1. 国外学者提出：Immobility is one of the most common yet most preventable causes of disability. Both chronically ill patients with functional and neurological impairments and the elderly are at the greatest risk for the hazards of immobility. 根據上述這段話，在臨床上，我們應如何預防此現象的發生？（10％）

2. 美國學者在強調 primary stroke prevention 時提出：The best way to prevent a first-time stroke is to identify at-risk patients and control as many risk factors as possible. For example, the risk of stroke steadily drops after smoking cessation. Cigarette smoking has been shown to approximately double the risk of stroke after other risk factors were controlled for. Cigarette smoke contains nicotine and many other toxic compounds that have a role in atherosclerosis. Smoking also causes several changes in the blood, including increased adhesiveness and clustering of platelets, faster clotting time, and greater viscosity. 根據上述這段文獻，吸煙會提高發生 stroke 的危險性，是因為吸煙會造成哪些生理上的改變？請以中文回答（15％）

3. 美國臨床護理專家提出：”In older adults who are hospitalized, functional decline can occur in a matter of days.” 許多國內外研究發現，亦一致支持此現象的存在。請解釋為何在臨床上，我們常會看到此現象的發生？如何預防此現象的發生？（30％）

4. 在『The "Patient-centered"outcomes of critical care: What are they and how should they be used？』這篇文章中提到：In the past, clinical research in critical care medicine has tended to focus on survival and physiologic impairment, and not as much on outcomes such as functional status and quality of life. While survival and physiologic impairment are the appropriate outcomes, other outcomes that are important to patients and their families include quality of life, functional status, freedom from pain and other symptoms, and satisfaction with medical care. 根據上述這段話，（1）作者建議哪些項目應被視為 patient-centered outcomes of critical care？（2）承上題，請自這些項目中選出兩項你最認同的項目，並解釋為何你認同這兩項是重要的 critical care outcomes。請以中文回答（30％）

5. 在『Meaning of illness for women with coronary heart disease』這篇文章中提到：Women delay longer than men do in seeking treatment for symptoms of myocardial infarction. Denial is a common response to initial symptoms. Women often attribute symptoms to something else. 面對病患如此的反應，你的護理措施何？（15％）
一、 林xx，20歲越南籍，93年6月入籍。現有2歲女兒，懷疑有發展遲緩，現有懷孕6個月，與40歲先生（離婚中）做勞工在工地。你為此社區衛生護理人員，請回答下列問題：
1. 請依家庭評估理論，敘述資料的收集與評估。15%
2. 請問你的介入措施為何？15%
3. 在社區兒童護理-早期療育中，你可以怎麼做？15%

二、 在你的工作領域中，選擇一個特定人口群，回答下列問題：
1. 說明該人口群之健康議題。10%
2. 請依三段五級，說明該人口群各級段之照顧目標與策略。10%

三、 請依所附之論文摘要（Transforming data into practical information: using consumer input to improve home-care services）回答下列問題：

PURPOSE: As funds have increased for the provision of in-home care, so too have concerns about the quality of services. In response, care management agencies and home-care providers have developed an array of monitoring activities designed to ensure the quality of services. In this article, we show how an area agency on aging both collected and used data to improve the quality of a network of in-home services. DESIGN AND METHODS: Data came from more than 4,200 consumers enrolled in a community-based long-term-care program operated by the agency. In addition, other indicators of quality, such as elapsed time to service, were also collected. The area agency combined these data into part of a provider quality report it produced. RESULTS: The provider quality report showed considerable variation across the more than 80 providers delivering services. The report also included examples of how data could be used to improve the quality of in-home services. IMPLICATIONS: Many home-care agencies now collect data from and about consumers participating in their programs. Often, however, these organizations do not have a good plan for actually using the data. This study demonstrates how to use consumer information to improve the quality of services delivered.
1. 請問此篇的研究摘要為何？（限用中文）20%
2. 請依此文結果發現，以個案敘述護理經驗個案實例說明。15%
一、外籍新娘家庭組成是台灣現今普遍現象，依內政部統計每 8 個新生兒中就有一個外籍配偶所生，因此外籍配偶之產後照護是目前婦幼健康照護的重點。
1. 請提供適合外籍配偶家庭的產後照護重點。15%
2. 針對目前產後衛教對外籍配偶的執行困境，提出改善策略與措施。15%

二、請依所附之文章回答下列問題:
Parents with neonates in the neonatal intensive care unit (NICU) experience different needs at different stages of their neonates' stay in the NICU. The needs of parents with neonates in NICU's play an important role in aspects such as the ability to cope with changing parental roles and emotions, the relationship between parent and infant and the managing of the parents' own needs. The aim of this study was to develop an intervention care programme for parents with neonates in the NICU. This intervention care programme will empower parents to manage their own needs and the needs of their neonates while the neonate is admitted to the NICU and after discharge from the NICU / hospital. Need categories identified from the study and literature were as follows: information, communication, emotional, learning, discharge and individual needs. This programme is available in electronic format to enable parents to obtain information according to their changing needs and to provide unlimited access to updated information. The "Early intervention care programme for parents of neonates" will empower parents to manage their own needs and the needs of their neonates while the neonate is admitted to the NICU and after discharge from the NICU / hospital.
1. 請簡譯此篇文章? 10%
2. What is early intervention program in this study? 5%
3. What is the early intervention in Taiwan? 10%
4. What is parent empowerment (父母充權)? What do you improve the parent empowerment? 20%

