

※ 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%)

李先生，52 歲，為貨運司機，因吞嚥困難至醫院檢查發現為食道癌 T3N2M0，因腫瘤較大，術前先安排化療與放射性治療，之後再接受食道切除合併食道重建，同時置入空腸造瘻管，由於食道吻合口感染致重建食道壞死因而必須移除，李先生因而完全無法由口進食，必須由空腸造瘻口灌食維持營養。李先生時常感嘆：“現在都沒有辦法從嘴巴吃東西，有時真的很想跳樓”。也曾表示：“雖然大家都說我可以隨便咬一咬再吐出來，可是沒有飽足感還是讓我覺得無法滿足我的口慾”。也因為家人希望他能夠安心養病，因此整天只能待在家中，自述自己就像一個廢人。回診時也頻頻向醫護人員詢問何時可以再接受食道手術恢復過去由口進食的飲食方式。

請依照上述案例，回答以下問題:

1. 李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?(10 分)
3. 您認為李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. 若您要以實證照護解決上述您所認為李先生最重要的護理問題，您會如何訂定 PICO (8 分)，也請列出您會應用的實證資料庫?(2 分)

二、 護理研究結果分析與應用: (50%)

Effect of nature-based sound therapy on agitation and anxiety in coronary artery bypass graft patients during the weaning of mechanical ventilation: A randomized clinical trial

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Abstract

Background: Weaning from mechanical ventilation is a frequent nursing activity in critical care. Nature-based sound as a non-pharmacological and nursing intervention effective in other contexts may be an efficient approach to alleviating anxiety, agitation and adverse effects of sedative medication in patients undergoing weaning from mechanical ventilation. This study aimed to identify the effect of nature-based sound therapy on agitation and anxiety on coronary artery bypass graft patients during weaning from mechanical ventilation.

Methods: A randomized clinical trial design was used. 120 coronary artery bypass graft patients aged

45–65 years undergoing weaning from mechanical ventilation were randomly assigned to intervention and control groups. Patients in the intervention group listened to nature-based sounds through headphones; the control group had headphones with no sound. Hemodynamic variables, anxiety levels and agitation were assessed using the Faces Anxiety Scale and Richmond Agitation Sedation Scale, respectively. Patients in both groups had vital signs recorded after the first trigger, at 20 min intervals throughout the procedure, immediately after the procedure, 20 min after extubation, and 30 min after extubation. Data were collected over 5 months from December 2012 to April 2013.

Results: The intervention group had significantly lower anxiety and agitation levels than the control group. Regarding hemodynamic variables, a significant time trend and interaction was reported between time and group ($p < 0.001$). A significant difference was also found between the anxiety ($p < 0.002$) and agitation ($p < 0.001$) scores in two groups.

Conclusions: Nature-based sound can provide an effective method of decreasing potential adverse hemodynamic responses arising from anxiety and agitation in weaning from mechanical ventilation in coronary artery bypass graft patients. Nurses can incorporate this intervention as a non-pharmacological intervention into the daily care of patients undergoing weaning from mechanical ventilation in order to reduce their anxiety and agitation.

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背景為何?(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. 請說明您對這篇研究的優缺點看法?(5%)
8. 這篇研究對您的臨床實務的啟發為何?例如,您可以如何應用此研究結果於臨床實務工作中(10%)