

※ 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。

本試題分為：1. 【共同題組】為所有考生必須作答，隨後考生可以依據自己專長，就 2. 【產科題組】或 【兒科題組】擇一回答。

【共同題組 40%，共 2 題】

1. 從懷孕期到產後，婦女的泌乳過程可分為乳汁生成期 I, II, III 和乳腺退化期
請回答：(1)就上述每一階段之發生時間、生理機轉與賀爾蒙調節機制進行說明 (10%)，
(2) 每一階段可提供的照護措施 (10%)
2. 產兒科護理強調以家庭為中心的照護
請說明：(1) 以家庭為中心照護的主要概念 (10%)
(2) 舉一實例說明以家庭為中心的照護 (10%)

請任選一題組 【產科題組】或 【兒科題組】擇一作答。作答請清楚標示題號

【產科題組 60%，共 2 題】

3. 張女士，32 歲，G2P2，現為剖腹產後第二天，開始進食少許稀飯，晨間床邊交班時，李女士站著，一手正在按摩乳房，一手撐著腰，主訴：「開始有奶漲，有硬塊，很痛，但我不想餵母乳，因為我很不舒服、肚子又脹又痛、也說不出是那裏特別痛，現在都無法撐起腰，背也痛」，張女士邊說話邊摸著肚子，隨後又說：「我第一胎餵母乳到 1 歲半，但是這胎生孩子後，我感到身體很虛弱，生完一直很不舒服，早上還一直噁心、想吐。所以，我不想餵母乳了，想要退奶，給嬰兒喝配方奶，我先生和媽媽都支持我的決定」。請您就張女士現況：
(1) 提出您將繼續進行的護理評估內容 (15%)
(2) 根據評估結果，您將提供的照護措施 (15%)

4. 以下是一篇有關待產時產婦用力文章摘要，請根據內容：

- (1) 寫出 PICO , p = population, I= intervention, C= comparison, O= outcomes (10%)
- (2) 請說明結果主要發現 (10%)
- (3) 根據此文獻，提出照護措施之應用 (10%)

Background: The Valsalva pushing technique is used routinely in the second stage of labor in many countries, and it is accepted as standard obstetric management in Turkey.

Purposes: The purpose of this study was to determine the effects of pushing techniques on mother and fetus in birth in this setting.

Methods: This randomized study was conducted between July 2003 and June 2004 in Bakirkoy Maternity and Children's Teaching Hospital in Istanbul, Turkey. One hundred low-risk primiparas between 38 and 42 weeks' gestation, who expected a spontaneous vaginal delivery, were randomized to either a spontaneous pushing group or a Valsalva-type pushing group. Spontaneous pushing women were informed during the first stage of labor about spontaneous pushing technique (open glottis pushing while breathing out) and were supported in pushing spontaneously in the second stage of labor. Similarly, Valsalva pushing women were informed during the first stage of labor about the Valsalva pushing technique (closed glottis pushing while holding their breath) and were supported in using Valsalva pushing in the second stage of labor. Perineal tears, postpartum hemorrhage, and hemoglobin levels were evaluated in mothers; and umbilical artery pH, Po₂ (mmHg), and Pco₂ (mmHg) levels and Apgar scores at 1 and 5 minutes were evaluated in newborns in both groups.

Results: No significant differences were found between the two groups in their demographics, incidence of nonreassuring fetal surveillance patterns, or use of oxytocin. The second stage of labor and duration of the expulsion phase were significantly longer with Valsalva-type pushing. Differences in the incidence of episiotomy, perineal tears, or postpartum hemorrhage were not significant between the groups. The baby fared better with spontaneous pushing, with higher 1- and 5-minute Apgar scores, and higher umbilical cord pH and Po₂ levels. After the birth, women expressed greater satisfaction with spontaneous pushing.

Conclusions: Educating women about the spontaneous pushing technique in the first stage of labor and providing support for spontaneous pushing in the second stage result in a shorter second stage without interventions and in improved newborn outcomes. Women also stated that they pushed more effectively with the spontaneous pushing technique. (BIRTH 35:1 March 2008)

【兒科題組 60%，共 2 題】

3. 7 歲小花在學校體育課時暈倒，校護陪伴下由救護車送至醫學中心急診，於急診初步診治後直接送至小兒加護病房進一步住院治療。檢查結果發現小花血糖值為 25 mg/dL，身高 100cm、體重 12kg；血液檢查結果為：Hb: 5.0 g/dL，WBC: $209 \times 10^6/L$ ，Platelet: $490 \times 10^7/L$ 。小花家中有六個手足，她排行第五，上有四位兄姐，爸爸於美國就讀大學畢業後便在外商公司從事貿易工作，母親為家庭主婦，平常將家裡打理得很好，不太信任學校教育及擔心室外污染源多，希望能夠在家自學。住院後醫師向父母解釋小花需要做進一步檢查與檢驗以做鑑別診斷，給予適當的處置和治療，但父親認為不需要，一直不同意檢查。請問：
- (1) 您認為小花可能的鑑別診斷為何？（5%）
 - (2) 還需要搜集哪些主客資料幫助您鑑別診斷？（10%）
 - (3) 針對此問題，您具體的護理計劃與措施為何？（15%）
4. 台灣 2016 年新生兒出生率僅 1.07%，是全球最低的出生率。且與經濟合作暨發展組織（Organization for Economic Cooperation and Development, OECD）國家比較，台灣 1 歲以下嬰兒死亡率高於多數 OECD 國家，其中超過六成是出生未滿 4 周的新生兒。請問
- (1) 據您所知，新生兒主要死因有哪些？（5%）
 - (2) 請分別說明造成台灣低出生率及新生兒死亡的主要相關因素有哪些？（10%）
 - (3) 請列出解決上述問題的措施及建議擬定之政策（15%）