

題號： 104

國立臺灣大學 115 學年度碩士班招生考試試題

科目： 內外科護理學

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一、以下為一篇論文摘要，請回答下列問題：

(一) 請將以下英文摘要翻譯成中文，包含題目。(24%)

(二) 請說明您將如何運用此摘要之內容於臨床照護之中。(6%)

Title: Unrelieved stress, decreased resilience (心理韌性), and disengagement coping (逃避因應) strategies are associated with lower levels of hope in patients with cancer

Objectives: To determine clinically meaningful cut points for the Herth Hope Index and evaluate for differences in demographic and clinical characteristics, as well as stress, resilience, and coping, between patients with lower versus higher levels of hope.

Sample and setting: Outpatients with cancer receiving chemotherapy (N = 1,295).

Methods and variables: Patients completed the Herth Hope Index, Multidimensional Quality of Life Scale-Patient Version, and stress, resilience, and coping measures prior to their second or third cycle of chemotherapy.

Results: Optimal cut points for the Herth Hope Index were 40 or less (i.e., lower level of hope) and greater than 40 (i.e., higher level of hope). The lower hope group had a higher comorbidity burden and lower functional status.

Implications for nursing: Clinicians can use this information to educate patients about interventions that can decrease stress and improve their coping abilities. Patients with cancer may benefit from having conversations with clinicians that authentically convey prognosis and provide a realistic sense of hope.

(摘自：Allaire L, Block A, Paul SM, et al. (2024). Unrelieved stress, decreased resilience, and disengagement coping strategies are associated with lower levels of hope in patients with cancer. *Oncol Nurs Forum*, 52(1), 23-40. doi:10.1188/25.ONF.23-40)

二、身體活動(physical activity)對癌症手術後病人是重要的健康行為，請以癌症手術後病人為例(或任選一種您熟悉的特定癌症手術後病人)，請回答下列問題：

(一) 在病人住院期間，您如何評估病人的身體活動?(10%)

(二) 請說明您將運用哪些策略來促進病人的身體活動。(10%)

三、病人由住院至出院過程，會經歷單一或多重的轉銜/轉換(transition)階段(例如，住院數日後直接出院；或是，由急診住入加護病房後轉病房，之後出院回家或住入機構等，歷經數個轉銜階段)，請以您護理的病人為例，選擇一個轉銜階段，請回答下列問題：

(一) 您如何評估病人及家屬之轉銜準備度(readiness)?(10%)

(二) 哪些是影響病人或家屬轉銜成功與否的因素?(10%)

(三) 您將會如何協助病人及家屬成功的轉銜?(10%)

四、譫妄是住院老年病人常發生的問題，請回答下列問題：

(一) 由個人、治療等不同面向，說明老年病人於住院期間可能促發譫妄的危險因子?(10%)

(二) 由不同面向說明預防住院老年病人發生譫妄的措施有那些?(10%)

試題隨卷繳回