

(一) 請就以下英文摘要翻譯成中文，包括題目。(20%)

(二) 根據此摘要之內容與研究結果，請說明您將如何運用此實證資料於臨床照護之中。(5%)

**Title:** Prevalence and correlates of psychological distress, unmet supportive care needs, and fear of cancer recurrence among haematological cancer patients during the COVID-19 pandemic

**Background:** The COVID-19 pandemic has had a disruptive effect on people with haematological cancers (血癌), who represent a high-risk population due to the nature of their disease and immunosuppressive treatments. We aimed to identify the psychological impacts of the COVID-19 pandemic on haematology patients and identify correlated factors to inform the development of appropriate supportive interventions.

**Methods:** Three hundred and ninety-four respondents volunteered their participation in response to a study advertisement distributed online through established haematology groups. Participants completed a self-report online survey exploring wellbeing, psychological distress, unmet supportive care needs, and fear of cancer recurrence.

**Results:** At least 1 in 3 respondents (35%) reported clinical levels of distress and nearly 1 in 3 (32%) identified at least one unmet need. Among respondents in remission (n=134), clinical fear of cancer recurrence was reported by nearly all (95%).

Unmet needs, pre-existing health conditions, younger age, financial concerns, and perceived risk of contracting COVID-19 were the dominant factors contributing to psychological distress during the pandemic. Psychological distress, lost income, perceived inadequate support from care team, perceived risk of contracting COVID-19, and being a woman were significantly associated with unmet needs. Psychological distress and concern about the impact of COVID-19 on cancer management were significantly associated with fear of cancer recurrence among respondents in remission.

**Conclusion:** Results highlight the high psychological burden and unmet needs experienced by people with haematological cancers during the COVID-19 pandemic and indicate a need for innovative solutions to rapidly identify distress and unmet needs during, and beyond, pandemic times.

(摘自：Zomerdijs, N. *et al.* (2021). Prevalence and correlates of psychological distress, unmet supportive care needs, and fear of cancer recurrence among haematological cancer patients during the COVID-19 pandemic. *Supportive Care in Cancer* 29, 7755–7764.

二、45 歲陳先生今天早上胸悶、胸痛掛急診看病，初步生命徵象：體溫：37°C、心跳：80/minute regular、血壓：120/76 mmHg、呼吸速率：14/minute。

(一) 請說明可能導致胸悶、胸痛的原因？(10%)

(二) 請說明胸悶、胸痛時，臨床上身體評估與理學檢查可能的項目有哪些？(10%)

(三) 請說明此病人的護理介入措施為何？(5%)

三、睡眠品質會影響住院病人的健康狀態及預後，以您熟悉的病人群為例，說明：

(一) 在病人住院期間，您如何評估病人的睡眠品質？(5%)

(二) 影響病人住院期間睡眠品質的不利因素有哪些？(5%)

(三) 當病人服用 Benzodiazepines 類助眠藥物時，需注意哪些副作用？(5%)

(四) 舉出二項促進住院病人睡眠品質的非藥物策略及其理論依據或機轉？(10%)

四、視、聽力障礙是老年人常見的問題，會影響醫護人員與老年病人溝通及指導的質與量，進而影響病人健康結果。請以視力或聽力障礙擇一為例，說明：

(一) 這項功能其老化的生理改變為何？(5%)

(二) 您如何評估這項感覺功能障礙？您需要收集哪一些主、客觀資料（包括理由），以完整瞭解這項功能障礙對於病人各層面可能造成的衝擊。(10%)

(三) 臨床上，對視力或聽力障礙病人提供護理指導時，相較於一般病人，您可採用哪些方式或調整來促進與病人的溝通？(10%)

試題隨卷繳回