

中山醫學大學 104 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(1)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

本試題一大題，總分 100 分。

一、問答題：

1. 劉女士因診斷為潰瘍性結腸炎，經由醫師開腹部刀切除病灶。目前從手術恢復室返回病房約二小時，PCA(Patient-Controlled Analgesia) IV 使用中。您是她主護護理師，接班時評估劉女士：體溫 38 度，心跳 90 次/分鐘，血壓 186/90 mmHg，傷口有滲液，臉色蒼白，肢體僵硬。主訴疼痛且不斷呻吟，神情焦慮。視覺類比量表(VAS)測得 7 分。(1)請說明疼痛的抑制和促進機轉物質(10%) (2)如何教導病人使用 PCA?(5%) (3)您如何照顧此病人?(15%)。(共計 30%)
2. 何謂進階護理人員(Advanced practice nurses, APN)? 依據美國護理學會(American Nurse Association, ANA)定義需具備那些核心能力? 在直接照護上需具備那些可區辨的特性?(25%)
3. 實證健康照顧(Evidenced-Based Health Care, EBHC)之定義? 請說明實證實務之五大步驟? 運用實證概念試舉一實例探討一個健康問題。(25%)
4. 閱讀以下研究論文摘要，請以中文回答(1)研究目的 (2)研究設計 (3)主要的研究結果 (4)如何以此研究結果應用在您的實務工作上?(20%)

The aim of this study was to evaluate the association of shift work and related health behaviors with the parameters of metabolic syndrome among nursing staffs. Methods: In this cross-sectional study, a total of 129 healthy nursing staffs were recruited. Questionnaires were administered to obtain the subjects' demographic characteristics and health behaviors. Parameters of metabolic syndrome were also measured. Results: After adjustment for the effects of covariates, a linear regression model showed independent positive associations between rotating shift work and high-density lipoprotein-cholesterol level ($p < .01$), and fixed-night shift work and high-density lipoprotein-cholesterol level ($p < .01$), respectively. Sleep quality index score ≥ 5 also had an independent positive association with triglyceride ($p = .05$). Conclusions: Increased poor sleep quality is associated with higher triglyceride. Shift work, especially rotating shift work and fixed-night shift work, may result in an elevated risk of parameters of metabolic syndrome among nursing staffs.