

系所組別： 護理學系甲組

考試科目： 成人護理學

考試日期：0220，節次：2

※ 考生請注意：本試題 可 不可 使用計算機

一、案例：(50%)

劉奶奶，84歲，案夫往生超過10年，為天主教徒，未生病前，持續將近10年，每天會為在家附近一所天主堂的吳神父做早餐。5年前診斷 Alzheimer's Disease 和 Parkinson's Disease，3年前認知功能明顯衰退，需依賴他人照顧，原與2個女兒同住，因家屬無法再持續照顧，在劉奶奶的反對下，於1年前住進安養中心，剛入住時躺在床上不願意活動且拒絕吃、喝，之後進食狀況亦不佳，體重由50kg下降到44.6kg，近3天連續出現噁心嘔吐、便秘及腹脹，故由2位女兒陪同入急診求治，後轉至老人科病房持續治療。

請依照上述案例回答以下之問題：

- (1)請根據上述的內容推估劉奶奶會有哪些護理問題，而根據你所列出的問題，須再收集哪些相關資料，以釐清問題的狀況？
(25%)
- (2)請畫出你所列出護理問題之間的關連圖，並加以說明。(15%)
- (3)若你想查閱護理劉奶奶相關的文獻，你會採用哪些電腦資料庫，會運用哪些關鍵字？請根據若同的護理主題，分開陳述。
(10%)

二、護理研究結果分析與應用：(50%)

Effects of an Exercise Program on Blood Biochemical Values and Exercise Stage of Chronic Kidney Disease Patients

Chen, Pei-Ying¹; Huang, Yi-Ching²; Kao, Yu-Hsiu^{3*}; Chen, Jinn-Yang⁴

Background: Chronic kidney disease (CKD) patients face a relatively high risk of cardiovascular disease morbidity and mortality. A healthy lifestyle facilitated by participation in a regular exercise regimen may prevent or retard conditions commonly associated with CKD, including hypertension, hyperlipidemia, and diabetes.

Purpose: This study examined the effect of a tailored exercise program on blood biochemical values and other exercise-related variables in CKD patients.

(背面仍有題目,請繼續作答)

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Methods: A total of 94 subjects diagnosed with CKD by a nephrology outpatient clinic at a medical center in northern Taiwan participated in this quasi-experimental study. Subjects were randomly divided into an experimental group ($n = 45$) or a control group ($n = 49$). Experimental group subjects agreed to join a 3-month exercise program. Individual guidance was given remotely to the experimental group over the telephone during the second and the third months following initiation of the exercise intervention. Both groups completed the pretest and posttest forms of the Stages of Exercise Questionnaire, and blood biochemical data were obtained from patient medical files. Data were analyzed using analysis of covariance.

Results: The preexercise cholesterol values (from 198.03 ± 43.52 to 160.97 ± 37.39 mg/dl) of the experimental group differed significantly from their postexercise values. Also, the number of subjects in the experimental group who reported exercising regularly rose from 57.8% pretest to 75.6% posttest. However, changes in red blood cell count, hemoglobin, hematocrit, and blood sugar were all insignificant in the experimental group. No significant change in any of these items was detected in the control group. The cholesterol value of the experimental group (158.75 mg/dl) was significantly lower than that of the control group (177.29 mg/dl) after applying analysis of covariance, using the pretest results of both groups as the covariate.

Conclusions and Implications for Practice: The developed exercise program was found to reduce cholesterol levels in CKD patients effectively, to encourage more patients to do exercise regularly, and to offer clinical nursing staff an approach to encourage and teach CKD patients to exercise.

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請依據上述研究敘述回答以下問題：

- (1) 該文章之研究對象(5%)
- (2) 請說明研究目的(10%)
- (3) 請說明研究設計(5%)
- (4) 請說明介入措施(5%)
- (5) 請說明測量此介入措施的成效指標為何 (5%)
- (6) 請說明主要的研究成果(5%)
- (7) 你會如何運用本研究的結果於臨床實務工作(15%)