

一、請詳閱下列這段敘述之後，依據其意回答所列之問題：(共 30%)

【摘錄自 Chang, S.H. et al. (2016) 發表於 The Journal of Nursing Research, 24: 329-336. 文章】

Abstract

Background: According to World Health Organization, depressive disorder will be a Top 2 disease in the world by 2020. In light of Taiwan's rapidly increasing elderly population, elderly psychological health is expected to become an increasingly important issue in healthcare.

Purpose: This study examines the association between regular exercise and depressive symptoms in community-dwelling older adults by gender in northern Taiwan.

Methods: The participants were selected using a probability proportional-to-size procedure from community-dwelling adults who were aged 65 years or older and living in northern Taiwan. A cross-sectional study and interviews were used to collect information about their exercise behaviors, depressive symptoms, and the factors influencing the depressive symptoms. Six interviewers conducted interviews. Trained investigators conducted face-to-face interviews and collected the data from August to October 2011. The percentage, chi-square, *t* test, and logistic regression were used to analyze the data.

Result: One thousand twenty elderly individuals completed the questionnaires. Among the participants with the average age of 73.5 years, 44.5% were men, and 55.5% were women. Two hundred seventeen of the participants (21.3%) had depressive symptoms. Five hundred eighty-five of the participants (57.4%) exercised regularly. The result of logistic regression showed that regular exercise was a significant predictor of depressive symptoms in elderly individuals (odds ratio = 3.54, 95% confidence interval [1.76, 7.12]). Other factors such as gender, chronic diseases, and health status were not related to depressive symptoms. Moreover, both for male and female individuals, regular exercise was a significant predictor of depressive symptoms (odds ratio = 4.76, 95% confidence interval [1.65, 13.72] and odds ratio = 3.03, 95% confidence interval [1.18, 7.69], respectively). Other factors were not related to depressive symptoms.

Conclusions: This study shows regular exercise to be a significant predictor of depressive symptoms in both men and women. The senior citizens should be encouraged to exercise regularly as a way to promote good mental health.

- (1) 依據上文，此研究是屬何類型之研究設計？簡述此研究設計的優點及缺點。(5%)
- (2) 請寫出此研究之目的、收案量、研究對象特性、使用之研究統計方法。(10%)
- (3) 請寫出此研究之收案方式？簡述可以如何確保此收案方式的資料品質。(5%)
- (4) 由此摘要得知此研究結果有哪些發現？您預計如何應用這些研究結果。(10%)

二、當護理專業領域要發展並形塑「臨床研究護理師(clinical research nurse, CRN)」之專業角色之際，請您試從「政府政策、法規、教育以及臨床實務」等各種面向或觀點，回答下列問題：(共 25%)

- (1) 請闡述建立「臨床研究護理師」專業認證制度的重要性與需要性為何？(15%)
- (2) 請說明發展「臨床研究護理師」專業進階角色之認證制度，將可能會遭遇到哪些阻力或瓶頸，並提出您認為適切而可行的解決措施？(10%)

(請繼續作答) 見背面

三、請將下列這段英文敘述「逐字翻譯成中文」，以忠實呈現其意涵。(共 20%)

【摘自 Garner, SL et al. (2016) Multi-institutional collaboration to promote undergraduate clinical research nursing. *Nurse Educ*, 41, 49-51.】

New roles and careers specific to research are emerging for nurses. Clinical research nursing is a specialty involving the coordination and delivery of care for patients enrolled in clinical research trials. Because of overcrowded curricula, schools of nursing are challenged to provide additional experiential educational opportunities that prepare nurses for the increasing roles, responsibilities, and careers in clinical research. The purpose of this article is to describe an elective clinical research nursing course. Nurses at the National Institutes of Health (NIH) Clinical Center studied the roles and activities of nurses who work with patients in clinical trials and constructed a defined domain of practice for the clinical research nurse (CRN). The 5 domains include (1) clinical practice involving direct care and education for patients enrolled in clinical trials, (2) study management involving data collection and measures to protect research protocol integrity, (3) care coordination and continuity of clinical trial research activities, (4) human subjects protection involving facilitating the informed consent process, and (5) contributing to the science involving dissemination of study results and developing innovations and new research initiatives.

The entry degree required for a CRN is a baccalaureate degree in nursing. A specialty nursing practice certification specific to CRNs currently does not exist. The Association of Clinical Research Professionals and the Society of Clinical Research Associates are 2 professional organizations that offer a certification for clinical research coordinators, and many CRNs pursue 1 of those certifications. The certification indicates that the individual has demonstrated clinical research knowledge and coordination skills and has passed a specialty certification exam. However, those certifications were not designed by nurses or for nurses, and CRNs have a unique skill set and knowledge base that positions them to make significant and essential contributions to the clinical research enterprise. The authors recommend creation of a CRN certification.

As responsibilities for research become integrated into nursing practice, schools of nursing need to design novel ways to actively engage students in various aspects of research. Being able to see the direct impact of clinical research on patient health and well-being, it transformed student impressions of research from a tedious process to an engaging experience.

四、【臨床情境】 (共 25%)

某醫學中心同時有許多癌症臨床試驗正在進行，且多位資深有經驗的臨床研究護理師(CRN)也都知道目前科內正在進行的所有臨床試驗案。某天一位初到腫瘤科執行一項末期病人最後一線藥物研究計畫之新進羅姓 CRN，該計畫案的計畫主持人與協同主持人均非常積極地篩選病人。某天，科主任因為有幾個病人疾病復發，為了要讓此病人轉到其他試驗計畫繼續接受治療，資深林姓 CRN 請新進羅姓 CRN 到門診，並對羅姓 CRN 說：「這些病人已參加 A 計畫治療無效，就轉到 B 計畫；若 B 計畫無效就讓他們轉到 C 計畫，總是會有計畫案讓他們參加。如果病人的 Hb 很低，就先輸血輸到抽血檢驗結果符合收案條件再進案，因為廠商有成本效益考量，醫師也有競爭性收案及績效壓力，CRN 的責任就是協助臨床試驗研究團隊完成他們想要的，那我們自己也賺到錢，大家皆大歡喜...」。

- (1) 請您就此臨床情境，試從醫療因素、病人意向、生活品質以及其他情境脈絡考量，進行倫理思辨與分析此臨床情境是否涉及倫理議題？(5%)
- (2) 羅姓 CRN 要如何因應此臨床情境較為適切呢？(20%)

試題隨卷繳回