中山醫學大學 103 學年度碩士班入學招生考試試題

護理學系碩士班

考試科目：護理學　　　　　　　　　　　　　時間：80 分鐘

※請注意本試題共（ 2 ）張，如發現頁數不足，應當場請求補齊，否則缺頁部份概以零分計算。 第（ 1 ）頁

本試題共三大題，總分100分。

一、請閱讀文章後回答下列五個問題

Title: Dietary composition and physiologic adaptations to energy restriction
Background: The concept of a body weight set point, determined predominantly by genetic mechanisms, has been proposed to explain the poor long-term results of conventional energy restricted diets in the treatment of obesity.
Objective: The objective of this study was to examine whether dietary composition affects hormonal and metabolic adaptations to energy restriction.
Design: A randomized, crossover design was used to compare the effects of a high-glycemic-index (high-GI) and a low-glycemic- index (low-GI) energy-restricted diet. The macronutrient composition of the high-GI diet was (as percent of energy) 67% carbohydrate, 15% protein, and 18% fat and that of the low-GI diet was 43% carbohydrate, 27% protein, and 30% fat; the diets had similar total energy, energy density, and fiber contents. The subjects, 10 moderately overweight young men, were studied for 9 d on 2 separate occasions. On days −1 to 0, they consumed self-selected foods ad libitum(隨意的). On days 1–6, they received an energy-restricted high- or low-GI diet. On days 7–8, the high or low-GI diets were consumed ad libitum (隨意的).
Results: Serum leptin decreased to a lesser extent from day 0 to day 6 with the high-GI diet than with the low-GI diet. Resting energy expenditure declined by 10.5% during the high-GI diet but by only 4.6% during the low-GI diet (7.38 ± 0.39 and 7.78 ± 0.36 MJ/d, respectively, on days 5–6; $P = 0.04$). Nitrogen balance tended to be more negative, and energy intake from snacks on days 7–8 was greater, with the high-GI than the low-GI diet.
Conclusion: Diets with identical energy contents can have different effects on leptin concentrations, energy expenditure, voluntary food intake, and nitrogen balance, suggesting that the physiologic adaptations to energy restriction can be modified by dietary composition.

1. 本文之研究目的為何？（5%）

2. 採用何種研究設計？（5%）此種研究設計的特色及使用目的或時機為何？（10%）

3. 請以流程圖或表格的方式，描述此研究進行的流程？（15%）

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4. 請描述此研究重要的結果？(10%)

5. 如何應用研究的結果於實務中？(5%)

二、因台灣人口快速老化，請問在臨床上面對的挑戰有哪些？(10%)發展出哪些照護的趨勢？(10%)所以為因應此趨勢，在學校教育中應培育學生具備的核心能力為何？(10%)

三、由於醫療科技進步、保險制度變遷及消費者的意識高漲等現象，導致護理人員於臨床工作中面臨許多倫理議題與抉擇的困難，請試以您本身臨床照護中所經歷之具體案例，說明所面臨的倫理的挑戰或障礙有哪些？(10%)又您又是運用了什麼理論或原理原則(擇一說明)來分析您所面對的問題及作決策？(10%)