

第一題

請將下列內容翻譯成中文：

Introduction The primary outcomes from this study of psychotherapy for young people with bipolar disorder identified that most participants had continued to remain well. Given that up to 80% of people relapse within 2 years, it was important to establish how these participants described the process of staying well. **Aim** To examine how participants in a psychotherapy for young people with bipolar disorder study at 5-year follow-up described their experiences of the intervention and its impact on living with the disorder. **Methods** This qualitative study was conducted 5 years after participants had completed a psychotherapy intervention in a randomized controlled trial for young people with bipolar disorder. Thirty people were recruited into this qualitative study and interviewed regarding their experiences. The data were analysed using an inductive thematic analysis. **Findings** Three themes were identified from the data: self-awareness in the context of bipolar disorder; understanding my bipolar disorder; and learning to stay well with bipolar disorder. **Conclusions** Mental health nurses can promote the factors that participants found helpful in learning to stay well self-awareness, understanding the unique characteristics of their disorder, learning to take care of the self and stabilization of social rhythms. (Source: Journal of Psychiatric and Mental Health Nursing 2018 25(4), 236-244) (20%)

第二題

請問提供給躁鬱症(Bipolar Disorders)的病患和家屬，應分別包含哪些 psychoeducation 的內容？倘若病患是青少年或是老年，有何不同的教育重點？(18%)

第三題

請說明 Quetiapine (Seroquel[®])藥物的作用機轉、主要作用及其副作用。(12%)

第四題

民國 111 年 11 月 29 日立法院三讀通過修正「精神衛生法」部分條文，其修法中涵括：「落實病人知情同意權」、「強制住院改由法官裁定並採參審制」等人權相關議題。請問：身為護理師，病人於住院期間有哪些人權議題值得重視？此修法又將如何影響護理人員的臨床介入措施？請說明您的觀點。(20 分)

第五題

近幾年青少年憂鬱問題及自殺企圖與死亡率節節升高，僅不到三成的憂鬱青少年願意主動求助於醫療，目前台灣在校園心理健康及自殺防治議題上，有待更多策略幫助個案及家庭早期發現問題。請問：

1. 青少年面臨哪些自殺危險因子及保護因子有待評估及處理？請各舉兩個例子說明之。(10 分)
2. 青少年憂鬱症狀如何早期被發現？請說明發現個案之各種情境(環境/症狀/相關因素等)、評量工具及溝通或護理技巧。(10 分)
3. 在社區或臨床第一線遇到具有潛在憂鬱症狀的青少年，該如何掌握治療性護病關係之建立，以協助獲得精神醫療資源？(10 分)

試題隨卷繳回