2023 International Healthcare Conference

Building a Technology Care Puzzle through Precise, Sustainable and Multidisciplinary Collaborations

2023國際健康照護研討會

精準、跨域、永續，打造科技照護拼圖



Date：NOV 24,2023
活動日期：2023年11月24日

Place：J401 International Conference Hall
活動地點：行政大樓4樓國際會議廳

Advisory Organization
指導單位

Organizer
主辦單位

輔英科技大學護理學院
Fooyin University School of Nursing

輔英科技大學附設醫院
Fooyin University Hospital

Co-Organizers
協辦單位
高齡及長期照護事業系
Department of Gerontlogical and Long-Term Care Business

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2023 International Healthcare Conference

Building a Technology Care Puzzle through Precise, Sustainable and Multidisciplinary Collaborations

Nov 24, 2023 (Friday)
Place：J401

PROGRAM-AT-A-GLANCE

Taiwan Time	Topic	Moderator
	Pei-Rong Chang Assistant Professor, School of Nursing Fooyin University	
08:30~09:00	**Registration**	
09:00~09:15	Opening Huey-Shyan Lin, PhD President Fooyin University Yu-Hua Lin, RN, PhD Professor & Dean School of Nursing, Fooyin University Shaw-Yeu Jeng, M.D Ph.D. Superintendent of Fooyin University Hospital Taiwan Union of Nurses Association(TUNA) Vice Chairman Shu-Ling Yeh Hung-Lung Ke, chairman of Kaohsiung Municipal Ta-Tung Hospital	Shu-Ming Chen Deputy Dean School of Nursing Fooyin University
09:15~10:15	**Plenary Keynote 1** Preparing the New Ageing Facilities for the future **Speaker:** Edward Poon Associate Professor/Singapore Institute of technology, Singapore	Chiung-Yin Hsu Assistant Professor School of Nursing, Fooyin University
10:15~11:15	**Plenary Keynote 2** Development of Taiwan Healthcare Industry **Speaker:** Chung-Liang Chien Professor/ National Taiwan University, Taiwan	Shu-Ming Chen Deputy Dean School of Nursing Fooyin University

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Building a Technology Care Puzzle through Precise, Sustainable and Multidisciplinary Collaborations

11:15~11:30	**Break** **E-Poster Presentation I**	
11:30~12:30	**Plenary Keynote 3** Harnessing the Artificial Intelligence Technologies Like ChatGPT to Advancing Nursing and Person-centred Consumer Care **Speaker:** Ping Yu (Australia) Professor & Director / Centre for Digital Transformation School of Computing and Information Technology, University of Wollongong, Australia	Chia-Lun Lo Associate Professor School of Nursing, Fooyin University
	Yi-Hui Liao Assistant Professor, School of Nursing Fooyin University	
12:30~13:30	**Lunch**	
13:30~14:30	**Plenary Keynote 4** University Social Responsibility and Sustainable Development: Concept and Experiences **Speaker:** Chih-Ling Huang RN, PhD/Distinguished Professor, Fooyin University, Taiwan	Ching-Feng Chang Assistant Professor School of Nursing, Fooyin University
14:30~15:00	**Break** **E-Poster Presentation II**	
15:00~16:00	**Plenary Keynote 5** Spiritual Care among Multidisciplinary Professionals **Speaker:** Helga Martins Professor/ Polytechnic Institute of Beja, Portugal	Ya-Lie Ku Assistant Professor School of Nursing, Fooyin University
16:00~16:40	Moderator: Chia-Yun Fu Assistant Professor School of Nursing Fooyin University	

2023 International Healthcare Conference

Building a Technology Care Puzzle through Precise, Sustainable and Multidisciplinary Collaborations

15:00~16:15

Concurrent session I (J402)

Chinese Session

Moderator: Yu-Hsiang Liu
Assistant Professor
School of Nursing
Fooyin University

Session 01 15:00-15:12	Session 02 15:12-15:24	Session 03 15:24 - 15:36	Session 04 15:36-15:48	Session 05 15:48-16:00	Session 06 16:00-16:12
Perioperative nursing experience of caring a patient undergoing transvaginal Da Vinci hysterectomy	Nursing Experience in Caring for a Case of Cervical Cancer Complicated by recto vesicovaginal fistula	The effect of the “Conversation Starter®” one-on-one education tool on glycemic control in patients on insulin therapy	Investigating on influencing factors of telecare intervention on self-care behavior of patients with type 2 diabetes mellitus.	Enhancing Pavlovic Drug Interaction Program through Web Scraping and Government Open Data	Discussion about exercise training for the prevention of osteoporosis
Speaker: Chiung-Wen Chang	Speaker: Pei-Chun Tsai	Speaker: Yueh-chu Wu	Speaker: Ying-Hsun Wu	Speaker: Chih-Wun Fang	Speaker: Shu-Yun Hsu

15:00~16:15

Concurrent session II (J403)

Chinese Session

Moderator: Pei-Rong Chang
Assistant Professor
School of Nursing
Fooyin University

Session 01 15:00-15:12	Session 02 15:12-15:24	Session 03 15:24-15:36	Session 04 15:36-15:48	Session 05 15:48-16:00	Session 06 16:00-16:12
Attitudes towards learning communication skills and interpersonal communication competence	Multicomponent Activity and Horticultural Intervention for Elderly Hospitalized Patients	Evaluate the competence in Evidence-based practice among nursing students	Nursing students 'knowledge and attitude toward diabetic foot care in Vietnam	Health Literacy Levels among Duy Tan University Students, Vietnam	Exposure to blood, body fluids and relative factors of medical and nursing students at Duy Tan university, VIETNAM

Moderator



Shu-Ming Chen
Deputy Dean /School of Nursing Fooyin University



Chiung-Yin Hsu
Assistant Professor/School of Nursing Fooyin University



Chia-Lun Lo
Associate Professor/School of Nursing Fooyin University



Ching-Feng Chang
Assistant Professor/School of Nursing Fooyin University



Ya-Lie Ku
Assistant Professor/School of Nursing Fooyin University



Chia-Yun Fu
Assistant Professor/School of Nursing Fooyin University



Yu-Hsiang Liu
Assistant Professor/School of Nursing Fooyin University



Pei-Rong Chang
Assistant Professor/School of Nursing Fooyin University

Keynote Speakers



Edward Poon
Associate Professor /Singapore Institute of Technology, Singapore



Chung-Liang Chien
Professor/ National Taiwan University, Taiwan



Ping Yu
Professor & Director /University of Wollongong, Australia



Chih-Ling Huang
RN, PhD/Distinguished Professor, Fooyin University, Taiwan



Helga Martins
Professor/ Polytechnic Institute of Beja, Portugal

Keynote Speakers



Wing-hong Poon

Chief Nurse / St Luke's Eldercare Ltd, Singapore

Education	PhD of Nursing and Midwifery, Monash University
Experiences	Chief Nurse, St Luke's Eldercare Ltd Associate Professor (Joint Appt), Singapore Institute of Technology (SIT) Adjunct Associate Professor, National University of Singapore (NUS)
Specialties	Palliative Care, Neuroscience, Infection Control President Nurses Award (2004) Healthcare Humanity Award (2004)

Preparing the New Ageing Facilities for the Future

A/Prof Edward Poon
Chief Nurse, St Luke's Eldercare & Academic Director of SLEC
Associate Professor, Singapore Institute of Technology

Acknowledgement

- Like to thank the following:
  - St Luke's Eldercare Pte Ltd
  - Eden Alternatives Pte Ltd

I like to declare there is no conflict of interest.

Conflict of Interest

Ageing Population

- Countries all over the world are facing the problem of ageing populations.
- Singapore is one of them. In fact, we have one of the world's lowest fertility rates.
- And at the same time, one of the world's longest life expectancies.

In Singapore

- In 2010, about 1 in 10 Singaporeans were aged 65 and above.
- In 2020, it has risen to about 1 in 6.
- By 2030, another 10 years later, it would be almost 1 in 4 Singaporeans over 65.

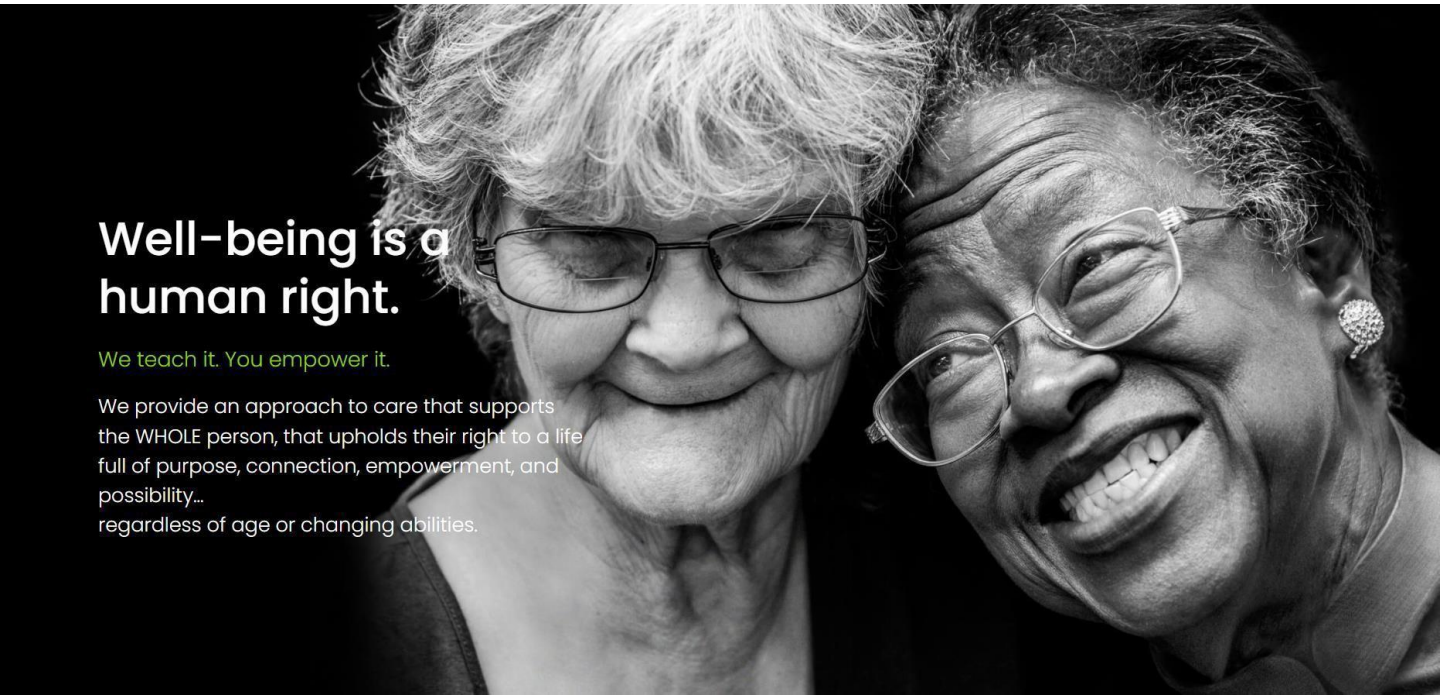
Region, Development Group Country or Area	Percentage Aged 65 Years or Over (%)		Old-Age Dependency Ratio (%)	
	2019	2030	2019	2030
Japan	28.0	30.9	51.0	57.7
Hong Kong	17.5	25.8	26.3	46.4
Republic of Korea	15.1	24.7	22.4	41.0
Taiwan	15.1	23.4	22.7	39.2
Singapore	12.4	22.5	17.6	36.6
Macau	11.2	20.3	15.8	33.5
Thailand	12.4	19.6	19.3	32.3

