

系所組別： 護理學系甲組

考試科目： 成人護理學

考試日期：0224，節次：2

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**Modified Hospital Elder Life Program: Effects on Abdominal Surgery Patients**

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(J Am Coll Surg 2011;213:245–252)

**BACKGROUND:** Postsurgical functional decline is common in older patients and can lead to frailty and increased mortality. Comprehensive interventions such as the Hospital Elder Life Program (HELP) have been shown to be effective, but modifying the HELP to include only 3 key interventions might prove cost-effective for surgical patients.

**STUDY DESIGN:** Consecutive patients from August 2007 through April 2009 (n=179) were enrolled if they had undergone common elective abdominal surgical procedures, such as gastrectomy, cholecystectomy, and Whipple surgery. A modified HELP intervention consisting of early mobilization, nutritional assistance, and therapeutic (cognitive) activities implemented by a trained nurse was introduced on a surgical ward in May 2008. Patients enrolled before May 2008 received usual care and served as controls (n=77). Those enrolled after the modified HELP intervention constituted the experimental group (n = 102). Changes in performance of activities of daily living, nutritional status, and cognitive function between admission and discharge were the primary end points.

**RESULTS:** Independent of baseline functions, education, periampullary diagnosis, comorbidity, surgical procedure, and duration of surgery, patients in the HELP group declined significantly less on activities of daily living performance and nutritional status ( $p < 0.001$ ) than controls. The delirium rate was also significantly lower in the HELP group (0%) than in the control group (16.7%) ( $p = 0.001$ ).

**CONCLUSIONS:** The modified HELP intervention effectively reduced older surgical patients' functional decline and delirium rates by hospital discharge. This program, conducted by a trained nurse, was not costly but did require commitment and ongoing cooperation between physician and nursing leadership to achieve compliance with the protocols.

(背面仍有題目,請繼續作答)

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**Intervention: The Modified HELP**

The intervention (modified HELP) was implemented by a full-time trained HELP nurse who was blinded to the study hypothesis and did not serve as an outcomes assessor. The intervention consisted of a daily hospital-based care protocol, which included 3 key protocols, ie, early mobilization (ambulation or active range-of-motion exercise 3 times daily), nutritional assistance (daily oral care involving tooth brushing, nutrition screening, diet education, and feeding assistance if needed), and therapeutic (cognitive) activities (orientating communication and cognitively stimulating activities, such as discussing current events or word games 3 times daily).

請依照上述研究的摘要內容回答以下內容：

- 一、本研究的目的為何？（10%）
- 二、簡述本研究的研究方法？（10%）
- 三、請簡述本研究的措施內容為何？並對這些措施的臨床意義提出您的見解。  
（50%）
- 四、你會如何應用本研究結果於臨床護理照護？（30%）

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每題十分

1. Please briefly describe creatinine clearance and osmolar clearance with respect to renal function (10%).
2. Please briefly describe the main difference between pulmonary and systemic circulation (10%).
3. Please briefly describe the cell cycle in the dividing cell (10%).
4. Please briefly describe the generation for membrane potential of motor end plate in neuromuscular junction (10%).
5. Please briefly describe how the Nernst potential (or equilibrium potential) is generated (10%).
6. Please briefly describe how acetylcholine influences the pacemaker activity in the sinoatrial and atrioventricular nodes (10%).
7. Please briefly describe the corticospinal tract in central nervous system (10%).
8. Please briefly describe the function of nitric oxide on blood vessel (10%).
9. Please briefly describe the function of stimulatory and inhibitory G protein(s) on the level of intracellular cyclic AMP (10%).
10. Please briefly describe the contribution of voltage-gated sodium current in membrane potential of excitable cell (10%).