-1001</postalCode>
20    </addr>
21    <birthTime value="19400421" />
22    <administrativeGender code="1" />
23  </subjectPerson>
24  <healthGuidanceCard>
25    <id root="1 2 392 200119 6 210" extension="08110000011" />
26    <checkupCardId root="1 2 392 200119 6 209" extension="08100000011" />
27    <effectiveTime>
28      <high value="20090331" />
29    </effectiveTime>
30    <copayment code="3">
31      <rate value="020000" unit="%" />
32    </copayment>
33  </healthGuidanceCard>
34  <settlement>
35    <unitPrice>
36      <amount value="30000" currency="JPY" />
37    </unitPrice>
38    <paymentRate value="40" unit="%" />
39    <pointCountCompleted value="0" />
40    <pointCountIntended value="0" />
41    <calculatedAmount value="12000" currency="JPY" />
42    <payment>
43      <status code="1" />
44      <amount value="6000" currency="JPY" />
45    </payment>
46    <claimAmount value="6000" currency="JPY" />
47  </settlement>
48 </healthGuidanceClaim>

```

サンプル XML (DATA)  
【初回時】

```

1 <?xml version="1.0" encoding="UTF-8"?>
2 <ClinicalDocument xmlns:xsi="http://www.w3.org/2001/XMLSchema-instance" xsi:schemaLocation="urn:hl7-org:v3 /xsd/hg08_V08.xsd" xmlns="urn:hl7-
org:v3">
3 <typeId root="2.16.840.1.113883.1.3" extension="POCD_HD000040" />
4 <id nullFlavor="NI" />
5 <code code="21" codeSystem="1.2.392.200119.6.1001" />
6 <effectiveTime value="20080610" />
7 <confidentialityCode code="N" codeSystem="2.16.840.1.113883.5.25" />
8 <recordTarget>
9 <patientRole>
10 <id root="1.2.392.200119.6.101" extension="00131001" />
11 <id root="1.2.392.200119.6.204" extension="111" />
12 <id root="1.2.392.200119.6.205" extension="11" />
13 <addr>
14 <postalCode>100-1001</postalCode>
15 </addr>
16 <patient>
17 <name>フタナイチジュウイチ</name>
18 <administrativeGenderCode code="1" codeSystem="1.2.392.200119.6.1104" />
19 <birthTime value="19400421" />
20 </patient>
21 </patientRole>
22 </recordTarget>
23 <author>
24 <time value="20080610" />
25 <assignedAuthor>
26 <id nullFlavor="NI" />
27 <representedOrganization>
28 <id root="1.2.392.200119.6.102" extension="1310001001" />
29 <name>負担1クリニック</name>
30 <telecom value="tel:0300000001" />
31 <addr>
32 <postalCode>100-1001</postalCode>東京都千代田区区分町1 XML 健診機関ビル1階</addr>
33 </representedOrganization>
34 </assignedAuthor>
35 </author>
36 <custodian>
37 <assignedCustodian>
38 <representedCustodianOrganization>
39 <id nullFlavor="NI" />
40 </representedCustodianOrganization>
41 </assignedCustodian>
42 </custodian>
43 <participant typeCode="HLD">
44 <functionCode code="1" codeSystem="1.2.392.200119.6.208" />
45 <associatedEntity classCode="IDENT">
46 <id extension="08100000011" root="1.2.392.200119.6.209.100131001" />
47 <scopingOrganization>
48 <id root="1.2.392.200119.6.101" extension="00131001" />
49 </scopingOrganization>
50 </associatedEntity>
51 </participant>
52 <participant typeCode="HLD">
53 <functionCode code="2" codeSystem="1.2.392.200119.6.208" />
54 <time>
55 <high value="20090331" />
56 </time>
57 <associatedEntity classCode="IDENT">
58 <id extension="08110000011" root="1.2.392.200119.6.210.100131001" />
59 <scopingOrganization>
60 <id root="1.2.392.200119.6.101" extension="00131001" />
61 </scopingOrganization>
62 </associatedEntity>
63 </participant>
64 <documentationOf>
65 <serviceEvent>
66 <code code="100" codeSystem="1.2.392.200119.6.1002" displayName="特定保健指導" />
67 <effectiveTime value="20080421" />
68 <performer typeCode="PRF">
69 <assignedEntity>
70 <id nullFlavor="NI" />
71 <representedOrganization>
72 <id root="1.2.392.200119.6.102" extension="1310001001" />
73 <name>負担1クリニック</name>
74 <telecom value="tel:0300000001" />
75 <addr>
76 <postalCode>100-1001</postalCode>東京都千代田区区分町1 XML 健診機関ビル1階</addr>
77 </representedOrganization>
78 </assignedEntity>
79 </performer>
80 </serviceEvent>
81 </documentationOf>