The Future of Eldercare in Singapore (ycpsolidiance.com)

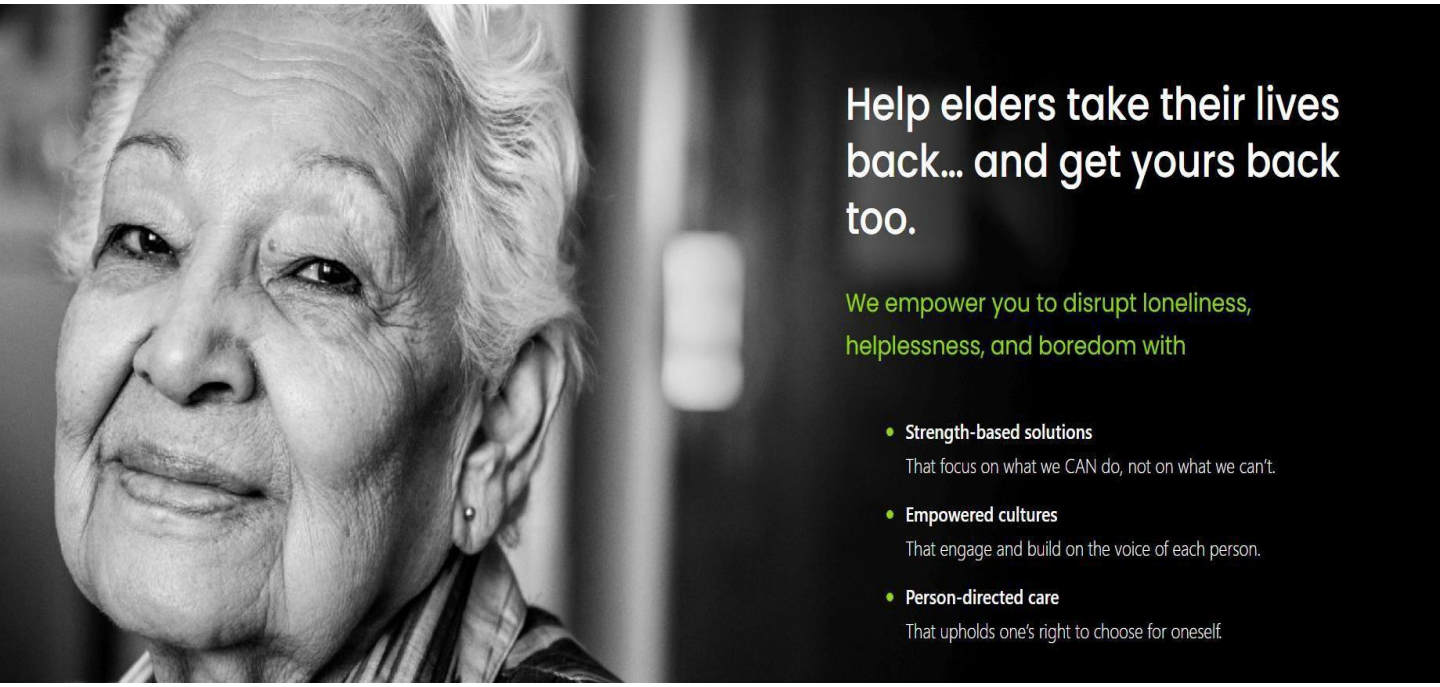
What are some issues when you started to aged?

Issues faced by Aging Society

- Due to the rapidly ageing population, the primary health difficulties are :
  - physical weakness or handicap,
  - sensory impairment like loss of hearing,
  - chronic diseases like dementia as well as diabetes.



https://www.edenalt.org/



https://www.edenalt.org/

What do people want when they are ageing?

Changing Landscape

Current Model	New Eldercare Centre Model
1. Gaps in Community Based Services for General Population Low income seniors and seniors residing in studio apartments are currently served by Senior Activity Centres (SAC) to stay active and engaged and there are limited number of Active Ageing Hubs (AAH) in Singapore. **2. Limited Outreach** Existing outreach is generally limited to vulnerable seniors living in rental units or studio apartments and pool is usually small. **3. Lack of Care Continuity** There is a segregation between health and social programmes and fragmentation in befriending experiences for seniors. Seniors are managed by multiple agencies with multiple touchpoints that may operate separately and not always have a holistic view of senior.	**1. Population-based approach** Every senior will have the opportunity to be engaged and supported by an Eldercare Centre regardless of housing type. **2. Proactive Outreach** Eldercare Centres may reach out to greater pools of seniors, pre-emptively identify their needs and support them based on these needs. **3. Improved Experience in Care Continuity** Eldercare Centres would offer baseline services in active ageing, befriending and basic care and support such as provision of information and referral services. The centre would be able to monitor seniors' needs and communicate with other agencies to better support these needs.



Phased transition from FY2021 onwards

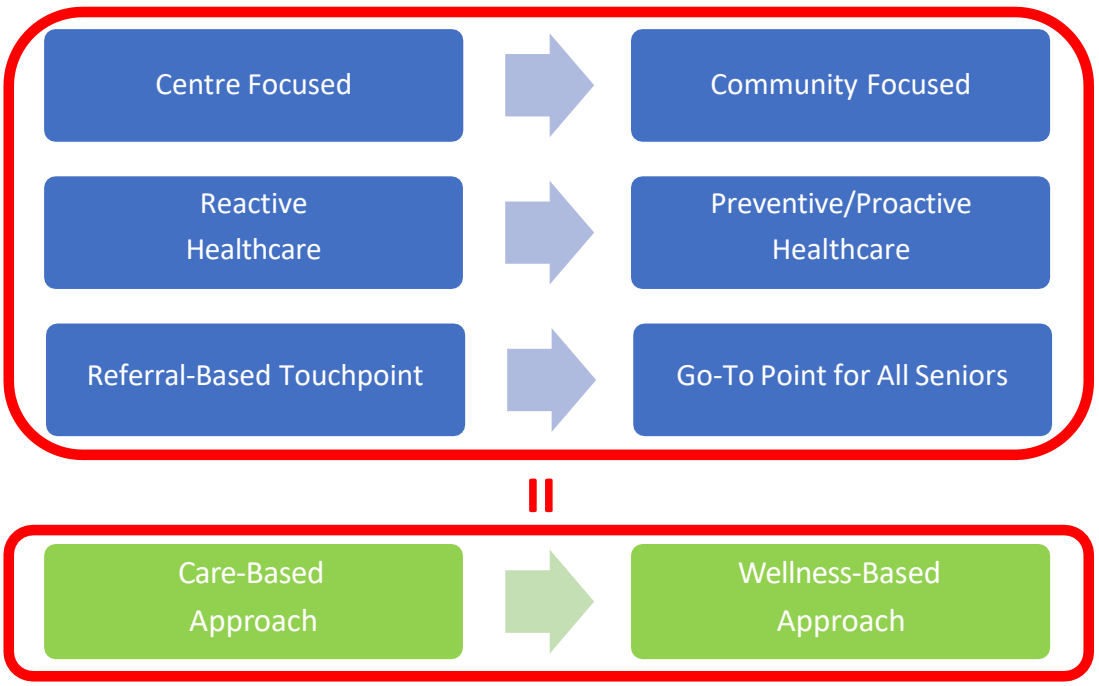
Source: AIC

Eldercare Landscape at a Glance

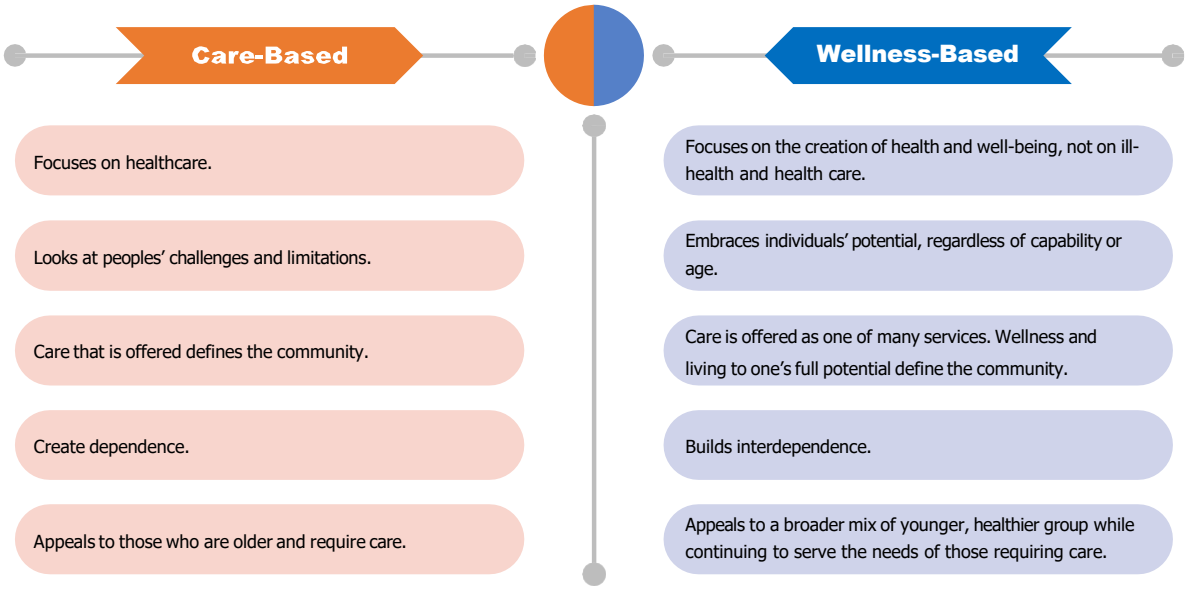


Source: AIC

Implications for Nursing in Caring for Elder



Care-Based vs Wellness-Based



What is Wellness?

