

一、請閱讀下列一篇英文研究報告，依四項標題順序，以中文敘述每一段標題及內容意涵。
(25 分)

1. Background and Objectives (5 分)
2. Results (5 分)
3. Implications (10 分)
4. Conclusions (5 分)

Background: In a culture transitioning between the traditions of old and modernity, the experience of pregnancy brings added challenges. Pregnant Taiwanese women in large cities are expected to modify their behavior in keeping with long-standing traditions that remain important to their families even if they themselves do not endorse the beliefs. To date, researchers have not examined the processes and the components of the transformation of self-identity during pregnancy under these cultural conditions. **Objectives:** To examine the transformation of self during pregnancy by women living in urban Taiwan at a time when modern ideas of women's roles and health care practices co-exist with traditional cultural beliefs on these issues.

Results: Cultural and family expectations clearly influenced women's activities and their sense of self during pregnancy. Two themes were central to these experiences. The first, "constructing a new self in the context of cultural values," reflected the need for women to develop a response to the traditional beliefs, taboos, and public advice made very explicit in their lives during pregnancy. The second theme, "building a new body image from the past self," addresses how women's reactions to the traditional beliefs and public advice influenced that ways in which the women viewed themselves as pregnant individuals.

Implications: In a more general context, this study suggests that care providers and researchers need pay more attention to the complex individual experience of pregnancy. The findings show that some women are conflicted or stressed in the transitional process of pregnancy. Care providers should recognize the impact of self-change on the woman's personal experience of pregnancy. The provision of effective emotional support from health professionals such as attentive listening is needed. The emphasis should be on "being" with pregnant woman as she struggles with conflict. Furthermore, awareness of the complex and possibly conflicting reactions pregnant women have to their bodies and self may help health professionals be more open to hearing and respecting what pregnant women have to say, help them provide a nondirective environment in which women can feel free to talk any feeling they may have thus providing greater social and psychological support for their clients. The interaction process between care providers could help pregnant women improve the accuracy of the self-reflection underlying the transition in self-identity during pregnancy. Finally, the finding of this study indicates the importance of educating the pregnant women's family, relatives, friends or strangers about the potential impacts of providing too much directive advice or protection to pregnant women. People should respect pregnant women's feeling, embodiment and eliminate the universal control to enhance their autonomy, self-confidence and mental health.

Conclusions: Cultural factors and body image issues shape the transformation in self-identity during pregnancy for women living in a modernizing, yet culturally traditional urban environment in Taiwan. Awareness of the impact that such cultural influences have on the psycho-social experience of pregnancy will help health professionals to better understand and respect the process of self-identity involved in moving toward motherhood, and thereby to provide a woman-centered model of care that is also culturally sensitive.

二、「疼痛評估與處置」的作業要點應用於嬰幼兒及兒童護理過程時，所涵蓋的考慮因素有哪些？您會運用哪些合適的評估工具？護理處置的要點有哪些？請列舉您自己的照護個案實例來說明。(25分)

三、王小姐目前在精神科門診接受重鬱症(major depressive disorder)治療，主訴：這一個月以來對所有的事情都沒有興趣，常常感到悲傷，感覺很累，覺得自己是很不好的人，所以不值得別人來關心她，認為自己已經沒有未來。家人看到王小姐都睡不好，還跟家人提到結束自己的生命，就陪伴王小姐就診。醫師所開的藥物包含：Lorazepam (Anxiedin®)，Escitalopram (Lexapro®)，Zolpidem (Stilnox®)，醫師建議同時接受認知行為治療。王小姐和家人因為是第一次至精神科門診就診而有以下問題，您是一位護理師請提供以下衛教：(25分)

1. 醫師是根據甚麼方法診斷我的問題為重鬱症？(5分)
2. 醫師所開的藥物，主要的作用和藥物機轉為何，以及服藥需注意甚麼？(10分)
3. 當王小姐表達有自殺的想法時，家人需進一步評估哪些內容？(5分)
4. 甚麼是認知行為治療？(5分)

四、以上三題作答中，請選擇並註明其中一題題號，以作為加權計分。(25分)
此題務必作答，否則不予計分。

試題隨卷繳回