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國立臺灣大學105學年度碩士班招生考試試題

科目：婦女健康暨母嬰護理學

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一、請翻譯下列一篇英文研究報告摘要部分內容。(25分)

(Reference: He, X et al. (2015). Breast-feeding and postpartum weight retention: a systematic review and meta-analysis. Public Health Nutrition, 18(18), 3308-3316.)

TITLE: Breast-feeding and postpartum weight retention: a systematic review and meta-analysis

OBJECTIVE: Weight gained during pregnancy and postpartum weight retention might contribute to obesity in women of childbearing age. Whether breast-feeding (BF) may decrease postpartum weight retention (PPWR) is still controversial. The purpose of our systematic review and meta-analysis was to investigate the relationship between BF and PPWR.

DESIGN: Three databases were systematically reviewed and the reference lists of relevant articles were checked.

RESULTS: Among 349 researches, eleven studies met the inclusion criteria for the meta-analysis. Compared with formula-feeding, BF for 3 to ≤ 6 months seemed to have a negative influence on PPWR and if BF continued for >6 months had little or no influence on PPWR.

CONCLUSIONS: Although the available evidence held belief that BF decreases PPWR, more robust studies are needed to reliably assess the impact of patterns and duration of BF on PPWR.

二、請舉例說明如何將上述之研究結果應用於母嬰護理。(25分)

三、請闡述婦女健康(或母嬰護理)的照護概念或照護重點。(25分)

四、請以臨床實例陳述你過去值得讚賞或反思的照護經驗。(25分)

試題隨卷繳回