Wellness is "the ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life, and in doing so, we can embrace our potential (physical, emotional, spiritual, intellectual, so cial, environmental, vocational) to pursue and optimize life's possibilities."[1]

Wellness is about ...

... living the best life one can on the individual's terms.
... embracing one's potential in areas of life that interest them.
... the individual taking responsibility for his or her own health and well-being.

and not about ...

... issues and limitations.
... trying to fix people.

1. International Council on Active Ageing. n.d. The Seven Dimensions of Wellness. https://www.icaa.cc/activeagingandwellness/wellness.htm.

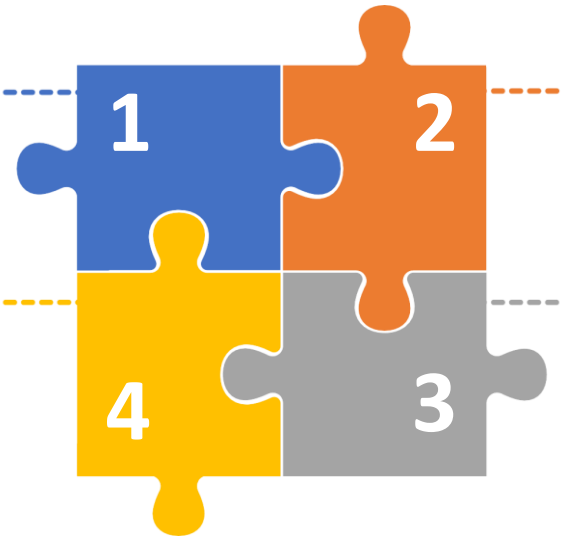
Holistic Adoption of Wellness-Based Approach

MARKETING

How do we promote and outreach to support the wellness lifestyle?

PROGRAMMING

How do we help elders to enhance their entire well-being?



STAFFING

How do we build our wellness workforce?

SETTING

How do we design spaces to help build a wellness community?

Marketing

- With the shift to the wellness-based paradigm, our outreach and promotional efforts need to support the new approach.
- In order to change perceptions of ageing and serve a wider group of elders (including those who are younger and healthier), the messaging needs to be appropriately framed.
- Promotional materials (eg banners, t-shirts, flyers, videos, etc) should appeal to broad wellness needs and position AAH and the community as a wellness lifestyle.
- Opportunities should be given for elders to serve as wellness role models and educators and in doing so, providing a new sense of purpose for themselves and changing negative perceptions of ageing in the community.





Programming

- To attract and retain members, there will need to be a focus on elders' needs and dreams. The key is to respect how they wish to live to their greatest potential by giving them choices and a voice to tell us what they want.
- As wellness is not single dimensional, programme offerings should not only be compelling, but multidimensional as well.
- Wellness programmes should provide the elder community with the chance to have an impact on the whole person in various ways, depending on their needs and passions.
- Be sure to consider all the dimensions of wellness in each activity and programme.
- Walking, for example, can cover multiple dimensions of wellness. Apart from the physical dimension, if done with a group, it also incorporates the social dimension (and intellectual dimension if there is an educational



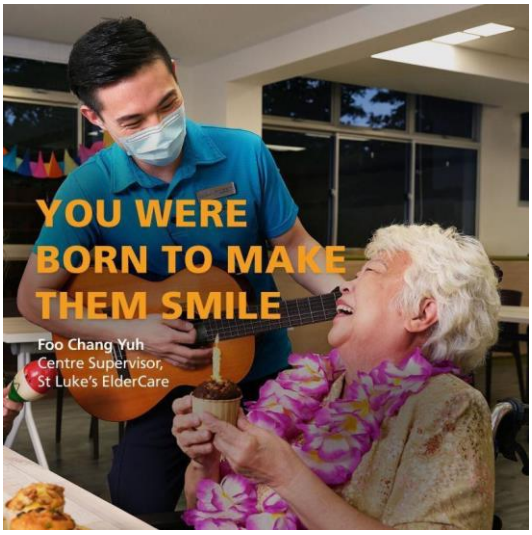
Programming

- Staff roles would shift from designing and delivering large group programs to the role of 'engagement coach' with the purpose of helping each client to live the life that they chose to live.
- Engagement is not simply getting people to show up at an activity, getting them to participate with joy.
- A few factors to consider when creating an engagement strategy to support programming efforts:
  - ❑ Was it fun?
  - ❑ Was it an experience?
  - ❑ Did it put a smile on the elder's face?
  - ❑ Does the elder want to do it again?
- In a wellness-based model, the culture should support the kind of interdependence wherein elders and the community enjoy opportunities to interact and provide one another with social support.
- Volunteering, mentoring, workout buddies, walking partners, and prayer groups are all examples of healthy interdependence within the wellness-based paradigm.



Staffing

- All levels of staff will need to buy into the vision and feel a sense of purpose to embrace and advance the shift to a wellness-based model.
- Staff will need to change their current perceptions of ageing and to focus on what elders can do, instead of on their limitations.
- AAH recruitment should address questions such as:
  - ❑ What do we need to change to have a wellness community?
  - ❑ Do we currently have the right staff expertise?
  - ❑ Will our staffing levels and knowledge in each department need to shift?
  - ❑ What new roles may need to be created?
- Building a clear understanding of wellness among team members is key to successful implementation. Hence onboarding of new hires and ongoing training of staff will be critical.



Setting

- The built and natural environments of the AAH need to be reimagined to support wellness by encouraging people to lead active, engaged lifestyles.
- When designing the use of spaces, consider the flexibility of these spaces to maximize their use across the diverse elder population—now and in the future.
- For example, a quiet room can be repurposed into a tranquil setting for those in search of stress management, spiritual connections, and meditation.
- Questions to ask when planning out spaces:
  - ❑ How do we create an experience that enhances health, wellness, and well-being in these spaces?
  - ❑ What aren't we doing and why?
  - ❑ How do we address multigenerational and intergenerational use?
  - ❑ How do we respond to elders' desire to have fun and build community?





Non-surgical MSK

Spine	Lower Limb	Upper Limb
• Spondylosis • Degeneration • PID • Radiculopathy • Others	• OA • Sprains / Strains and tears • Meniscus injury • Ankle sprains • Plantar Fasciitis	• Frozen Shoulder • Impingement • Elbow Tendinitis • Trigger fingers • Post Fractures • Others









2. Community Pulmonary Rehab





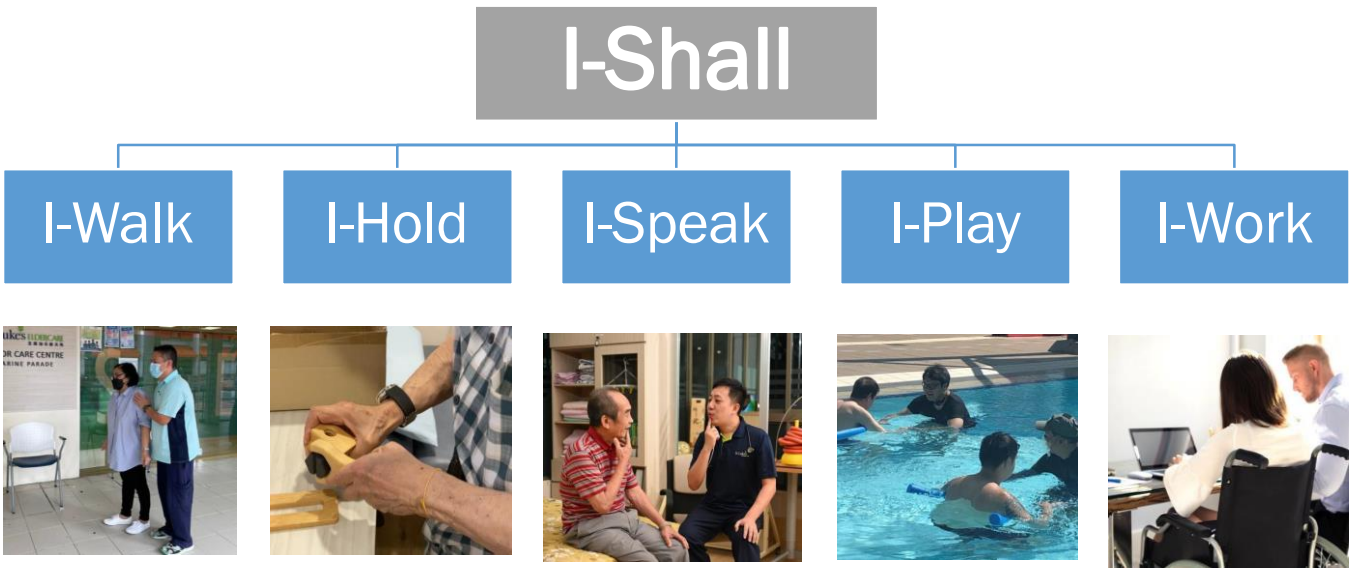
2. Community Pulmonary Rehab Program

Admission Criteria	Inclusion Criteria	Exclusion Criteria
Inpatients to DRCs	1. Diagnosis of chronic non-cancer lung diseases such as chronic obstructive pulmonary disease (COPD), interstitial lung disease, bronchiectasis and Covid 2. mMRC score of >/= 2 3. Hospital admission due to exacerbation >/= 2 in a year 4. Committed to improve on current status	1. Mobility status that may limit participation in rehab 2. Severe psychotic disturbances 3. Moderate to severe cognitive impairment 4. Recent 4 weeks of cardiovascular event 5. Poor heart function, EF>/= 35% 6. TVD on conservative management 7. Diagnosis of active cancer 8. On LTOT but does not have portable oxygen concentrator
Outpatients to DRCs	Criteria highlighted in red **AND**: 1. Completed individual PT sessions in outpatient settings 2. will further benefit from community follow-up / reintegration	
Maintenance Phase 3 Group Class	Criteria highlighted in red AND: 1. mMRC score of >/= 1 2. Willing to participate in group setting 3. Completed 1 cycle of outpatient PRP group class	

