

答題需包括必答題及選答題。必答題每題均計分，必須作答；選答題只需選擇一個護理領域的題目作答，教師只批閱最先選答的領域，多答不計分。

A. 必答題 75 分，每題 25 分，共三題。

一、請仔細閱讀以下英文摘要報告，並回答下列問題？

1. 請以中文寫出此篇摘要之研究目的及結果？(10%)
2. 臨床上要如何應用此研究結果？(5%)
3. 請依 APA 第五版列出以下此篇文獻？(5%)
4. 此外，請您依實務經驗舉例說明欲解決的臨床問題，以 PICO 方式呈現(5%)

Title: A study of factors that influence nurse implementation of evidence-based practice

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Abstract

Background: The concept of evidence-based practice (EBP) was extended from the medical to the nursing field during the 1990s. While EBP is widely considered the best tool for nurses to resolve clinical problems, its development has been slow in nursing clinical care. It is necessary to explore the factors that influence EBP development in the nursing field. Few studies have been conducted in Taiwan related to the knowledge/skills that nurses should have in order to apply evidence-based information effectively or to the obstacles that nurses may encounter during EBP implementation process. **Purpose:** Purposes of this study were to investigate the factors that influence the development of EBP in nursing as well as provide guidance to nurses on how to better implement EBP in their professional practice. **Methods:** This was a correlational study. Three hundred and seventy-six nursing staffs were purposively selected from a regional teaching hospital in southern Taiwan. The research tool used was a Chinese version of the "Development of Evidence-Based Practice Scale". **Results:** Participant practical knowledge was obtained mainly from their working experience caring for patients. Participants relied heavily on the Internet to obtain empirical information. Results found that nurses lacked the self-confidence necessary to critique research articles and lacked adequate resources, authority and time to change their clinical practice through the application of evidence-based information. Factors influencing EBP development included journal reading frequency, job title, professional level, working unit, years of work experience, age,

continuing education, and EBP awareness. *Conclusions / Implications for practice:* The study suggests that medical institutions should empower staff nurses, encourage their reading professional journals, support their attendance of continuing education courses and upgrade their nursing career ladders. Also, institutions should enhance on-the-job training for new staff and provide evidenced-based care guidelines. 2.

二、請以最近的新聞事件舉例說明，護理人員應如何從個人及社會層面促進民眾的健康 (25%)。

三、全人護理不僅以病人為中心，更要以其家庭為基本單位提供整體性的照護，
請回答下列問題：

(1) 請說明 family assessment 的重要性(10%)

(2) 依您的護理專業領域，您覺得 family assessment 應包括哪些內容？為什麼？(15%)

B. 選答題 25 分，請就下列三題中選答一題，多答不計分。

C1:

林老先生，70 歲，原住民，與 75 歲中風妻共住，無子女，不識字，篤信基督教，主訴約 1 個月前開始感到呼吸喘情形，約 2-3 天前開始感到咳嗽有泡沫狀痰液，無法平躺睡覺，下肢水腫，尿液減少情形，因此入院治療，林老先生呼吸急促無法下床活動，氧氣 3L/min 使用。TPR: 36°C、158bpm、28bpm, BP: 146/90mmHg, SPO2:88-90%。這是林老先生第一次住院的經驗。您是照顧林老先生的護理人員，早上您去探視病人時，林老先生問起您:昨天楊醫師來病房看我時，告訴我有“鬱血性心衰竭”，什麼是“鬱血性心衰竭”？醫師說很嚴重，會不會死？害我昨天想了一整天，一直禱告，晚上睡不著，一直做著惡夢，擔心會不會突然死掉，我的老婆怎麼辦？想著想著呼吸就愈來愈不順，好像要沒氣了。”

1. 請問您要如何向林老先生解釋“鬱血性心衰竭”?(5%)
2. 根據林老先生目前疾病狀況及身、心、靈、社會、發展現況，請依照您認為的優先順序列出前三個主要健康問題並說明?(5%)
3. 您還需要收集哪些主客觀資料來確認這三個主要健康問題?(5%)
4. 您針對這三個主要健康問題有哪些主要護理計畫?(10%)。

C2:

請依據下列的情境資料，並就您的臨床實務經驗，說明護理人員如何對個案進行整體性評估及其相關的護理措施(25%)。

【情境】

金女士，33歲，G₁P₁A₀，身高/體重:160cm /80.4kg。此次入院待產與生產的相關資料如下：39⁺₆週；生命徵象：T-37.2度，P-90次/分，R-20次/分，BP-123/89 mmHg；B群鏈球菌感染為陽性反應；OGTT之檢驗值為82、189、177 mg/dl；預估胎兒體重約3500g。因接近預產期，仍無產兆，擔心胎兒過大，故入院引產；在個案引產期間，父母只要有空就會過來陪個案說說話或是鼓勵個案，家人之間的相處融洽。由於此胎是個案娘家的第一個孫子，因此家人都很期待寶寶的出生。引產3天後，產程一直沒有進展，經與醫護人員討論，決定進行剖腹產，配合其父母去廟裡看日子，於兩天後的上午進行剖腹生產，產下一位體重4460公克的女嬰，Apgar score 7' /9'，血糖值36 mg/dl。個案於中午12:30回到產後病房，體溫37.8度，主訴有頭暈、噁心的情形，看起來非常疲倦。

表 1 OGTT 檢驗之正常值

抽血時間	空腹	進食後一小時	進食後二小時
正常值	<105 mg/dl	<190mg/dl	<165 mg/dl

C3

劉先生，26歲，從事房仲業務，每個月為了業績壓力，晚上常常睡不著覺，從去年5月開始，常因細故與同事或家人爭吵，脾氣暴躁，獨自一人時，會有 self-talking 的情形，與人互動時，常以斜眼看人，擔心別人要對他不利，走在路上也覺得路人都在談論他，也認為新聞事件中的主角就是在隱射他，最近甚至不吃媽媽做的飯菜，覺得吃了會死，而寧願餓肚子，最近兩週內已瘦了5公斤，每天大概也都只睡3~5小時。其母親一方面要照顧在療養院罹患 schizoaffective disorder 的先生，現在兒子又出現這種情形，已無法獨立工作與生活，母親覺得很無助。依上述情況，請回答下列問題：

- (1) 依您評估，劉先生是罹患何種精神疾病？請寫中文及英文。(4%)
- (2) 您覺得有哪些可能的因素造成劉先生的發病？(5%)
- (3) 從五大層面的護理評估，您覺得劉先生有哪些精神症狀及問題？(8%)
- (4) 您覺得劉先生應該接受哪些治療？為什麼？(8%)