

以下共有四題問答題，請針對題目作答，可用中文作答，請把握時間。答案寫在答案紙上，請標好答題之題號作答。

1. You are assessing a 66 year-old female patient who had recurring pneumonia over the past six months. She is admitted again for flu-like symptoms. What kind of questions would you ask in order to gain further information about her pneumonia? What physical assessment would you include in your plan in deciding on the possible causes and the potential actions to take? (25%)
2. Please read carefully on the following statement and 1) provide a brief summary on the content and 2) comment briefly and share your related clinical experiences on this issue (25%)

Prolonged treatment in an ICU, and particularly prolonged mechanical ventilation, is associated with a loss of muscle mass and a marked reduction in muscle strength, which is referred to as ICU-acquired weakness. ICU-acquired weakness is a result of a number of pathophysiological mechanisms, and more than one mechanism may affect an individual patient during treatment in an ICU. Early studies identified critical-illness polyneuropathy, which is characterized by symmetric weakness affecting the proximal limb muscles through denervation and denervation atrophy. Critical-illness polyneuropathy may also affect the respiratory muscles and delay weaning from mechanical ventilation.

There are no specific treatments that have been shown to prevent ICU-acquired weakness. In one study, targeting normoglycemia (glucose concentration, 80 to 110 mg per deciliter) in critically ill medical patients was associated with a reduced incidence of critical-illness neuromyopathy and a reduction in the need for prolonged mechanical ventilation. Because of the perceived adverse effects of targeting normoglycemia, current guidelines recommend starting treatment with insulin in patients with a blood glucose level of more than 180 mg per deciliter with a target of 140 mg per deciliter to 180 mg per deciliter. In a placebo-controlled trial evaluating the hypothesis that growth hormone would improve nitrogen balance and lead to better clinical outcomes, the use of growth hormone in critically ill adults increased mortality significantly.

Current strategies to limit ICU-acquired weakness and optimize recovery from critical illness are focused around minimizing sedation and targeting early mobilization of patients, even while they are still undergoing mechanical ventilation. In patients who cannot be mobilized, passive exercises may also improve recovery.

The content was subtracted from the Critical Care Challenge: ICU-Acquired Weakness and Recovery from Critical Illness which appeared on *New England Journal of Medicine* 2014;370:1626-1635.

見背面

3. 由於醫藥的進步，目前已有較多的癌症病人在門診接受治療，或者在家長期服用口服抗癌藥物，如口服標靶、口服化學治療藥物或賀爾蒙製劑等，針對這樣的現況與趨勢，請問 (A) 分析癌症病人會有何種的照護問題與需求？(B) 請使用您所學過的護理、心理 或 適用於此狀況的概念、模式或理論，畫出一個照護的(問題與)模式，(C) 以該圖/模式，說明護理人員應該如何發揮我們的角色與功能，(D) 針對 C，我們目前的困難或限制會是什麼？就現在而言，我們可以怎麼做？未來應如何做？以提升癌症病人的生活品質？(您可以舉某特定癌症或一般性癌症病人的例子來說明) (30%)
4. 張小姐，45 歲，剛接受腹腔鏡手術，由恢復室送回病房後約一小時，手術傷口很小，無滲液，張小姐端坐在床上，護理人員建議她應該深呼吸咳嗽，但是張小姐表示傷口十分疼痛，鼻胃管也很不舒服，尿管更是令人難以忍受，目前張小姐使用 IV PCA (Patient Control Analgesia) 中，覺得 PCA 一點效果也沒有，怎麼會有辦法咳嗽。針對該位病人，若您為主護護理師，你會如何照護這位病人？(20%)

試題隨卷繳回