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82: <component>
83:   <structuredBody>
84:     <component>
85:       <section>
86:         <code code="90010" codeSystem="1 2 392 200119 6 1010" displayName="指導共通情報セクション" />
87:         <text />
88:         <entry>
89:           <act classCode="ACT" moodCode="EVN">
90:             <code nullFlavor="NA" />
91:             <entryRelationship typeCode="COMP">
92:               <observation classCode="OBS" moodCode="EVN">
93:                 <code code="1020000001" displayName="支援レベル" />
94:                 <value xsi:type="CD" code="1" codeSystem="1 2 392 200119 6 3001" />
95:               </observation>
96:             </entryRelationship>
97:             <entryRelationship typeCode="COMP">
98:               <observation classCode="OBS" moodCode="EVN">
99:                 <code code="1020000002" displayName="行動変容ステージ" />
100:                 <value xsi:type="CD" code="2" codeSystem="1 2 392 200119 6 3002" />
101:               </observation>
102:             </entryRelationship>
103:             <entryRelationship typeCode="COMP">
104:               <observation classCode="OBS" moodCode="EVN">
105:                 <code code="1020000003" displayName="保健指導コース名" />
106:                 <value xsi:type="ST">国保健康支援コース</value>
107:               </observation>
108:             </entryRelationship>
109:           </act>
110:         </entry>
111:       </section>
112:     </component>
113:     <component>
114:       <section>
115:         <code code="90030" codeSystem="1 2 392 200119 6 1010" displayName="指導初回情報セクション" />
116:         <text />
117:         <entry>
118:           <act classCode="ACT" moodCode="EVN">
119:             <code code="1" codeSystem="1.2.392 200119 6 3003" />
120:             <effectiveTime value="20080421" />
121:             <performer>
122:               <assignedEntity>
123:                 <id nullFlavor="NI" />
124:                 <code code="1" codeSystem="1 2 392 200119 6 3020" />
125:               </assignedEntity>
126:             </performer>
127:             <entryRelationship typeCode="COMP">
128:               <observation classCode="OBS" moodCode="EVN">
129:                 <code code="1022000013" />
130:                 <effectiveTime>
131:                   <width value="30" unit="min" />
132:                 </effectiveTime>
133:               </observation>
134:             </entryRelationship>
135:           </act>
136:         </entry>
137:         <entry>
138:           <act classCode="ACT" moodCode="INT">
139:             <code nullFlavor="NA" />
140:             <entryRelationship typeCode="COMP">
141:               <observation classCode="OBS" moodCode="INT">
142:                 <code code="1021000020" displayName="継続的支援予定期間" />
143:                 <value xsi:type="PQ" value="20" unit="wk" />
144:               </observation>
145:             </entryRelationship>
146:             <entryRelationship typeCode="COMP">
147:               <observation classCode="OBS" moodCode="GOL">
148:                 <code code="1021001031" displayName="目標腹囲" />
149:                 <value xsi:type="PQ" value="80" unit="cm" />
150:               </observation>
151:             </entryRelationship>
152:             <entryRelationship typeCode="COMP">
153:               <observation classCode="OBS" moodCode="GOL">
154:                 <code code="1021001032" displayName="目標体重" />
155:                 <value xsi:type="PQ" value="78.5" unit="kg" />
156:               </observation>
157:             </entryRelationship>
158:             <entryRelationship typeCode="COMP">
159:               <observation classCode="OBS" moodCode="GOL">
160:                 <code code="1021001033" displayName="目標収縮期血圧" />
161:                 <value xsi:type="PQ" value="125" unit="mm[Hg]" />
162:               </observation>
163:             </entryRelationship>

