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國立臺灣大學 106 學年度碩士班招生考試試題

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1. 張護理師目前在一個人口有 8,600 人的台北市某里負責地段護理的工作。該里段的老年人口比率達 15%，大多數被收案管理的個案以失能老人為主，有一半以上個案的老年配偶是主要照顧者。在訪視過程中，張護理師發現許多照顧者因長期照護的壓力產生許多身心的症狀。有部分個案則由外籍看護照顧，但有照顧品質不佳的問題。請以此里段的情境為例說明，張護理師可以用何種架構與方法評估該里段的社區健康問題(12%)？可行的措施有哪些(8%)？有哪些評價的方式(5%)？

2. 李護理師為某高中校護。校內一名高中生因痰塗片陽性，被通報為傳染性肺結核，經衛生所安排學校接觸者胸部 X 光檢查，某些學生回家告知家屬，引起家長恐慌與不滿，要求學校公布患病學生姓名，並希望該生在完成治療前都不要來學校上課。請針對此狀況，請說明李護理師在學校傳染病防治中可以發揮的角色與功能有哪些(25%)。

3. 某社區根據 250 位病人的問卷來評估氣喘（asthma）盛行率，診斷的確認則是以肺功能檢查為準（黃金標準）。最後檢查結果，共有 96 位病人確診患有氣喘，其中有 59 人在問卷回答為陽性；154 位確診沒有氣喘，但其中 71 位病人問卷回答為陽性。請計算，該問卷針對此次研究對象，其對氣喘的敏感度、特異度、陽性預測值、及陰性預測值各為何？(20%)

4. 請(1). 翻譯以下這段文章(20%)，並 (2). 寫出您讀後的感想(10%)。

Lack of sleep is a common problem amongst nurses. Short sleep duration has been related to stress and burnout. However, in nurses, the effects of short sleep duration on job strain and burnout are controversial and a clear relationship has been lacking. This study aims to assess whether short sleep duration is related to job strain and burnout statue, and whether such relationship is in a dose-dependent manner.

A cross-sectional survey among female nurses in secondary referral health centers in Taiwan, using a self-administered structured questionnaire. Stratified sampling by region and patient bed number category was done to select representative centers for this survey. Approximately 10% of all secondary referral centers were randomly selected from each stratum. Non-linear dose–response relationship between sleep duration and job strain and burnout scores was assessed by general additive models (GAM), adjusting for personal characteristics, work condition, and family situation.

Among the 2268 full-time nurses in 39 hospitals participated in this study, 1384 (61%) satisfactorily completed the questionnaire. There were 169 nurses (12.2%) who slept less than 6 h per working day. Among the participants, 37% (n = 512) were classified into high strain group. The mean scores of personal, work-related, and client-related burnout were 59.4 (SD = 22.0), 54.6 (SD = 21.7), and 42.3 (SD = 18.6). GAM analysis found a linear relationship between sleep duration and job strain, and client-related burnout.

Our study found sleep duration at working days was inversely associated with female nurses' job strain and burnout in a dose-dependent manner.

試題隨卷繳回