

※ 考生請注意：本試題不可使用計算機。請於答案卷(卡)作答，於本試題紙上作答者，不予計分。

### 一、案例：(50%)

李先生，65 歲，教育程度小學，生病前職業是裝潢工人，宗教信仰為一般民間信仰，一個月前病人父親剛因中風合併呼吸衰竭過世，主要照顧者是妻子，夫妻結婚已 43 年，感情非常深厚，兒子因工作關係輪替照顧，家人關係緊密，家住傳統公寓四樓，診斷：支氣管及肺惡性腫瘤(cT4N2M1a)，轉移至腦和骨頭(T4.7.11.12 及 L1.2.5 脊椎體、骶骨、右 1st~4th 肋骨、雙側髖骨)，疼痛分數 7-8 分，移動時疼痛加劇，目前有鴉片類藥物和骨頭痛輔佐劑，並有 Morphine 5mg SC q1h PRN 使用。案妻：「這樣痛也不是辦法，他(病人)都沒辦法好好休息，連動也不敢動。」

病人某日向白班護理師表示：「有沒有安樂死這種東西？拜託妳幫幫我！」，案妻在旁口氣顯憤怒說：「都已經來住院 4-5 天了，痛也沒有比較好，一痛起來叫天天不應，叫護理師也要等很久才有人過來，大家都在忙著打針發藥，覺得這裡所受到的照顧，並不如外面所說的那麼好，很失望！」，病人則沈默不語。

請依照上述案例，回答以下問題：

1. 此案例可能有哪些現有或潛在的護理問題(5 分)? 列出其優先次序，並解釋該排序的理由(5 分)?
2. 請針對您認為目前最重要的護理問題前二大順位，依護理過程列出具體照護計畫(10 分)?
3. 針對案妻的憤怒情緒，您的想法和處理方式為何(10 分)?
4. 若您要與醫師討論李先生的照護問題，您需再評估與收集哪些資料(10 分)? 您會提出哪些建議? 依據為何(10 分)?

### 二、護理研究結果分析與應用: (50%)

#### A nurse-led case management program on home exercise training for hemodialysis patients: A randomized controlled trial

##### Background

Patients on maintenance hemodialysis suffer from diminished physical health. Directly supervised exercise programs have been shown to be effective at improving physical function and optimizing well-being. However, nurses seldom include an exercise intervention in the care plan for hemodialysis patients.

##### Purpose

The purpose of this study was to examine the effects of a 12-week nurse-led case management program on home exercise training for hemodialysis patients.

##### Design

The study was a randomized, two-parallel group trial.

### Settings

Hemodialysis units in two tertiary hospitals in Nanjing, mainland China.

### Participants

One hundred and thirteen adult patients who have been in stable condition while on dialysis treatment for more than 3 months were recruited and randomly assigned to either the study group ( $n = 57$ ) or the control group ( $n = 56$ ).

### Methods

Both groups underwent a brief weekly in-center exercise training session before their dialysis sessions for the first 6 weeks. The study group received additional nurse case management weekly for the first 6 weeks and biweekly for the following 6 weeks. The intervention was to facilitate patients in performing regular exercise at home. Outcome measures, including gait speed, 10-repetition sit-to-stand performance, and quality of life were collected at baseline, and at 6 and 12 weeks into the program.

### Results

The results revealed that patients in the study group demonstrated greater increases in normal gait speed [ $F(1,111) = 4.42, p = 0.038$ ] than the control group. For the study group, a mean increase of 12.02 ( $\pm 3.03$ ) centimeters/second from baseline to week 12 was found. With regard to the fast gait speed, there was a marginally significant between-group effect [ $F(1,111) = 3.93, p = 0.050$ ]. The study group showed a mean improvement of 11.08 ( $\pm 3.32$ ) cm/s, from baseline to week 12. Patients from both groups showed improvements in their 10-repetition sit-to-stand performance. The between-group differences approached significance [ $F(1,111) = 3.92, p = 0.050$ ], with the study group showed greater improvement than the control group. The time taken by the patients in the study group to complete the 10-STS test increased by 5.75 ( $\pm 3.88$ ) s from baseline to week 12. Significant improvements in quality of life across three time points were found only in the study group.

### Conclusions

Home exercise using a nurse-led case management approach is practical and effective in improving the physical function and self-perceived health of stable hemodialysis patients.

請根據上述研究摘要敘述回答以下問題(請用中文描述)

1. 請清楚描述此篇研究之主要研究對象?(5%)

2. 請問此研究的研究設計為何?(5%)
3. 請說明此研究的重要性與目的為何?(10%)
4. 請說明此研究的介入性措施如何執行?(8%)
5. 請說明此研究介入措施的成效指標為何?(5%)
6. 請說明此研究主要研究結果?(7%)
7. 這篇研究對您的臨床實務有何啟發？例如，您可以如何應用或建議此研究結果於臨床實務工作中(10%)