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164:     <entryRelationship typeCode="COMP">
165:       <observation classCode="OBS" moodCode="GOL">
166:         <code code="1021001034" displayName="目標拡張期血圧" />
167:         <value xsi:type="PQ" value="78" unit="mm[Hg]" />
168:       </observation>
169:     </entryRelationship>
170:     <entryRelationship typeCode="COMP">
171:       <observation classCode="OBS" moodCode="GOL">
172:         <code code="1021001050" displayName="一日の削減目標エネルギー量" />
173:         <value xsi:type="PQ" value="100" unit="kcal" />
174:       </observation>
175:     </entryRelationship>
176:     <entryRelationship typeCode="COMP">
177:       <observation classCode="OBS" moodCode="GOL">
178:         <code code="1021001051" displayName="一日の運動による目標エネルギー量" />
179:         <value xsi:type="PQ" value="40" unit="kcal" />
180:       </observation>
181:     </entryRelationship>
182:     <entryRelationship typeCode="COMP">
183:       <observation classCode="OBS" moodCode="GOL">
184:         <code code="1021001052" displayName="一日の食事による目標エネルギー量" />
185:         <value xsi:type="PQ" value="60" unit="kcal" />
186:       </observation>
187:     </entryRelationship>
188:   </act>
189: </entry>
190: </section>
191: </component>
192: <component>
193:   <section>
194:     <code code="90070" codeSystem="1 2 392 200119 6 1010" displayName="指導集計情報セクション" />
195:     <text />
196:     <entry>
197:       <act classCode="ACT" moodCode="INT">
198:         <code nullFlavor="NA" />
199:         <entryRelationship typeCode="COMP">
200:           <observation classCode="OBS" moodCode="INT">
201:             <code code="1041800117" displayName="計画上の継続的な支援の実施回数" />
202:             <value xsi:type="INT" value="4" />
203:           </observation>
204:         </entryRelationship>
205:         <entryRelationship typeCode="COMP">
206:           <observation classCode="OBS" moodCode="INT">
207:             <code code="1041101117" displayName="同上の実施回数（個別支援A）" />
208:             <value xsi:type="INT" value="2" />
209:           </observation>
210:         </entryRelationship>
211:         <entryRelationship typeCode="COMP">
212:           <observation classCode="OBS" moodCode="INT">
213:             <code code="1041101113" displayName="同上の合計実施時間（個別支援A）" />
214:             <value xsi:type="PQ" value="60" unit="min" />
215:           </observation>
216:         </entryRelationship>
217:         <entryRelationship typeCode="COMP">
218:           <observation classCode="OBS" moodCode="INT">
219:             <code code="1041201117" displayName="同上の実施回数（個別支援B）" />
220:             <value xsi:type="INT" value="0" />
221:           </observation>
222:         </entryRelationship>
223:         <entryRelationship typeCode="COMP">
224:           <observation classCode="OBS" moodCode="INT">
225:             <code code="1041201113" displayName="同上の合計実施時間（個別支援B）" />
226:             <value xsi:type="PQ" value="0" unit="min" />
227:           </observation>
228:         </entryRelationship>
229:         <entryRelationship typeCode="COMP">
230:           <observation classCode="OBS" moodCode="INT">
231:             <code code="1041302117" displayName="同上の実施回数（グループ支援）" />
232:             <value xsi:type="INT" value="0" />
233:           </observation>
234:         </entryRelationship>
235:         <entryRelationship typeCode="COMP">
236:           <observation classCode="OBS" moodCode="INT">
237:             <code code="1041302113" displayName="同上の合計実施時間（グループ支援）" />
238:             <value xsi:type="PQ" value="0" unit="min" />
239:           </observation>
240:         </entryRelationship>
241:         <entryRelationship typeCode="COMP">
242:           <observation classCode="OBS" moodCode="INT">
243:             <code code="1041103117" displayName="同上の実施回数（電話Aによる支援）" />
244:             <value xsi:type="INT" value="0" />
245:           </observation>

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246:         </entryRelationship>
247:         <entryRelationship typeCode="COMP">
248:             <observation classCode="OBS" moodCode="INT">
249:                 <code code="1041103113" displayName="同上の合計実施時間（電話Aによる支援）" />
250:                 <value xsi:type="PQ" value="0" unit="min" />
251:             </observation>
252:         </entryRelationship>
253:         <entryRelationship typeCode="COMP">
254:             <observation classCode="OBS" moodCode="INT">
255:                 <code code="1041104117" displayName="同上の実施回数（e-mailAによる支援）" />
256:                 <value xsi:type="INT" value="0" />
257:             </observation>
258:         </entryRelationship>
259:         <entryRelationship typeCode="COMP">
260:             <observation classCode="OBS" moodCode="INT">
261:                 <code code="1041203117" displayName="同上の実施回数（電話Bによる支援）" />
262:                 <value xsi:type="INT" value="1" />
263:             </observation>
264:         </entryRelationship>
265:         <entryRelationship typeCode="COMP">
266:             <observation classCode="OBS" moodCode="INT">
267:                 <code code="1041203113" displayName="同上の合計実施時間（電話Bによる支援）" />
268:                 <value xsi:type="PQ" value="5" unit="min" />
269:             </observation>
270:         </entryRelationship>
271:         <entryRelationship typeCode="COMP">
272:             <observation classCode="OBS" moodCode="INT">
273:                 <code code="1041204117" displayName="同上の実施回数（e-mailBによる支援）" />
274:                 <value xsi:type="INT" value="2" />
275:             </observation>
276:         </entryRelationship>
277:         <entryRelationship typeCode="COMP">
278:             <observation classCode="OBS" moodCode="INT">
279:                 <code code="1041100114" displayName="同上によるポイント（支援A）" />
280:                 <value xsi:type="INT" value="160" />
281:             </observation>
282:         </entryRelationship>
283:         <entryRelationship typeCode="COMP">
284:             <observation classCode="OBS" moodCode="INT">
285:                 <code code="1041200114" displayName="同上によるポイント（支援B）" />
286:                 <value xsi:type="INT" value="20" />
287:             </observation>
288:         </entryRelationship>
289:         <entryRelationship typeCode="COMP">
290:             <observation classCode="OBS" moodCode="INT">
291:                 <code code="1041800114" displayName="同上によるポイント（合計）" />
292:                 <value xsi:type="INT" value="180" />
293:             </observation>
294:         </entryRelationship>
295:     </act>
296: </entry>
297: </section>
298: </component>
299: </structuredBody>
300: </component>
301: </ClinicalDocument>

```

**サンプル XML (CLAIMS)**  
**【実績評価時】**

