

1. 請描述精神疾病的病因，以及如何去除一般大眾對精神疾病的污名化想法。(25%)
2. 請列舉五項失智症患者在護理照護上的技巧(可包含醫院臨床及社區或居家場域，請自行描述情境及照護重點)。(25%)
3. 台灣 15-24 歲青少年自 107 年開始自殺率逐年升高，在少子化的世代，護理師(不分科別)該如何發揮專業力量，貢獻於青少年自殺防治?(25%)

4. 請翻譯並條列下列英文摘要重點，寫出您如何應用本文之結果於臨床照護過程中。(25%)

The therapeutic relationship (TR) is essential in mental health nursing care and plays a fundamental role in the understanding and treatment of the patient's health status. Despite being a bidirectional construct, limited evidence is available to shed light on this issue in mental health units and even less so in the first days of admission. This study aimed to examine the association and differences between nurses' and patients' perspectives on the establishment of the therapeutic relationship in acute mental health units during the first days of hospitalization. A cross-sectional study was carried out in 12 Spanish mental health units. Data were collected from patients and nurses using the Working Alliance Inventory-Short (WAI-S) questionnaire. A total of 234 cases were analysed, including 234 patients and 58 nurses. The results showed a positive association between nurses' and patients' perspectives on the therapeutic relationship, but also revealed significant differences on each WAI-S dimension. Nurses assigned higher scores compared to patients on the perception of the quality of the therapeutic relationship. The dimensions with the greatest weight from the patients' perspective regarding the quality of the therapeutic relationship were the perception of greater agreement on goals and tasks among nurses. This study demonstrates the importance of establishing shared goals and tasks with nurses from the first days of hospitalization to improve the quality of the therapeutic relationship as perceived by patients. These findings underline the need to consider the different perspectives of both parties to promote a high-quality therapeutic relationship.

(Reference: El-Abidi et al., 2024. International Journal of Mental Health Nursing, 33(1), 134-142.)

試題隨卷繳回