

系所組別： 護理學系乙組

考試科目： 精神衛生護理學

考試日期： 0226，節次： 2

1. Please share one of your most impressed experiences of caring a specific patient with mental illness by using Peplau's Interpersonal Theory, including patient's characteristics and clinical settings, your nursing strategies in different therapeutic relationship stages, nursing outcomes (15%), and your reflections from this experience (10%)
2. Please read the following text, and write down your summary (10%), and then comment this issue based on your clinical experience (15%).

Discussing suicidality and assessing suicide risk are challenges mental health nurses face in their care of patients with schizophrenia. Evidence-based guidelines are available that support the care for patients with schizophrenia (American Psychiatric Association, 2004; National Steering Committee on Multidisciplinary Guideline Development in Mental Health Care, 2005) and for suicidal patients in general (American Psychiatric Association, 2003). However, aspects of nursing care for suicidal patients with schizophrenia are addressed only to a limited extent in these guidelines. Suicidality, which is defined here as any thought or action that relates to a self-inflicted death, is a frequent phenomenon among patients with schizophrenia. According to the *Practice Guideline for the Assessment and Treatment of Patients with Suicidal Behaviors* (American Psychiatric Association, 2003), 40–53% of patients with schizophrenia think about suicide at some point in their lives, and 23–55% actually engage in a suicide attempt. The lifetime risk of suicide in schizophrenia is estimated to be about 5% (Palmer, Pankratz, & Bostwick, 2005). These figures indicate that mental health nurses who take care of patients with schizophrenia are likely to be confronted with patients who are thinking about suicide and demonstrate suicidal behavior.

[cite from the article: Meerwijk, E. L., van Meije, B., van den Bout, J., Kerkhof, A. de Vogel, W., & Grypdonck, M. (2010). Development and evaluation of a guideline for nursing care of suicidal patients with schizophrenia. *Perspectives in Psychiatric Care*, 46, 1, 65-72.]

(背面仍有題目,請繼續作答)

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3. 林小元，國中生二年級，13歲，排行老大，住在嘉義，由父親帶至台南醫學中心精神科門診求治，父親表示林小妹妹出現用刀割傷大腿和手臂，已經有6個月了，近日情緒容易激動、自傷更頻繁，且與家人有口角，出現哭鬧行為，在校成績中等、非常在意班上同學意見，經常情緒受同儕影響，喜歡書寫日記和畫畫，很有自己主見。在國小時曾受到同學嘲笑，出現ADHD症狀，且有搥打自己的頭、或用頭撞牆，母親對此感到很困擾，與女兒出現管教與相處的困難，對於小元行為難以忍受，對之要求或限制很多，夫妻溝通也因女兒行為問題經常陷入激烈爭吵中。請您分析：

- (1) 小元行為問題的導因 (5%)
- (2) 可以用哪些相關的理論概念來解釋國中生的行為偏差 (10%)
- (3) 為小元個人或家庭設計適用的一項實證照護方案
(包含PICO的各項元素) (10%)

4. 背景知識：近期的研究發現精神分裂症病人無法從伴隨著語言的動作中接收外界訊息，但在單一的感覺、聽覺或語言刺激下，仍可以擁有正常的行為表現。而病人其視覺、聽覺的感官處理過程與能力，可能受到負性症狀的影響，使得病人的知覺和認知能力有明顯的障礙，而出現社會退縮、缺乏社交能力的行為。請您根據上述知識，回答以下問題：

- (1) 針對慢性精神分裂病人，設計一項可以增進其認知功能、改善負性症狀的介入策略與方案 (10%)
- (2) 請分析上述策略與方案內容，應用了哪些您已知的實證照護模式、相關的專業知識為基礎而研擬，請您逐項說明理由為何 (15%)