

所別：護理學系碩士班

科目：綜合護理學 【不可攜帶電子計算機應試】

考生注意：答案不可寫在試題上，必須寫在答案卷上，否則不予計分。

1. 請依照以下研究摘要，並回答下列問題：

Inadequate pain control in older patients who have undergone abdominal surgery can lead to many complications. This study investigates the effect of systematic relaxation techniques on pain and anxiety in older patients undergoing abdominal surgery. One hundred twenty-four patients were randomly assigned into the experimental and control groups. The systematic relaxation techniques consisted of older patients in the experimental group slowly reading relaxing sentences during recovery in ambulation after the surgery.

Patients' satisfaction with pain and anxiety relief was recorded, as was their use of opioid analgesia. Statistically significant differences in pain and anxiety, and in analgesic use, were reported between the patients in experimental and control groups after the intervention. These relaxation techniques can be incorporated into the care plan to reduce pain and anxiety after surgery as well as offering a measure for increasing the patients' independence in pain management control.

- (1) 請問此研究主要目的為何？(請用中文作答) (10%)
- (2) 請問此研究是屬於何種設計 (5%) 及其主要內容為何？(請用中文作答) (10%)
- (3) 請問此研究變項包含哪些 (請用中文作答)？ (10%)
- (4) 請問此研究結果為何？(請用中文作答) (10%)

2. 請閱讀以下文章摘要，並回答以下問題

An increase in temperature above the normal range of 35.6°C-38.2°C can indicate the presence of infection or sepsis. When the body detects infection, a series of responses to control infection are initiated that result in a rise in systemic temperature. Research suggests that this rise in temperature can be regarded as a cure, in that it is part of the autonomic response to remove infection and create a favourable environment for antibiotics.

Nevertheless, it remains common practice to try to reduce fever with medication and physical cooling methods. This article explores the physiological changes that occur during bacterial sepsis that result in increased temperature, and discusses the pros and cons of administering antipyretic medication. The aim is to enable nurses to understand and support patients who present with fever. (引用來源 Gardner, J. (2012). Is fever after infection part of the illness or the cure? *Emergency Nurse*, 19(10), 20-25.)

- (1) 請用中文翻譯上述摘要內容。(請用中文作答) (30%)
- (2) 請針對上述內容提出您個人之看法？(請用中文作答) (10%)

3. 請回答以下問題

- (1) 請解釋實證醫學中，形成可回答的臨床問題 P.I.C.O (Participant、Intervention or exposure、Comparison、Outcome) 的內容為何？(請用中文說明) (5%)
- (2) 請依照您的臨床經驗、領域及興趣，運用 P.I.C.O 撰寫出一個可回答之臨床問題 (10%)