

系所組別： 護理學系乙組

考試科目： 精神衛生護理學

考試日期： 0308，節次： 2

※ 考生請注意：本試題 可 不可 使用計算機

1. 請舉例說明以實證為基礎的概念如何應用於護理照護的精進(20%)
2. 請闡述個人針對碩士班的培育訓練 將如何整合自己的臨床經驗之看法(10%)
  
3. 請舉出一項與認知行為治療相關的理論並說明其概念意義 (5%)，再以此概念意義為架構有系統性地提出您個人對認知行為治療的原則 (5%)，然後再闡述護理人員在此治療原則下應扮演的角色功能 (5%)。
  
4. 請闡述「家庭因應能力失調」與「個人因應能力失調」這二項健康問題之概念定義 (7%)，並比較他們在評值指標上的相異處 (8%)。

(背面仍有題目,請繼續作答)

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5. 請您闡述心身疾病之護理的相關問題 (15%)

- (1) 寫出心身疾病的定義、論述並舉例說明重大疾病和情緒之關連性 (7%)
- (2) 說明緩解身心症患者的身體與情緒反應的介入策略 (8%)

6. 請閱讀本文，並針對下列問題回答 (25%)

There is today a wide consensus regarding the need to improve communication skills (CS) of health-care professionals (HCPs) dealing with cancer patients. Psychological training programs (PTPs) may be useful to acquire the needed CS. Testing the efficacy of PTP will allow to define their optimal content. The present study was designed to assess the impact of a PTP on HCP stress, attitudes and CS, and on HCP and patients' satisfaction with HCP communication skills in a randomised study. A total of 115 oncology nurses were randomly assigned to a 105-h PTP or to a waiting list. Stress was assessed with the Nursing Stress Scale, attitudes with a Semantic Differential Questionnaire, CS used during one simulated and one actual patient interview with the Cancer Research Campaign Workshop Evaluation Manual, and satisfaction with the nurses' CS with a questionnaire completed by the patients and the nurses. Trained (TG) and control (CG) groups were compared at baseline, after 3 months (just following training for TG) and after 6 months (3 months after the end of training for TG). Compared to controls, trained nurses reported positive changes on their stress levels ( $P \leq 0.05$ ) and on their attitudes ( $P \leq 0.05$ ). Positive training effects were found on CS used during the simulated interview: a significant increase in facilitative behaviours (open questions:  $P \leq 0.001$ ; evaluative functions:  $P \leq 0.05$ ) and a significant decrease in inhibitory behaviours (inappropriate information:  $P \leq 0.01$ ; false reassurance:  $P \leq 0.05$ ). Less positive training effects were found regarding interviews with a cancer patient: a significant increase in educated guesses ( $P \leq 0.001$ ) was noticed. No training effect was observed on nurses' satisfaction levels, but a positive training effect was found on patients' satisfaction levels ( $P \leq 0.01$ ). Although results outline PTP efficacy, they indicate the need to design PTP, amplifying the transfer of learned CS to clinical practice.

1. 請 150 字左右摘譯本段文章，並闡述您的閱讀心得 (8%)
2. 反思您在與病患的溝通過程，您的自我發現是什麼？ (7%)
3. 請您設計一項增進癌症病房護理人員與病患溝通能力的訓練方案 (包括主題、方法、內容與評價) (10%)