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國立臺灣大學 112 學年度碩士班招生考試試題

科目： 婦女健康暨母嬰護理學

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- 一、何謂「以家庭為中心的護理」(10分)?請以您的照護經驗為例,闡述臨床上如何落實「以家庭為中心的護理」概念(15分)。
- 二、請簡述「親子同室(rooming-in)」的概念(5分),並陳述臨床施行時可能遇到的困難點(10分),以及護理實務因應的方法(10分)。
- 三、依據您的觀點,請提出不適用之工作或護理常規,說明其理由並提出建議(15分)。
- 四、請閱讀下列一篇英文研究報告摘要(列印於第2頁)

Tseng, J. F., Chen, S. R., Au, H. K., Chipojola, R., Lee, G. T., Lee, P. H., . . . Kuo, S. Y. 2020. Effectiveness of an integrated breastfeeding education program to improve self-efficacy and exclusive breastfeeding rate: A single-blind, randomised controlled study. *Int. J. Nurs. Stud.* 111, 103770. doi: 10.1016/j.ijnurstu.2020.103770

依下列標題順序,用中文敘述每一段標題及內容意涵(35分)。

- (1) Objectives
- (2) Participants
- (3) Methods
- (4) Results
- (5) Conclusions

見背面

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Effectiveness of an integrated breastfeeding education program to improve self-efficacy and exclusive breastfeeding rate: A single-blind, randomised controlled study.

Objectives: To develop an integrated breastfeeding education program based on self-efficacy theory, and evaluate the effect of the intervention on first-time mothers' breastfeeding self-efficacy and attitudes.

Participants: First-time mothers with a singleton pregnancy (12-32 weeks' gestation) and their support partners were selected by convenience sampling (N = 104) and allocated by block-randomization to an intervention or control group.

Methods: A 3-week breastfeeding intervention program was developed based on self-efficacy theory. The intervention group received the breastfeeding program; the control group received standard care. Data between groups were compared for scores on breastfeeding self-efficacy, infant feeding attitude, and breastfeeding practice, which were assessed using the Breastfeeding Self-Efficacy Scale-Short Form, the Iowa Infant Feeding Attitude Scale, and a structured questionnaire, respectively. Repeated data measurements were collected at baseline, 36-weeks' gestation, and postpartum at 1-week, and 1-, 3-, and 6-months.

Results: Ninety-three mothers completed the study. Data were compared for the self-efficacy intervention group (n = 50) with the control group (n = 43). Baseline measures did not differ between groups. The intervention group had significantly higher breastfeeding self-efficacy at 36 weeks' gestation ($p < .001$), and postpartum at 1-week ($p < .001$), 1-month ($p < .001$) and 3-months ($p < .01$); differences in scores from baseline were also significantly greater from 36 weeks' gestation to 3-months ($p < .001$) and 6-months postpartum ($p < .05$). Infant feeding attitude scores significantly improved from 36 weeks' gestation to 6-months postpartum for the intervention group ($p < .05$). Rates for exclusive and predominant breastfeeding postpartum were significantly higher for the intervention group vs control ($p < .02$) at 1-week, 1-month, and 3-months.

Conclusions: The breastfeeding education intervention improved breastfeeding self-efficacy, infant feeding attitudes, and exclusive breastfeeding rates. The breastfeeding education program could be effective for sustaining breastfeeding in new mothers.

試題隨卷繳回