3. Neuro Rehab for Clients with Complex Needs

I-Shall Program





Technology for Neuro Rehab

Programs	Equipment
Gait and Agility	  Robotic Gait Train dmill  
Balance and Walk	Ceiling Hoist Path Balan ce Analysis, Gamified Training

SLEC's Hougang Centre

11th Asia Pacific Eldercare Innovation Awards 2023: Facility of the Year – Day Care Centre








St Luke's ELDERCARE

Centre-Based Services – Rehabilitation

St Luke's ELDERCARE



Bringing Rehab Robotics to the Community











II. W.E. Program



III. Active Aging Activities

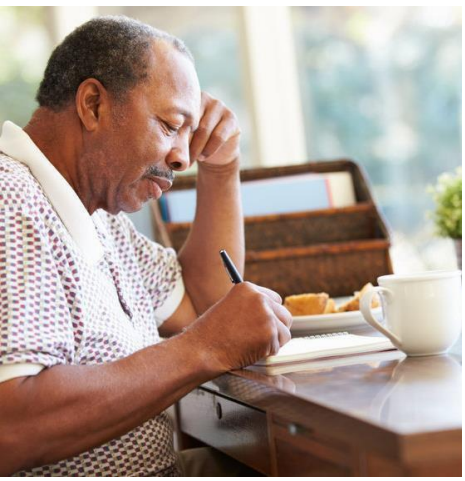






Fun and Fit

- Tailored Fitness programs
- Targets Physical wellbeing







Enrich the Mind

- Cognitive stimulating activities
- Targets brain abilities e.g. journaling, reflection







Learn and Create

- Expressive Arts and Music
- Promotes leisure exploration and soul care



Dine and Nourish







Nurture for Growth

- Promotes Life-giving relationships and interactions
- Caring for other living beings

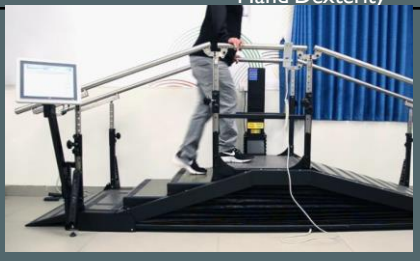




Explore Anew

- Step-out of comfort zone
- Volunteering in Centre

Technology for Neuro Rehab

Programs	Equipment
Upper Limb	   Robot-assistArm trainer Use Reach and Hand Dexterity
Fun ctio nal Mo bilit y	  Plinth Activities and Others InclineAnalysis Steps and

Program	Equipment
Senior Wellness Gym	 
Special clinics • MSK Physiotherapy • Speech Therapy • Cognitive Assessment • Tele Consult	 

CHC Services

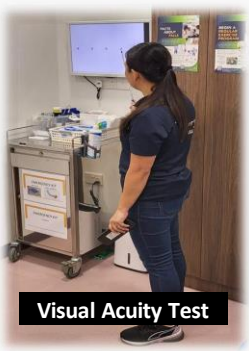
Diabetic Eye Screening and Diabetic Foot Screening







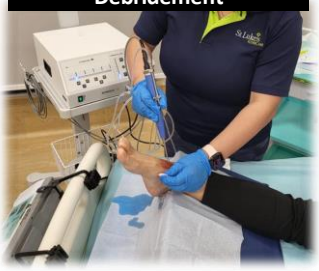






Wound Clinic/Centre-Based Nursing

Ultrasonic Wound Debridement



Compression Bandage



Vac Therapy (NPWT)



Maggot Debridement Therapy



Other Services



Lifestyle Counselling - Diet

Silhouette for Wound Tracing



Memory Training





ARTIFICIAL INTELLIGENCE
PREDICTING & PREVENTING FALLS

BY LO NG WAY A.I. TECHNOLOGIES

2.



FRIDAY, DECEMBER 14, 2018 | THE STRAITS TIMES | B1

B | HOME

26
NUMBER OF CASES OF SCDF OFFICERS BEING ABUSED SO FAR THIS YEAR B2

Smart mat watches out for the elderly

Data captured when it is stepped on helps caregiver keep an eye on the senior using it

Rei Kurohi

A smart floormat to help healthcare professionals or caregivers assist or the elderly, especially those who live alone, could be on the market by early next year.

Dr Poh Kok Khong, a senior lecturer at the School of Engineering in Nanyang Polytechnic (NYP), has developed a working prototype with local electronics firm Apps-Connect.

The IoT Night Watcher can detect when it is stepped on. When placed beside a bed, or in front of the entrance to the bathroom or kitchen, the data captured can create an image of a user's movement patterns and habits.

More elderly people live alone and want to be independent, said Dr Poh during a demonstration of the technology at NYP yesterday.

"As their children or caregivers, we want to know if they are okay but, at the same time, we do not want to be too intrusive," he added.

Dr Poh experimented with other solutions for monitoring the movements of his own parents and those of residents at community homes, but found that they had limitations.

Surveillance cameras are intrusive and the elderly person could be uncomfortable being watched. Motion sensors can be inaccurate and unreliable, while elderly people often forget to wear or charge wearable technology.

Dr Poh then came up with the idea of a smart mat that does not require the seniors to alter anything about their daily routines.

With the help of NYP students and Apps-Connect, he developed a waterproof prototype powered by two button cell batteries, which can last about a year.

The pad containing the electronic components can be removed from the mat, which can then be washed normally.

The mat consumes power only when it is stepped on, similar to the keyless entry system that is used to unlock some cars.

When a person steps on the mat, it sends a wireless signal to a central "gateway", which resembles a digital clock. The system then stores the time and frequency data in a cloud server.

Depending on the placement of the mat, a step could indicate that the user has got into or out of bed, or that the person has entered or exited the bathroom.

If the system detects unusual ac-

DATA MAY HELP DOC continued on B2

FINDINGS BALANCE

As their children or caregivers, we want to know if they are okay but, at the same time, we do not want to be too intrusive.

DR POH KOK KHONG, Nanyang Polytechnic School of Engineering senior lecturer, who came up with the idea of the smart mat

Housewife Lim Siew Kim, 77, demonstrating at Nanyang Polytechnic yesterday how the IoT Night Watcher floormat activates the room light when it is stepped on. ST PHOTO: LIM YAOHUI



