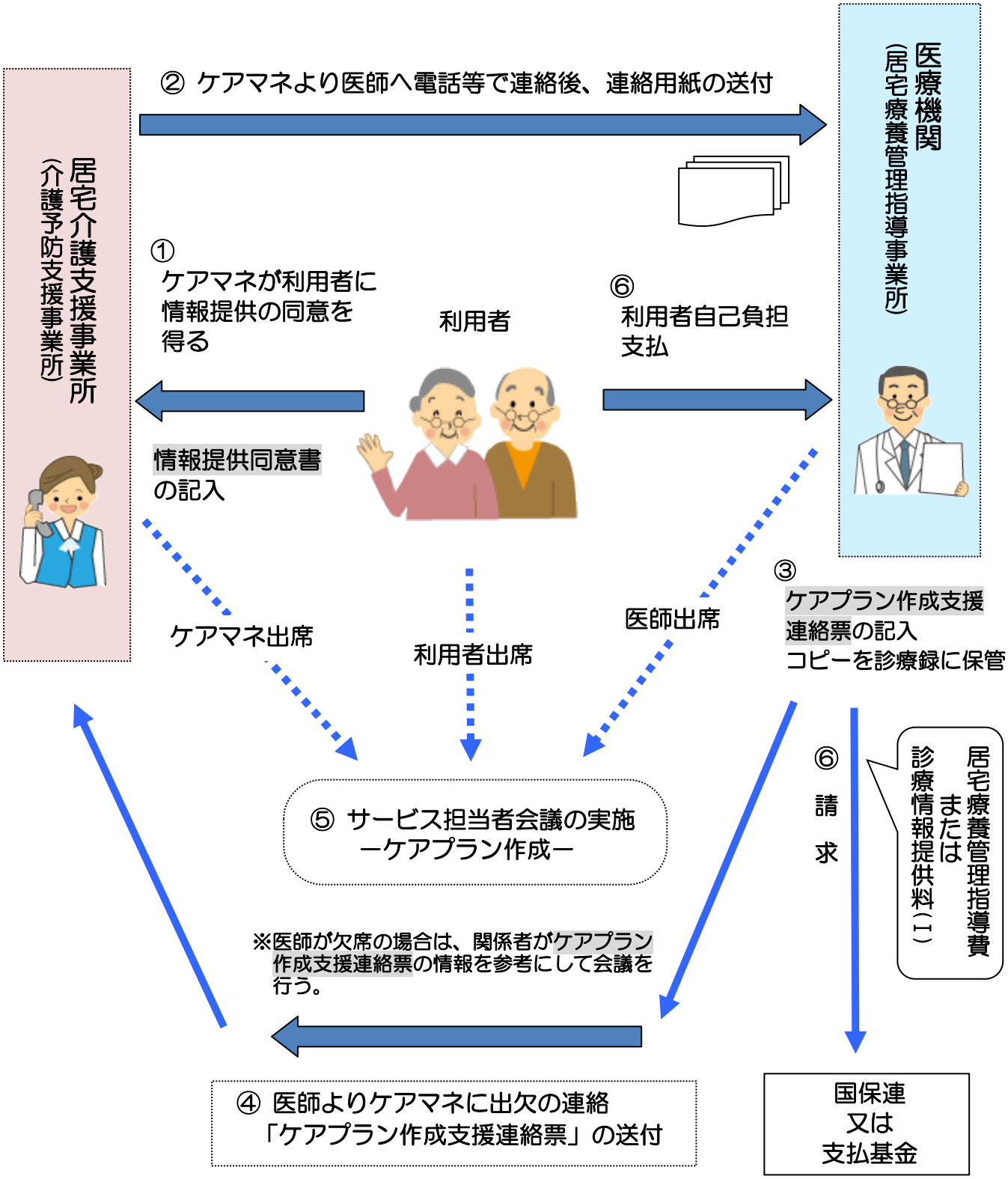医療と介護の連絡用紙活用の流れ