```

1 <?xml version="1.0" encoding="UTF-8"?>
2 <healthGuidanceClaim xmlns:xsi="http://www.w3.org/2001/XMLSchema-instance" xsi:schemaLocation="http://tokuteikenshin.jp/checkup/2007 ./XSD/
gc08_V08.xsd" xmlns="http://tokuteikenshin.jp/checkup/2007">
3   <encounter>
4     <serviceEventType code="2" />
5     <guidanceLevel code="1" />
6     <guidanceTiming code="2" />
7   </encounter>
8   <subjectPerson>
9     <performerOrganization>
10      <id root="1.2.392.200119.6.102" extension="1310001001" />
11    </performerOrganization>
12    <insuranceCard>
13      <insurerNumber root="1.2.392.200119.6.101" extension="00131001" />
14      <symbol root="1.2.392.200119.6.204" extension="11" />
15      <number root="1.2.392.200119.6.205" extension="11" />
16    </insuranceCard>
17    <name>フタインイチジュウイチ</name>
18    <addr>
19      <postalCode>100-1001</postalCode>
20    </addr>
21    <birthTime value="19400421" />
22    <administrativeGender code="1" />
23  </subjectPerson>
24  <healthGuidanceCard>
25    <id root="1.2.392.200119.6.210" extension="08110000011" />
26    <checkupCardId root="1.2.392.200119.6.209" extension="08100000011" />
27    <effectiveTime>
28      <high value="20090331" />
29    </effectiveTime>
30    <copayment code="3">
31      <rate value="020000" unit="%" />
32    </copayment>
33  </healthGuidanceCard>
34  <settlement>
35    <unitPrice>
36      <amount value="30000" currency="JPY" />
37    </unitPrice>
38    <paymentRate value="60" unit="%" />
39    <pointCountCompleted value="180" />
40    <pointCountIntended value="180" />
41    <calculatedAmount value="18000" currency="JPY" />
42    <payment>
43      <status code="1" />
44      <amount value="0" currency="JPY" />
45    </payment>
46    <claimAmount value="18000" currency="JPY" />
47  </settlement>
48</healthGuidanceClaim>

```

**サンプル XML (DATA)**  
**【実績評価時】**