SENSOR MAT

Real-time detection for Sensor Mat on wheelchair





Demo On Next Slide

Detect elders leaving wheelchair

Added safety net for blocked view from cameras

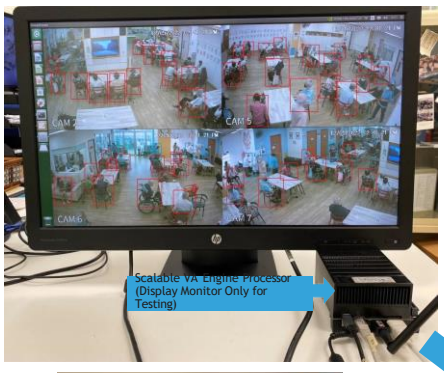
ALARM to alert staff to help

SENSOR MAT – DEMO VIDEO



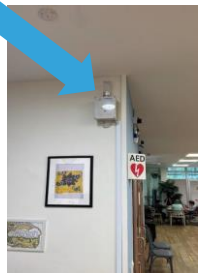
HARDWARE PROVISION

24 Hours Real-Time Predictive Monitoring Solution with Smart Warning S ystem





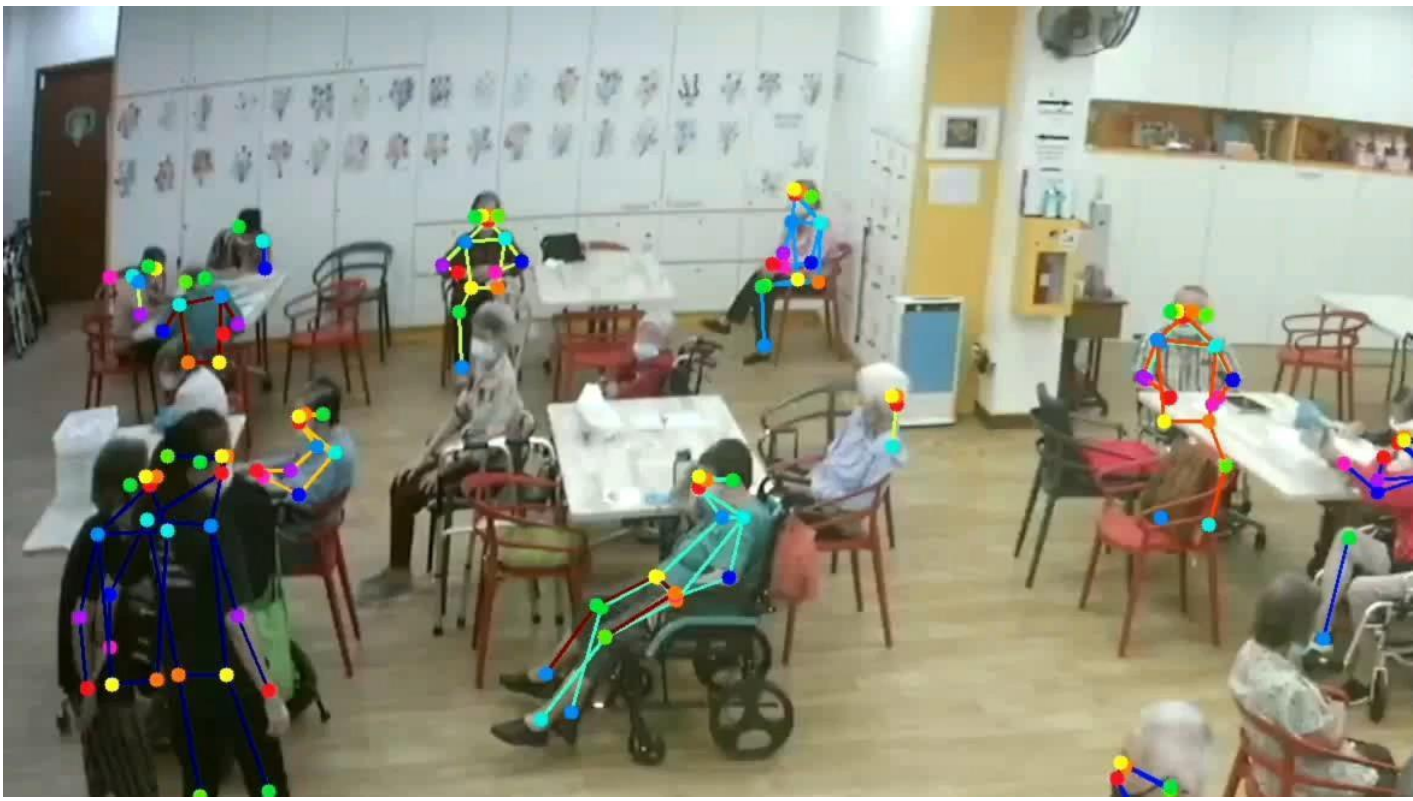






Bluetooth Speakers +

LED Lights



Social Robot to Improve Social Well Being of Older Person





LOVOT



Paro







TEMI

Meet the healthcare robots who visit the seniors



Conclusion

- We need to change our mindset in preparing the new ageing facilities for the future.
- Nursing model needs to renew
- More use of technology will be needed to aid in the care for the older people.





Chung-Liang Chien

Professor/ College of Medicine, National Taiwan University, Taiwan

Education	PhD, Pathology of Columbia University	
Experiences	2017-2022	Program Director, Training Program for Interdisciplinary Talents of Biomedicine and New Agriculture (MOE)
	2017-2021	Program Director, Program Project for Regenerative Medicine (MOST)
	2014-2016	Chairman of Board, National Science and Technology Center for Disaster Reduction (NCDR)
	2014-2016	Deputy Minister, Ministry of Science and Technology (MOST)
	2014-2016	Board Member, Life Science Innovation Forum, APEC
	2012-2014	Deputy Executive Secretary, Office and Technology, Executive Yuan
	2013-2017	President, Taiwan Society for Stem Cell Research
	2010-2014	President, Association of Anatomists of R.O.C.
	2007-2014	Associate Dean, College of Medicine, National Taiwan University
	2007-2014	Deputy Director, NTU Center of Genomic Medicine
	1999-1999	Research Scientist, University of Tokyo. Cell Biology
	1996-2006	Associate Professor, Anatomy and Cell Biology, College of Medicine, National Taiwan University
Specialties	Cell Biology	

Development of Taiwan Healthcare Industry

錢宗良
Chung-Liang Chien, Ph.D.
Professor, College of Medicine, National Taiwan University
CEO, Institute for Biotechnology and Medicine Industry

OUTLINES

1. Institute for Biotechnology and Medicine Industry (IBMI)
2. Precision Medicine and Precision Health
3. Healthcare industry in Taiwan
4. Training program for interdisciplinary talents of Precision Health

About IBMI

Institute for Biotechnology and Medicine Industry (IBMI) is an independent, not-for-profit organization voicing Taiwan-based healthcare industry, promoting interdisciplinary collaborations through its global platform, and creating policy dialogues between public and private sectors. On top of that, IBMI is also a trusted awarding and certification body to healthcare providers and an incubator to health care startups in areas of novel biotechnologies, services and innovations.



Founder
Jin-Pyng Wang

Former president of the Legislative Yuan, Taiwan



President
Chi-Huey Wong

Scripps Family Chair Professor of the Scripps Research Institute



Vice President
Barry Lam

Chairman & CEO Quanta Group



Vice President
Pan-Chyr Yang

Academician of Academia Sinica



Vice President
Chang-Hai Tsai

Chairman of the Board of China Medical University & Health Care System



Supervisor
Wei-Jao Chen

Professor Emeritus, Department of Surgery. National Taiwan University College of Medicine

About IBMI

The board members consist of leaders from hospitals and R&D institutes, and C-level representatives from electronics, ICT, biotech and pharmaceutical sectors. Currently, IBMI has more than 400 members from across industries relating to healthcare.

Healthcare

Chang Gung Memorial Hospital
Changhua Christian Hospital
China Medical University Hospital
College of Medicine, National Taiwan University
Hualien Tzu Chi Hospital
Kaohsiung Medical University Hospital
MacKay Memorial Hospital
National Cheng Kung University Hospital
National Defense Medical Center
Shin Kong Wu Ho-Su Memorial Hospital
Show Chwan Memorial Hospital
Taichung Veterans General Hospital
Taipei Medical University
And more.

R&D

Development Center of Biotechnology
Industrial Technology Research Institute
KPMG in Taiwan
National Health Research Institutes



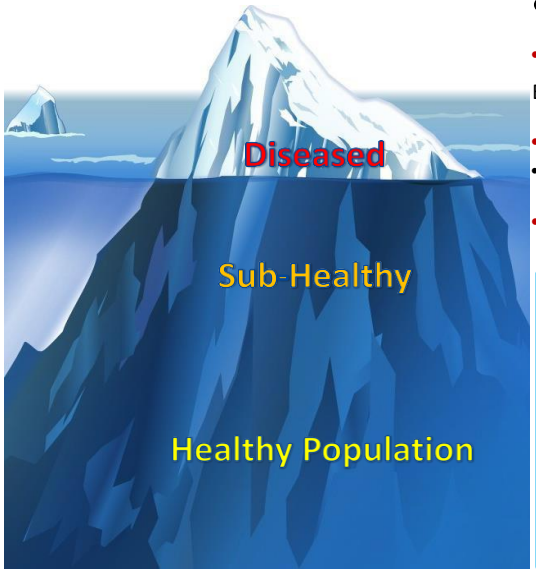
Electronic & ICT

Advantech Co., Ltd.
Catcher Technology Co., Ltd.
Foxconn health technology business group
iKala Interactive Media Inc.
Pegatron Corp.
Powerchip Semiconductor Manufacturing Corp.
Qisda Corp.(BenQ)
Realtek Semiconductor Corp.
Topco Group
Wistron Corp.

Bio-Pharmaceutical

Bora Pharmaceuticals Ltd.
Maywufa Biopharma Group
Missioncare Medicine Co. Ltd.
St.Shine Optical Co., Ltd.
CHC Healthcare Group
Orient Pharma Co., Ltd.

Precision Medicine and Precision Health



- 【 Precision Medicine】
- Precision Diagnosis : NGS, Liquid Biopsy, Medical AI, POC devices , Digital Imaging Equipment *etc.*
- Precision Treatment :Targeted Therapy, Cell Therapy,
- Immunotherapy, Surgical Robot, *etc.*
- Medical Care: Smart Hospital, Smart healthcare, etc.

【 Precision Health】

Risk Assessment : Genetic risk, Behavioral Patterns, family history *etc.*

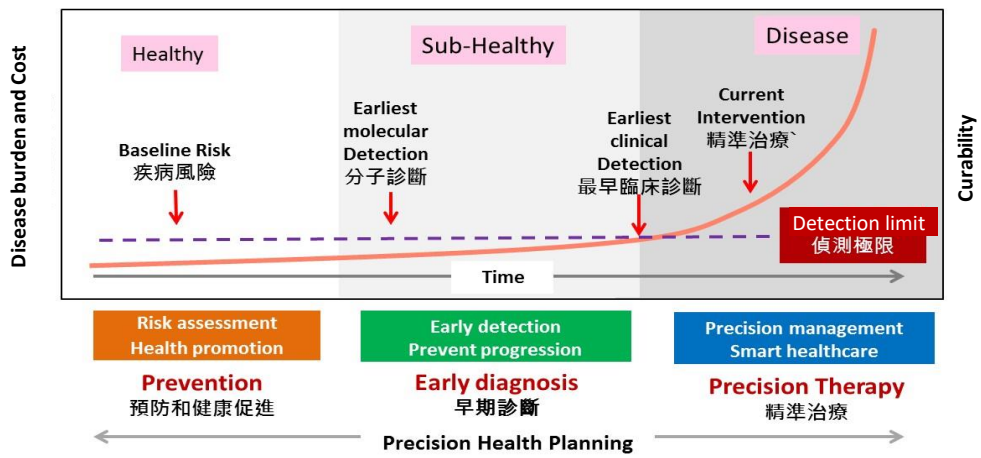
Precision Prevention : Personalized Health Check、 AI for Early Detection, Home Screening, Tele Health Consulting Services *etc.*

Health Promotion: Lifestyle, Environmental Adjustments, Personalized Diet, Sport and Exercise, Microbiota, Homecare and Wearable Devices, Health Management, *etc.*

5

Healthcare from disease treatment to prevention

❑ Healthcare nowadays provides individuals with products and services ranging from prevention, health promotion, diagnosis to treatment.

