

1. 台灣少子化現象已成為國家安全危機，請試述少子化的原因與對策。(25 分)
2. 《人工生殖法》係為健全人工生殖之發展，保障不孕夫妻、人工生殖子女與捐贈人之權益，維護國民之倫理及健康而制定。「人工生殖」是指利用生殖醫學協助，以非性交的人工方法達到受孕生育目的之技術。現行《人工生殖法》的修法主要討論議題有三：

- (1) 是否開放單身女性使用？
- (2) 是否開放同性婚姻家庭使用？
- (3) 代理孕母合法化？

請擇一議題，論述您的觀點與考量。(25 分)

3. 請閱讀下列一篇英文研究報告摘要（列印於第 2 頁）

Blixt, I., Rosenblad, A. K., Axelsson, O., & Funkquist, E. L. (2023). Breastfeeding training improved healthcare professional's self-efficacy to provide evidence-based breastfeeding support: A pre-post intervention study. *Midwifery*, 125, 103794. <https://doi.org/10.1016/j.midw.2023.103794>

依下列標題順序，用中文敘述每一段標題及內容意涵。(共 35 分)

- (1) Title (5 分)
- (2) Objective (5 分)
- (3) Design, Settings, Participants (10 分)
- (4) Results (10 分)
- (5) Conclusions (5 分)

4. 請具體說明如何應用上述研究結果於護理實務？(15 分)

見背面

Breastfeeding training improved healthcare professional's self-efficacy to provide evidence-based breastfeeding support: A pre-post intervention study

Objective: To describe healthcare professional's (HCP's) perceived self-efficacy in their ability to provide breastfeeding support before and after a breastfeeding training program.

Design: Pre-post intervention study.

Settings: Antenatal care and child healthcare (CHC) centers in Sweden during 2020.

Participants: An intervention group consisting of 39 HCPs (midwives 51.3%, child healthcare nurses 46.2%) completing a questionnaire at baseline and after intervention, and a control group of 34 HCPs (midwives 61.8%, child healthcare nurses 38.2%) completing a questionnaire at baseline. A breastfeeding training program in line with the Ten Steps to Successful Breastfeeding and WHO recommendations about breastfeeding.

Results: The 11-item Breastfeeding Support Confidence Scale (BSCS) measures HCP's self-efficacy regarding providing breastfeeding support in line with Ten Steps to Successful Breastfeeding and WHO recommendations. The intervention group experienced a significantly increased self-efficacy from pre-intervention to post-intervention for 8 of the 11 BSCS items, with the overall BSCS index score increasing from 36.87 to 39.56 points ($p = 0.001$). The index score in the intervention group at follow-up was significantly higher than the corresponding score in the control group at baseline ($p = 0.025$). The intervention group had significantly higher scores at follow-up than the control group at baseline on the questions: "I'm sure that I can help mothers continue to breastfeed even if the infant doesn't follow the growth curve" ($p = 0.026$) and "I'm sure that I can help mothers continue to breastfeed when the breastfeeding is painful" ($p = 0.048$).

Conclusions: The breastfeeding training program improved HCP' self-efficacy to provide evidence-based support to breastfeeding mothers. This training program is well suited to implement in clinical practice and follows the Ten Steps to Successful Breastfeeding.