

以下附有三篇護理研究摘要，請任選一篇研究摘要並依據其內容，以中文回答以下問題：

1. 簡述所選研究的主要研究目的與重要性為何？(15%)
2. 簡述研究重要發現為何？(15%)
3. 你會在護理臨床工作中，如何運用本研究之結果？(40%)
4. 此研究激發你想探究哪些臨床護理問題？(10%)
5. 讀完此研究摘要後，對您個人有何衝激？(20%)

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Experiences of Daily Activities Within Two Weeks After Hospital Discharge Among Taiwanese Elderly Patients With Chronic Obstructive Pulmonary Disease

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ABSTRACT: The purpose of this study was to explore the experiences of daily activities among elderly patients with chronic obstructive pulmonary disease (COPD) within 2 weeks after hospital discharge. Seven male and two female COPD patients aged 65-80 were interviewed. Interviews were tape recorded, and then transcribed verbatim within 48 hours. Data were analyzed according to the method of qualitative research through constant comparison and content analysis. The data generated seven themes: (1) expectations beyond one's strength; (2) fear of having another attack; (3) slowing and simplifying activities; (4) acting according one's abilities; (5) protecting oneself; (6) striving for an independent life; and (7) trying to continue living. The findings of this research can help health professionals understand experiences of COPD patients, sensitively and precisely recognize their daily activity needs, and provide suitable interventions during the discharge transition to facilitate a better quality of life for elderly patients.

Key Words: chronic obstructive pulmonary disease (COPD), daily activities, experience.

(背面仍有題目,請繼續作答)

The Essence of Spirituality of Terminally Ill Patients

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ABSTRACT: The purpose of this hermeneutic study was to investigate the essence of spirituality of terminally ill patients. In-depth unstructured interviews were used as the method for data collection. In the six-month period of data collection, the researcher was in the role of a hospice palliative care consultant who directly took care of the subject patients in a hospice ward of a teaching hospital. The six subjects were selected purposively according to various demographic backgrounds. Interview transcripts provided the data for analysis. The results were composed of four constitutive patterns and ten themes. The first constitutive pattern was "Communion with Self" which included three themes: (1) Self-identity—spirituality is the discovery of the authentic self. (2) Wholeness—a human being is full of contradictions but still in wholeness. (3) Inner peace—spirituality is negotiating conflicts for self-reconciliation. The second constitutive pattern was "Communion with others" which included two themes: (1) Love—spirituality is a caring relationship but not an over-attachment to others. (2) Reconciliation—spirituality is to forgive and to be forgiven. The third constitutive pattern was "Communion with Nature" which included two themes: (1) Inspiration from the nature—spirituality is the resonance of the marvelous beauty of nature. (2) Creativity—spirituality is conceiving imaginatively. The fourth constitutive pattern was "Communion with Higher Being" which included three themes: (1) Faithfulness—spirituality is keeping the trust dependably. (2) Hope—spirituality is claiming possibilities. (3) Gratitude—spirituality is giving thanks and embracing grace. The scientific rigor of this qualitative research as well as the strength and limitations of the study are reported. Implications for hospice palliative care and future research are recommended.

Key Words: hermeneutic study, qualitative research, spirituality, terminally ill patients, hospice palliative care.

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Change in Quality of Life in Patients With Permanent Cardiac Pacemakers: A Six-month Follow-up Study

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ABSTRACT: The purpose of this study was to investigate the quality of life (QOL) in patients before and after permanent pacemaker implantation. A follow-up study design was adopted and purposive sampling was applied to recruit subjects from two medical centers in Taipei City. Subjects were interviewed before pacemaker implantation. Follow-up interviews were conducted at second, fourth, and sixth month after pacemaker implantation. There were 42 subjects enrolled in this study. These subjects had moderate QOL (62.4 ± 15.9 on a scale of 97) before pacemaker implantation and the QOL improved significantly after pacemaker implantation ($p < .05$). The QOL improvement reached a peak at the end of the fourth month and the scores decreased at the end of the sixth month vs. the fourth month ($p < .05$). They had significant improvement in "general well-being", "sleeping", "appetite", "physical activity", and "physical symptoms" ($p < .05$), but not in "cognitive function", "social participation", "work capability" and "sexual function" ($p > .05$). Subjects with spouses as their main caregivers had significantly better improvement in QOL after pacemaker implantation. Subjects' perceptions of distress from arrhythmia were the most significant determinant in their QOL pre and post pacemaker implantation. The findings suggest that aggressively resolving arrhythmia distress is important for improving QOL.

Key Words: quality of life (QOL), permanent pacemaker implantation, arrhythmia distress.