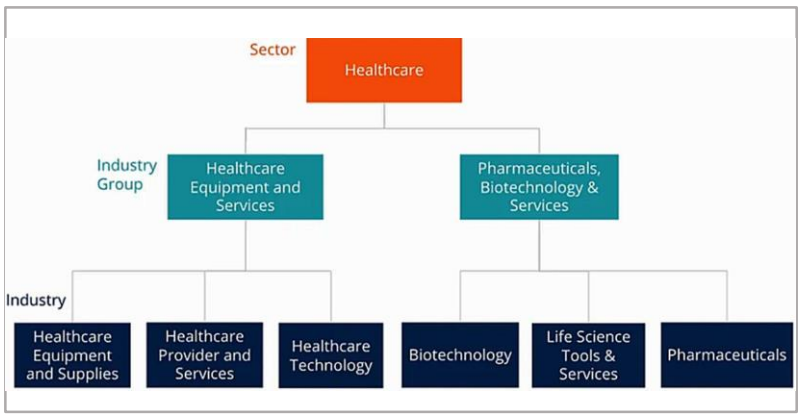


Modified from Snyderman R et al. NEJM Catalyst 2017

Global Markets:

Healthcare sector by GICS definition

- The healthcare sector includes the following subsections, as per Global Industry Classification Standard (GICS)



- **International Healthcare**
- **Bio-pharmaceutical**
- **Medical device**
- **Regenerative medicine**
- **Smart health**
- **Precision medicine**
- **Sports medicine**

Source compiled by IBMI, RBMP (2021)

ABOUT TAIWAN

Population
23.3 million

Area
36,197 km²

GDP & GDP/capita
761.4 billion & 32,756 (USD)

Life Expectancy & Healthy Life Expectancy
80.9 & 73.3 years

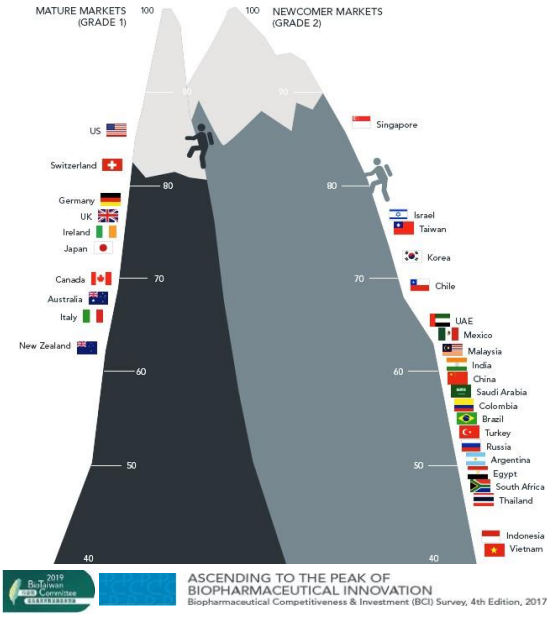
Physicians Ratio
2.23 per 1,000 Population



Reference: Department of Household Registration Affairs of Taiwan (2021) ; Ministry of Health and Welfare of Taiwan (2021)

Taiwan Core Competences

- **Taiwan ranks 3rd in the newcomer markets**
- **World-class quality of medicine and talent**
- **The best healthcare system and big data**
- **High quality clinical trials and R&D capacity**
- **Well-established research infrastructure**
- **ICT supply chain, talent and manufacturing**
- **AI and 5G R&D in national level**

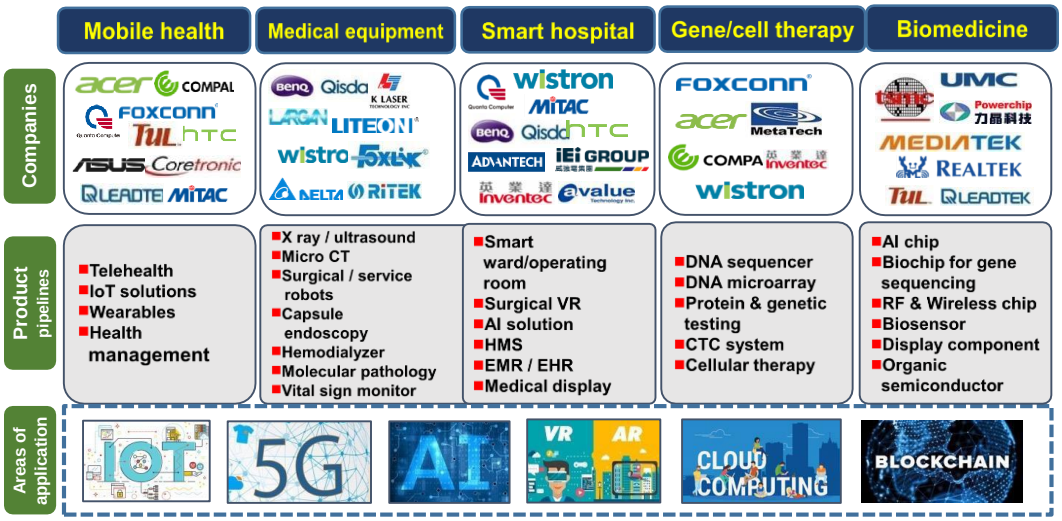


Source compiled by IBMI, RBMP (2021)

Medical Innovation by cross-industry collaborations

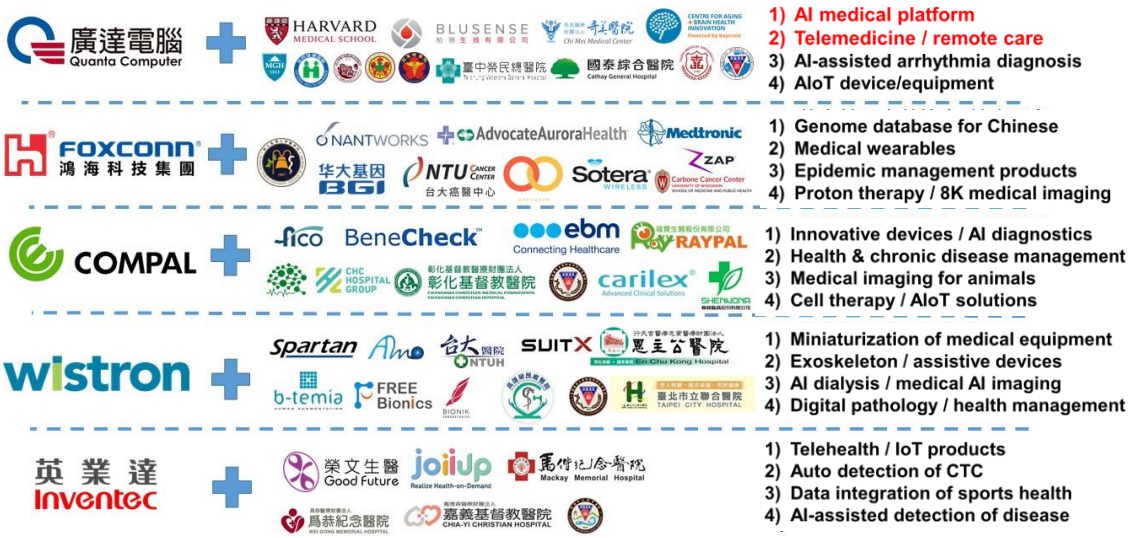


Taiwan ICT companies setting foot in healthcare



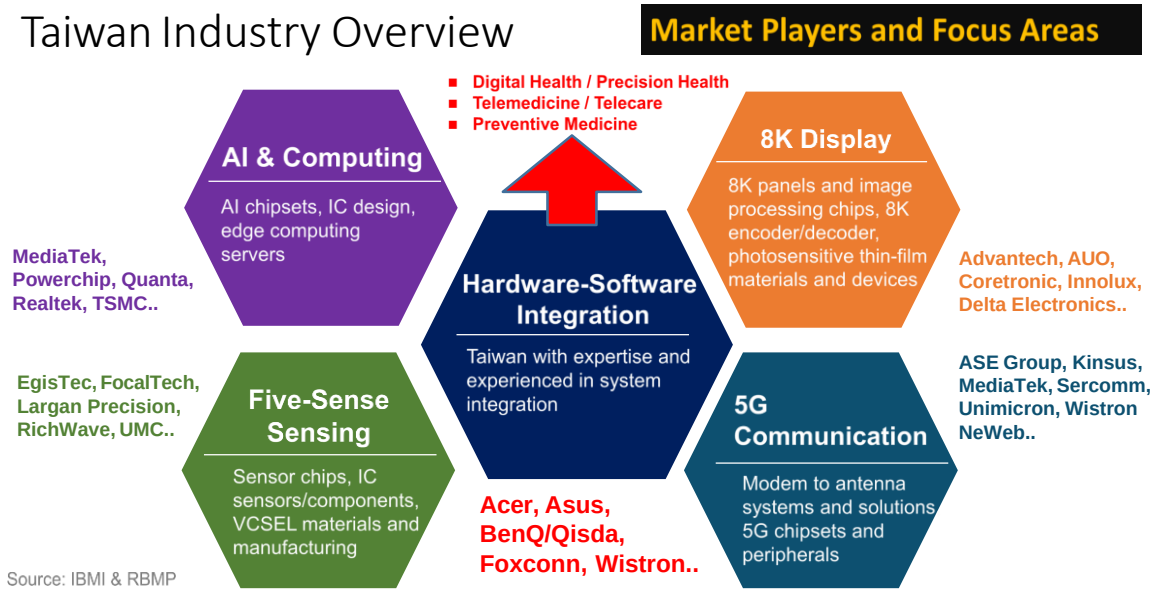
Source: IBMI

Cross-industry cooperation at a glance

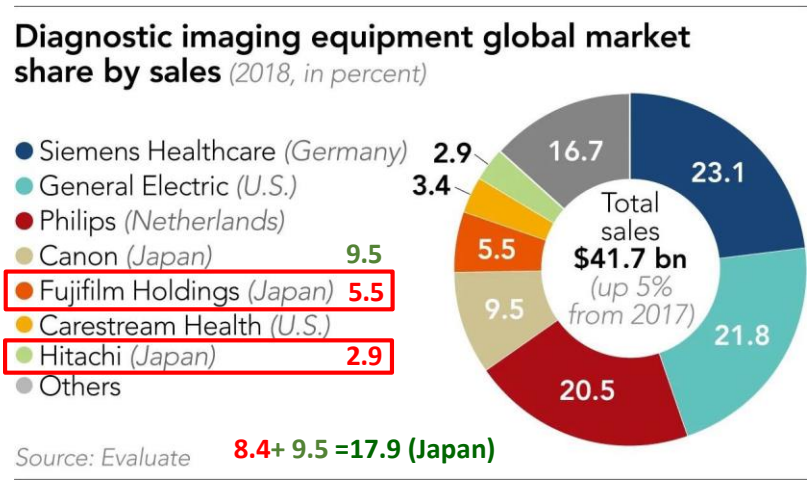


Source compiled by IBMI, RBMP (2021)

Taiwan Industry Overview



Fujifilm Healthcare acquires Hitachi Diagnostic Imaging in 2021



Fujifilm Healthcare presented a complete and integrated portfolio of diagnostic products and services, including CT, MRI, X-ray, AI, PACS, endoscopy and ultrasound systems.

