

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：0307，節次：2

※ 考生請注意：本試題 可 不可 使用計算機

1. 請您針對精神衛生護理有興趣的議題，闡述台灣的現況與世界趨勢的異同(15%)、及個人對此議題的立論(10%)
2. 請自行舉一臨床案例(5%)、來說明如何應用實証護理來提升照護品質(20%)
3. 莊小姐，36歲，因企圖割腕自殺住院治療，住院二週後參加病房生活討論會，其同病房病友陳女士在團體中主動表示「常看見莊小姐在哭泣，很可憐」此語引起許多住院病友的關心探詢，莊小姐卻神情淡漠，搖頭說「我沒事，你們不應該探詢我的隱私，就算我說了你們也幫不了」這段回應讓陳女士很生氣，在團體大聲斥責對方：「如果你那麼封閉自己，我們就不必熱心幫助你！」轉而準備起身離去。
請您分析此刻的團體動力(10%) 領導者可以如何處理此一場景(10%) 從中可以深入研究的主题(5%)
4. 請您閱讀本文摘要後，以200字左右摘譯本段文章(5%)與閱讀心得(5%)，並評論台灣在災難心理照護的現況與未來規劃(15%)

TENTS guidelines: development of post-disaster psychosocial care guidelines through a Delphi process. *The British Journal of Psychiatry* (2010) 196: 69-74. doi: 10.1192/bjp.bp.109.066266

Background: How best to plan and provide psychosocial care following disasters remains keenly debated.

Aims: To develop evidence-informed post-disaster psychosocial management guidelines.

Method: A three-round web-based Delphi process was conducted. One hundred and six experts rated the importance of statements generated from existing evidence using a one to nine scale. Participants reassessed their original scores in the light of others' responses in the subsequent rounds.

Results: A total of 80 (72%) of 111 statements achieved consensus for inclusion. The statement 'all responses should provide access to pharmacological assessment and management' did not achieve consensus. The final guidelines recommend that every area has a multi-agency psychosocial care planning group, that responses provide general support, access to social, physical and psychological support and that specific mental health interventions are only provided if indicated by a comprehensive assessment. Trauma-focused cognitive-behavioural therapy (CBT) is recommended for acute stress disorder or acute post-traumatic stress disorder, with other treatments with an evidence base for chronic post-traumatic stress disorder being made available if trauma-focused CBT is not tolerated.

Conclusions: The Delphi process allowed a consensus to be achieved in an area where there are limitations to the current evidence.