

系所組別：護理學系甲組

考試科目：成人護理學

考試日期：0223，節次：2

※ 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%)

張先生，61 歲，過去為果農，與 60 歲的太太住在鄉下，小孩皆已結婚住在外縣市。張先生患有糖尿病 15 年，平時血糖控制在 160-220 mg/dl，1 年前因腎功能下降，被告知要開始準備接受腎臟替代治療。此次入院是因 1 周前開始出現咳嗽帶有黃稠痰、喘、四肢水腫及食慾不佳等症狀，二天前的夜裡突然感到呼吸困難，被太太送來急診，初步診斷為心臟衰竭併有肺水腫，因此住院治療。張太太本身患有高血壓及退化性關節炎，行動較緩慢，在先生住院後顯得很緊張，頻頻向醫護人員詢問張先生的病情。

請依照上述案例，回答以下問題:

1. 張先生可能有哪些現有或潛在的護理問題?請提出您的分析論點。(15 分)
2. 請根據您所提出的問題，指出須再收集哪些相關資料，以釐清或支持您的分析?(15 分)
3. 您認為張先生目前最重要的護理問題是甚麼?您為何認為此問題最重要?並請針對該問題列出具體目標、護理措施。(15 分)
4. 若您要為張先生進行實證照護，您會以那些關鍵字，在哪些資料庫尋找相關資料?(5 分)

### 二、護理研究結果分析與應用: (50%)

#### **Physical and Psychological Outcomes Among Women in a Telephone-Based Exercise Intervention During Adjuvant Therapy for Early Stage Breast Cancer**

Jennifer A. Ligibel, M.D., Ann Partridge, M.D., M.P.H., Anita Giobbie-Hurder, M.S., Nancy Campbell, M.S., Laura Shockro, B.A., Taylor Salinardi, M.S., and Eric P. Winer, M.D.

#### **Abstract**

**Background:** Many women gain weight after breast cancer diagnosis. Weight gain has been associated with poor quality of life (QOL), dissatisfaction with one's body, increased risk of postoperative complications, and possibly even an increased risk of breast cancer recurrence. Studies have suggested that decreases in physical activity during treatment may contribute to weight gain in breast cancer patients.

**Methods:** In this single-arm pilot study, 41 sedentary women with early stage breast cancer participated in a 12-week, moderate-intensity aerobic exercise intervention during adjuvant chemotherapy and/or radiation. The target exercise goal was 150 minutes of activity/week. Participants underwent evaluation of exercise behaviors,

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fitness, and psychological and anthropometric measures at baseline and after the 12-week intervention.

**Results:** Most participants were premenopausal, and 80% were treated with intensive chemotherapy regimens that included both an anthracycline (小紅莓) and a taxane (紫杉醇). In the 34 patients for whom baseline and week 12 measures were available, weekly exercise increased from 13 minutes to 116 minutes at week 12 ( $p < 0.001$ ). Cardiorespiratory fitness and QOL improved significantly ( $p < 0.003$  and  $p = 0.001$ , respectively), and there was a trend toward improvements in fatigue ( $p = 0.08$ ). Participants also avoided weight gain and increases in body fat over the course of the 12-week protocol.

**Conclusions:** Women participating in a home-based exercise intervention during adjuvant therapy significantly increased activity and avoided weight gain, which has been associated with poor QOL and cancer outcomes in early stage breast cancer.

請根據上述研究摘要敘述回答以下問題

1. 請問研究對象為何?(5%)
2. 請問此研究的目的與重要性為何?(10%)
3. 請問此研究的研究設計為何?(5%)
4. 請說明此研究的介入性措施?(5%)
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?(5%)
7. 請說明您會如何應用此研究結果於臨床實務工作?(15%)