Fujifilm “One-Stop” solution partner for the Healthcare systems

ONE-STOP Solutions

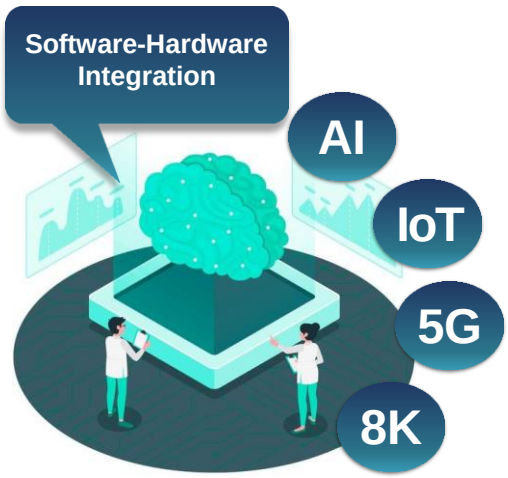
Fujifilm has a wide range of products including diagnostic X-ray imaging equipment, ultrasound systems, endoscopy, in vitro diagnostics, CT, MRI, and by positioning medical informatics as an open platform, the company can offer a wide variety of solutions to healthcare systems.



Image source: Fujifilm

Game-Changing Technology in Healthcare

I.B.M.I.



Source: IBMI

Taiwan houses global players and supply-chain partners in the following areas:

- **Software hardware integration**
- **AI** chip making, AI computing & servers
- **IoT** sensors and components
- **8K** display and 8K image technology
- **5G** telecommunication chips and peripherals

Emerging tech and application after COVID-19

Diagnosis

- Testing kits
- Mobile diagnostics
- Temperature monitoring
- Medication
- Vaccine development
- Therapeutics

Prevention

- Antiviral masks
- Disinfectants
- Air filtration
- Disease surveillance
- Spit disposal
- Environmental monitoring for diasease

Patient care

- Hospital robots
- Medical AI algorithms
- PPEs
- Artificial cough device
- 3D-printed ventilator valves

Remote healthcare

- Remote monitoring
- Telehealth
- Wearable sensors
- Vital sign monitors
- Digital stethoscope
- Chatbots
- 5G telecom

Source: Startus Insights、FDA、IBMI

Taiwan Industry Overview

Digital Health R&D

Source: Corporate websites; complied by IBMI & RBMP | Last updated 2022

	Prevention&Detection	Monitoring	Diagnostics	Health Tech & Services
Company				
Focus Areas	• MRI-based tumour image classification • Breast cancer recurrence risk assessment • Early prediction of dementia • AI-assisted risk assessment of dementia • Analytical services for health risk • Auto-analysis of cardiovascular imaging system	• Chronic disease care platform • AI-assisted vital sign monitoring • AI-assisted dermatological disease monitoring • EKG software • AI in medication and wound care • Cloud-based health platform • Stress EEG assessment • Health promotion • Real-time heart rate monitoring • Mobile health application	• AI-based diagnostics for diabetic retinopathy • Detection software for breast ultrasound • AI-based detection of pneumothorax and Intracerebral hemorrhage • AI-based bone marrow smear differential counting • AI-based diagnostics of osteoporosis • AI-based flow cytometry analysis for leukemia • AI-assisted EEG analysis for mental health	• Decision support for hemodialysis • AI platform for remote critical care • Mental health platform • Sleep telecare • AI-driven radiotherapy • Immersive 3D software for sleep disorders • Digital therapeutics for dementia • AI-based hearing aids • IoT in elderly care

Cross-industry cooperation at a glance

廣達電腦 Quanta Computer + HARVARD MEDICAL SCHOOL, BLUSENSE, 奇美醫院 Chi Mei Medical Center, CENTRE FOR AGING + BRAIN HEALTH INNOVATION, 臺中榮民總醫院, 國泰綜合醫院 Cathay General Hospital	1) AI medical platform 2) Telemedicine / remote care 3) AI-assisted arrhythmia diagnosis 4) AIoT device/equipment
FOXCONN 鴻海科技集團 + ONANTWORKS, AdvocateAuroraHealth, Medtronic, 华大基因 BGI, NTU CANCER CENTER 台大癌醫中心, Sotera WIRELESS, ZAP, Carbone Cancer Center	1) Genome database for Chinese 2) Medical wearables 3) Epidemic management products 4) Proton therapy / 8K medical imaging
COMPAL + fico, BeneCheck, ebm Connecting Healthcare, RAYPAL, CHC HOSPITAL GROUP, 彰化基督教醫院, carilex Advanced Clinical Solutions, SHENWONG	1) Innovative devices / AI diagnostics 2) Health & chronic disease management 3) Medical imaging for animals 4) Cell therapy / AIoT solutions
wistron + Spartan, Ame, 台大醫院 NTUH, SUITX, 恩主公醫院 En Chu Kong Hospital, b-temia, FREE Bionics, BIONIK, 臺北市立聯合醫院 TAIPEI CITY HOSPITAL	1) Miniaturization of medical equipment 2) Exoskeleton / assistive devices 3) AI dialysis / medical AI imaging 4) Digital pathology / health management
英業達 Inventec + 榮文生醫 Good Future, joiiUp Realize Health-on-Demand, 馬偕紀念醫院 Mackay Memorial Hospital, 鳳恭紀念醫院, 嘉義基督教醫院 CHIA-YI CHRISTIAN HOSPITAL	1) Telehealth / IoT products 2) Auto detection of CTC 3) Data integration of sports health 4) AI-assisted detection of disease

Source compiled by IBMI, RBMP (2021)

Taiwan Industry Overview

Successful Solutions

Acer



VeriSee DR

- The AI-powered software is designed to detect diabetic retinopathy (DR) by analysing retinal images.
- Approved in Taiwan, Thailand and Indonesia, VeriSee DR requires no internet connection, can be customised and seamlessly integrated into clinical workflow.

TeleMed for Home Care & Point of Care

- The solution provides a non-contact outpatient service which simulates the workflow in clinical practice for patients and clinicians.
- It is intended to improve efficiency and quality of telecare/remote care/long-term care and enhance the pandemic prevention measures.



Source: Corporate website; complied by IBMI & RBMP

Taiwan Industry Overview

Successful Solutions

Asus

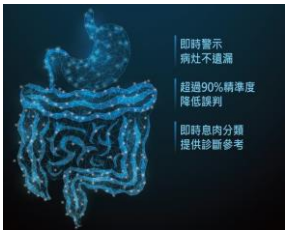


MRI Tumour Classification and Breast Cancer Reoccurrence Prediction System

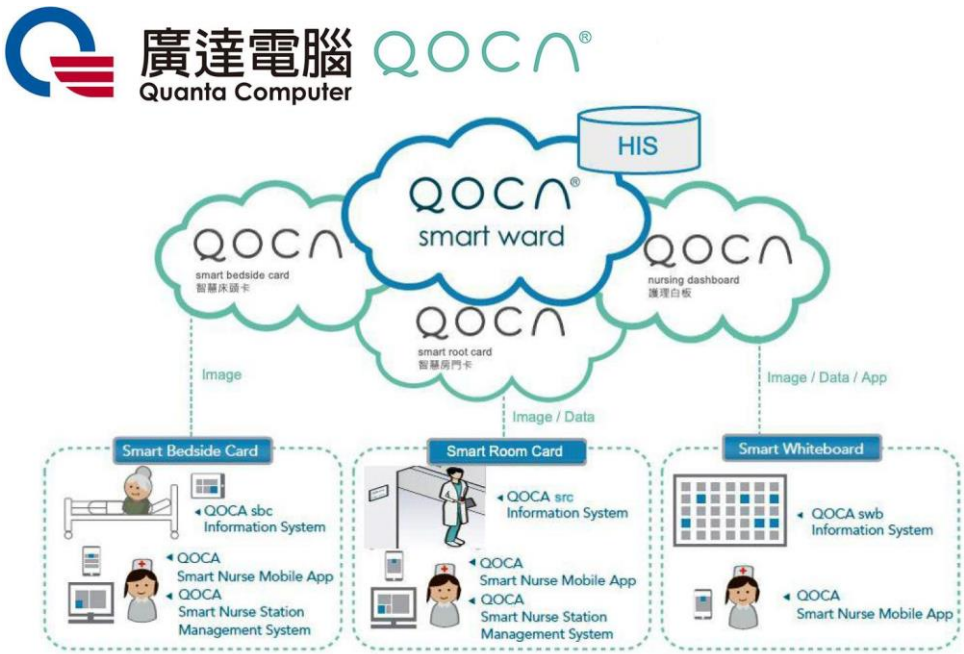
The software analyses 3D images during a screening breast MRI, assisting radiologists recognise the location of tumours, classify them as well as evaluating recurrence risk with PAM50 (Prediction analysis of microarray 50).

EndoAim AI Endoscopy Lesion Detection System

The software is intended to assist clinicians to analyse polyps during a colonoscopy and classify them into non-adenoma or adenoma.



Source: Corporate website; complied by IBMI & RBMP



BenQ Qisda

Featured Products

- Medical Device
  - Qflux Dialyzer
  - Hearing
  - Diagnostic Ultrasound
  - Transport Robot
  - Medical Consumables
- Operating Room
  - Surgical Tables
  - LED Surgical Light
  - Surgical Monitor
  - iQOR Digital System

Solutions

Smart Operation Room



ODM / OEM of Medical Device

Other Smart Healthcare Solutions

Fitness System → Smart Wearables

Smart Ward

Health Management System

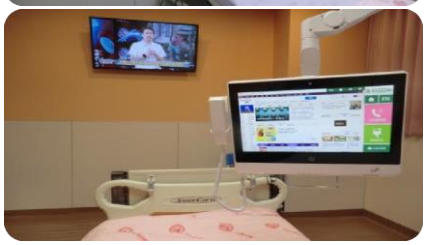
Long-Term Care Monitoring Solution

Smart Ward: Bedside Infotainment System

- ◆Interactive environment
- ◆Disclosure real-time information
- ◆Treatment schedule







Smart Nurse Station: Nurse Dashboard

Improvement Nurse Care Quality and Work Flow

- **Nurse dash board (No paper works)**
- **Real time patient information (location, activity, schedule)**
- **Real time nursing shifting**
- **Central nurse control panel**
- **Schedule, Work Flow, and Education**



After seeing all these successful solutions…

Taiwan hospitals are expanding their productivity to be the solution providers.