```

1 <?xml version="1.0" encoding="UTF-8"?>
2 <ClinicalDocument xmlns:xsi="http://www.w3.org/2001/XMLSchema-instance" xsi:schemaLocation="urn:h17-org:v3 /xsd/hg08_v08.xsd" xmlns="urn:h17-
org:v3">
3 <typeId root="2.16.840.1.113883.1.3" extension="POCD_HD000040" />
4 <id nullFlavor="NI" />
5 <code code="22" codeSystem="1.2.392.200119.6.1001" />
6 <effectiveTime value="20080610" />
7 <confidentialityCode code="N" codeSystem="2.16.840.1.113883.5.25" />
8 <recordTarget>
9 <patientRole>
10 <id root="1.2.392.200119.6.101" extension="00131001" />
11 <id root="1.2.392.200119.6.204" extension="411" />
12 <id root="1.2.392.200119.6.205" extension="11" />
13 <addr>
14 <postalCode>100-1001</postalCode>
15 </addr>
16 <patient>
17 <name>フタニチジュウイチ</name>
18 <administrativeGenderCode code="1" codeSystem="1.2.392.200119.6.1104" />
19 <birthTime value="19400421" />
20 </patient>
21 </patientRole>
22 </recordTarget>
23 <author>
24 <time value="20080610" />
25 <assignedAuthor>
26 <id nullFlavor="NI" />
27 <representedOrganization>
28 <id root="1.2.392.200119.6.102" extension="1310001001" />
29 <name>負担1クリニック</name>
30 <telecom value="tel:0300000001" />
31 <addr>
32 <postalCode>100-1001</postalCode>東京都千代田区区分町1 XMI 健診機関ビル1階</addr>
33 </representedOrganization>
34 </assignedAuthor>
35 </author>
36 <custodian>
37 <assignedCustodian>
38 <representedCustodianOrganization>
39 <id nullFlavor="NI" />
40 </representedCustodianOrganization>
41 </assignedCustodian>
42 </custodian>
43 <participant typeCode="HLD">
44 <functionCode code="1" codeSystem="1.2.392.200119.6.208" />
45 <associatedEntity classCode="IDENT">
46 <id extension="0810000001" root="1.2.392.200119.6.209.100131001" />
47 <scopingOrganization>
48 <id root="1.2.392.200119.6.101" extension="00131001" />
49 </scopingOrganization>
50 </associatedEntity>
51 </participant>
52 <participant typeCode="HLD">
53 <functionCode code="2" codeSystem="1.2.392.200119.6.208" />
54 <time>
55 <high value="20090331" />
56 </time>
57 <associatedEntity classCode="IDENT">
58 <id extension="0811000001" root="1.2.392.200119.6.210.100131001" />
59 <scopingOrganization>
60 <id root="1.2.392.200119.6.101" extension="00131001" />
61 </scopingOrganization>
62 </associatedEntity>
63 </participant>
64 <documentationOf>
65 <serviceEvent>
66 <code code="100" codeSystem="1.2.392.200119.6.1002" displayName="特定保健指導" />
67 <effectiveTime value="20081006" />
68 <performer typeCode="PRF">
69 <assignedEntity>
70 <id nullFlavor="NI" />
71 <representedOrganization>
72 <id root="1.2.392.200119.6.102" extension="1310001001" />
73 <name>負担1クリニック</name>
74 <telecom value="tel:0300000001" />
75 <addr>
76 <postalCode>100-1001</postalCode>東京都千代田区区分町1 XMI 健診機関ビル1階</addr>
77 </representedOrganization>
78 </assignedEntity>
79 </performer>
80 </serviceEvent>
81 </documentationOf>

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82: <component>
83:   <structuredBody>
84:     <component>
85:       <section>
86:         <code code="90070" codeSystem="1 2 392 200119 6 1010" displayName="指導集計情報セクション" />
87:         <text />
88:         <entry>
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90:             <code nullFlavor="NA" />
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93:                 <code code="1042800117" displayName="実施上の継続的な支援の実施回数" />
94:                 <value xsi:type="INT" value="5" />
95:               </observation>
96:             </entryRelationship>
97:             <entryRelationship typeCode="COMP">
98:               <observation classCode="OBS" moodCode="EVN">
99:                 <code code="1042101117" displayName="実施上の継続的な支援の実施回数 (個別支援A)" />
100:                 <value xsi:type="INT" value="2" />
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103:             <entryRelationship typeCode="COMP">
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111:                 <code code="1042201117" displayName="同上の実施回数 (個別支援B)" />
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114:             </entryRelationship>
115:             <entryRelationship typeCode="COMP">
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118:                 <value xsi:type="PQ" value="0" unit="min" />
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121:             <entryRelationship typeCode="COMP">
122:               <observation classCode="OBS" moodCode="EVN">
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133:             <entryRelationship typeCode="COMP">
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139:             <entryRelationship typeCode="COMP">
140:               <observation classCode="OBS" moodCode="EVN">
141:                 <code code="1042103113" displayName="同上の合計実施時間 (電話Aによる支援)" />
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145:             <entryRelationship typeCode="COMP">
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157:             <entryRelationship typeCode="COMP">
158:               <observation classCode="OBS" moodCode="EVN">
159:                 <code code="1042203113" displayName="同上の合計実施時間 (電話Bによる支援)" />
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178         <value xsi:type="INT" value="20" />
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198 </entryRelationship>
199 </act>
200 </entry>
201 </section>
202 </component>
203 <component>
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208             <act classCode="ACT" moodCode="EVN">
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215                     </assignedEntity>
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225                 <entryRelationship typeCode="COMP">
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227                         <code code="1032100014" />
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230                 </entryRelationship>
231             </act>
232         </entry>
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258 </entry>
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353   <entryRelationship typeCode="COMP">
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