三、請依所附之論文摘要（Student Nurses’ Knowledge, Attitude, and Self-efficacy of Children’s Pain Management: Evaluation of an Education Program in Taiwan）回答下列問題:
The purpose of this study was to examine the effectiveness of a pediatric pain education program (PPEP) on the student nurses’ knowledge of, attitude toward and their self-efficacy in children’s pain management. The sample consisted of 181 licensed student nurses who were enrolled in a nursing school in Taiwan. Student nurses attended a four-hour PPEP that involved case scenario discussion, video, and lecture. Data were collected by an extensive questionnaire that assessed student nurses' knowledge of, attitude toward and self-efficacy in pediatric pain assessment, and pharmacological and non-pharmacological pain management. The results demonstrated that student nurses were shown to have gained significant knowledge of, attitude toward and self-efficacy of children’s pain management after attending PPEP, although their knowledge of pharmacological usage did not significantly improve. The result suggested that PPEP should be integrated into pediatric nursing curriculum in order to form properly children’s pain management in the early stage of nursing career.
1. 請問此篇的研究摘要為何?（限用中文翻譯）10%
2. 請運用 multidimensional pain assessment approach, 以你個人兒童護理經驗個案實例說明。15%
題目一: (30 分)

以下表格是針對三種具有認知改變(cognitive changes)的疾病或症狀之部分文獻整理資料，請您閱讀下列結果後作答(作答時可以選擇以全部中文或是全部英文作答)。

Table: Features of depression, delirium and dementia

<table>
<thead>
<tr>
<th>Features</th>
<th>Depression</th>
<th>Delirium</th>
<th>Dementia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onset</td>
<td>Weeks to months (rapid)</td>
<td>Hours to days (acute)</td>
<td>Months to years (slow, indefinite)</td>
</tr>
<tr>
<td>Duration</td>
<td>Short</td>
<td>Variable</td>
<td>Long/ lifetime</td>
</tr>
<tr>
<td>Mood</td>
<td>Consistent</td>
<td>Labile</td>
<td>Fluctuation</td>
</tr>
<tr>
<td>Disabilities</td>
<td>Recognizes</td>
<td>New disabilities appear</td>
<td>May conceal deficits</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(acute)</td>
<td></td>
</tr>
<tr>
<td>Answers</td>
<td>“Don’t know”</td>
<td>May be incoherent</td>
<td>Offers response but not correct, but may be close to correct</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(acute)</td>
<td></td>
</tr>
<tr>
<td>MMSE</td>
<td>Performance fluctuates</td>
<td>Acute fluctuations</td>
<td>Fairly stable with downward trajectory over time</td>
</tr>
<tr>
<td>Progression</td>
<td>Resolves with treatment</td>
<td>Resolves with treatment</td>
<td>Ongoing</td>
</tr>
</tbody>
</table>

Table is selected from:

請依照上述內容回答下列問題:

1. 請問「Depression」的特性(features)為何? (10%)
2. 請問「Dementia」與其他兩項最大之差別在哪裡? (10%)
3. 由於批判性思考是護理進步之重要原動力，因此請您對上述表格內容提出看法與見解。 (10%)
題目二: (30 分)

健康促進 (Health Promotion) 是最近二十年來熱門之議題，世界衛生組織(WHO)在不斷地強調健康生活型態的重要性同時，亦大量投入金錢與人力於此議題之研究與政策擬定，然而，健康促進在精神心理衛生的領域中卻仍然極需要受到專業人員的重視。請問：
1. 你認為精神心理衛生領域中，應該如何思考健康促進的議題。(10%)  
2. 你認為精神病症患是否合適提供健康促進之服務。請針對個人經驗舉例說明。 (10%)  
3. 如果有機會，針對此議題，您會希望提出何種研究主題與目標來與世界健康議題接軌。(10%)

題目三: (40 分)

隨著精神藥物的發現，精神病患的治療已轉為積極的治療及復健，加上去機構化運動提倡，有大部分的精神病患回歸社區照護中，然而社會的烙印(Stigma)卻是目前社區精神醫療所面臨的一大挑戰。張先生診斷精神分裂症(schizophrenia)，第二次發病，急性病房26天治療後準備出院，目前症狀穩定，服藥規則，知道自己疾病，但是尚未能於情緒上完全接受，準備與父母以及一位弟弟同住，您是負責照顧張先生的護士，因此：
1. 請您分析並闡述目前台灣社會文化信念中，張先生可能面臨的社會烙印壓力為何?(20%)  
2. 針對精神病患的社會烙印(Social Stigma)，您認為應該要如何協助張先生面對此處境。(20%)