彰化基督教醫院
CHANGHUA CHRISTIAN HOSPITAL

員林基督教醫院
Yuanlin Christian Hospital



U.S. Green Building Council LEED Gold Level Certification on Dec, 2015



ICT Players launch products and solutions:

- Smart Nurse Station
- Smart Ward
- Smart Clinic
- Smart Counter
- Smart Dialysis
- Smart Operation Room
- Multimedia interaction
- Accompany robot
- Logistics Management
- ⋮

Healthcare® EXPO · TAIWAN 2022.12.01-12.04 台灣醫療科技展

The 2022 Taiwan Healthcare Expo brings together more than 20 medical centers and 300 biotechnology companies to jointly exhibit, fully presenting new medical technologies, new applications, and new trends at home and abroad. It has become an important platform for driving medical technology innovation, and provided one of the best Healthcare training courses in Asia.






7th Healthcare® EXPO · TAIWAN

30 November -3 December 2023, Taipei

I.B.M.I. R.B.M.P

WRAP-AROUND EVENTS & EXHIBITION

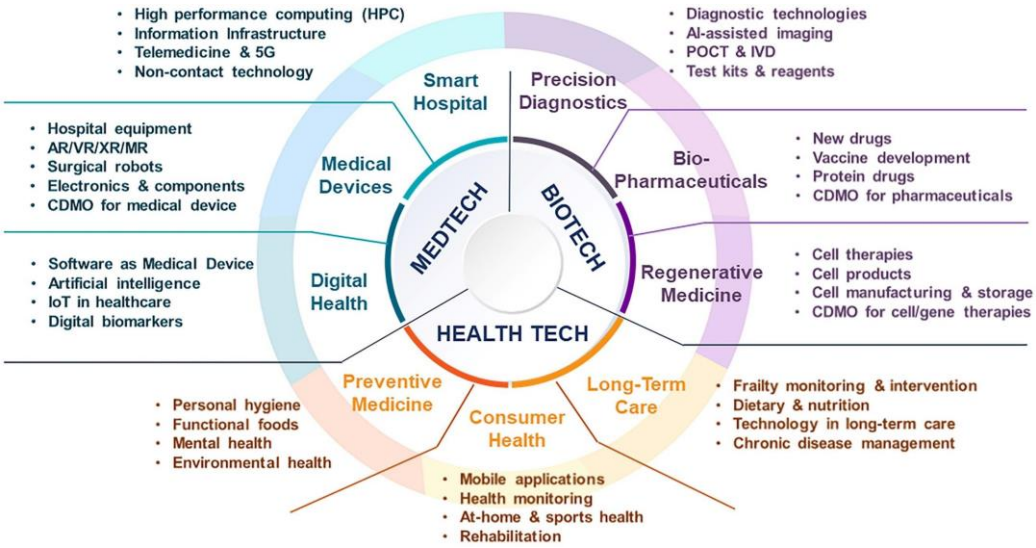
MEDTEX Summit Asia
For a debut of novel technologies and products

Innovation Demo Day
Where VCs identify targets for investment

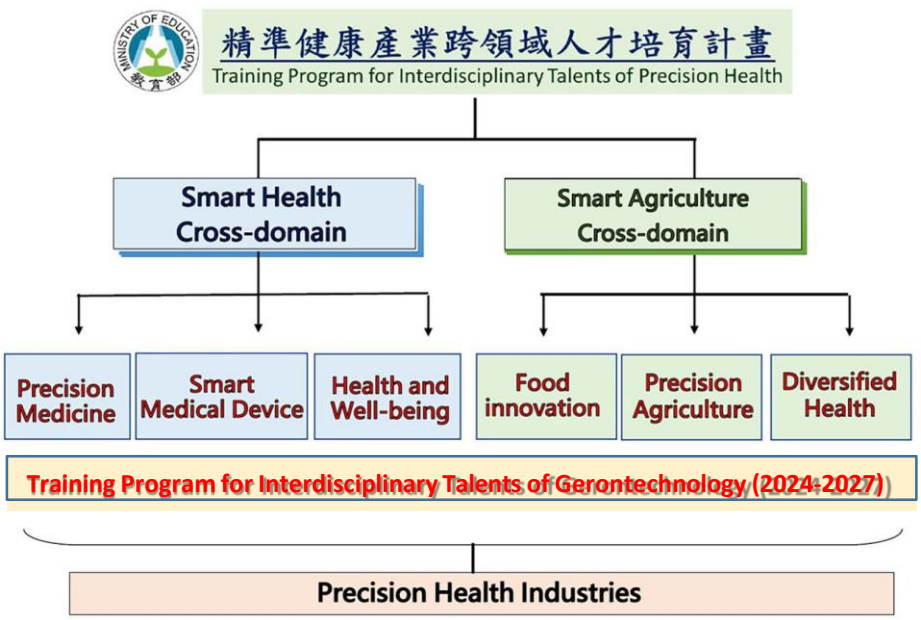
Cancer Treatment in APAC
Uncover breakthroughs and therapeutics

InnoZone
Grand showcase for award-winning startups

7th Healthcare EXPO · TAIWAN
30 November -3 December 2023, Taipei



2022-2025



7th Healthcare® EXPO · TAIWAN

30 November -3 December 2023, Taipei

Please Book your 2023 calendar

Visitor Exhibitor Video Report

Organised by

Institute for Biotechnology and Medicine Industry
Research Center for Biotechnology and Medicine Policy
Ministry of Health and Welfare
Ministry of Economic Affairs, R.O.C
NSTC National Science and Technology Council
Council of Agriculture
Taipei City Government

Branding Taiwan



Thank you for your attention



Ping Yu

Professor and Director / Centre for Digital Transformation School of Computing and Information Technology , Australia

Education	PhD of Nursing, University Católica Portuguesa
Experiences	1. Professor and Director, Centre for Digital Transformation School of Computing and Information Technology, University of Wollongong 2. Associate professor School of Computing and Information Technology Faculty of Engineering and Information Sciences University of Wollongong Director, Centre for Digital Transformation Group Lead, Digital Health and Smart Aged Care, Smart Infrastructure Facility, Faculty of Engineering and Information Sciences. University of Wollongong 3. Senior Lecture, School of Information Systems and Technology, Faculty of Informatics, University of Wollongong Responsible for leading e-health research center on ageing national and international industry collaboration and consultancies teaching, academic and research leadership revenue generation. University of Wollongong
Specialties	*2022 onwards* **Professor** *2013-2021* Associate professor School of Computing and Information Technology Faculty of Engineering and Information Sciences University of Wollongong Director, Centre for Digital Transformation Group Lead, Digital Health and Smart Aged Care, Smart Infrastructure Facility, Faculty of Engineering and Information Sciences **Achievements:** • coordinate and teach 10 subjects, supervise HDR students, apply for and manage grant-funded research, mentor Early Career Researchers in research • leading high quantity and quality of research publications • attracted partner commitments towards research grants • awarded major national competitive grants including NSW Health Translational Research Grant and Horticultural Innovation Australia funding • established a new faculty-recognised research centre – Centre for Digital Transformation with involvement of 12 researchers in School

of Information Systems and Technology, continued in the School of Computing and Information Technology that we amalgamated into
- attracted visiting scholars from overseas.
- attracted 2 distinguished Honorary Professoral Research Fellows

2008-2012 **Senior Lecture, School of Information Systems and Technology, Faculty of Informatics, University of Wollongong**
Responsible for
- leading e-health research centre centred on ageing
- national and international industry collaboration and consultancies
- teaching, academic and research leadership
- revenue generation

Achievements:
- awarded ARC Discovery grant
- attracted industry cash commitment towards research grant applications
- delivered ARC Linkage project
- leading high quality and quantity of research publications
- delivered commissioned research for Commonwealth Department of Health, private company Simavita Pty Ltd. and non-profit aged care organisation RSL Care
- supervised to completion 2 PhD and 3 research Masters students
- coordinated and taught seven postgraduate level subjects
- coordinated Master of Health Informatics
- won the on-going involvement of industry in support of teaching and student research projects including mentoring and student prizes

2002 to 2007 **Lecturer, School of Information Systems and Technology, UOW**
Achievements:
- coordinated and taught 10 subjects at undergraduate and postgraduate levels
- supervised to completion 1 PhD and 3 research Master students
- coordinated Master of Health Informatics
- established an industry consortium includes the aged care peak body Aged Care and Community Services Australia and four large aged care organisations in three states of Australia to successfully win an ARC Industry Linkage grant

2023 International Healthcare Conference

Empowering Healthcare with a Touch of AI: Transforming Patient Care with Generative AI

- Professor Ping Yu
- Director, Centre for Digital Transformation
- School of Computing and Information Technology University of Wollongong, Wollongong NSW 2512 Australia
- ping@uow.edu.au

UNIVERSITY OF WOLLONGONG AUSTRALIA

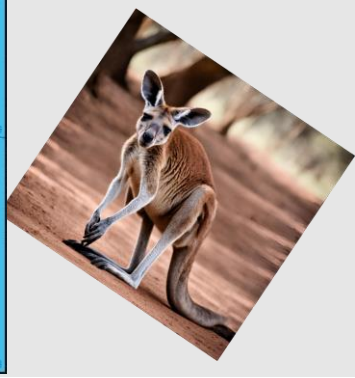
Centre for Digital Transformation Frontier Quality, Safety, Productivity












Byron Bay
Tenterfield
Lismore
Lightning Ridge
Glenn Innes
Grafton
Bourke
Walgett
Coffs Harbour
Gunnedah
Coonamble
Port Macquarie
Wilcannia
Cobar
Coonabarabran
Tamworth
Broken Hill
Taree
Dubbo
Newcastle
Parkes
Bathurst
Wentworth
West Wyalong
Sydney
Wollongong
Hay
Goulburn
Nowra
Wagga Wagga
Deniliquin
Albury
Batemans Bay
Cooma
Bega
1 Sydney
2 Central Coast
3 Hunter
4 Blue Mountains
5 Snowy Mountains
6 South Coast
7 North Coast
8 Country NSW
9 Outback NSW
australias.guide


Wollongong

Wollongong



Agenda

01 Brief overview of generative AI

02 Importance of generative AI for nursing

03 ChatGPT in nursing education

04 Clinical decision support

05 Conclusion

GENERATIVE AI

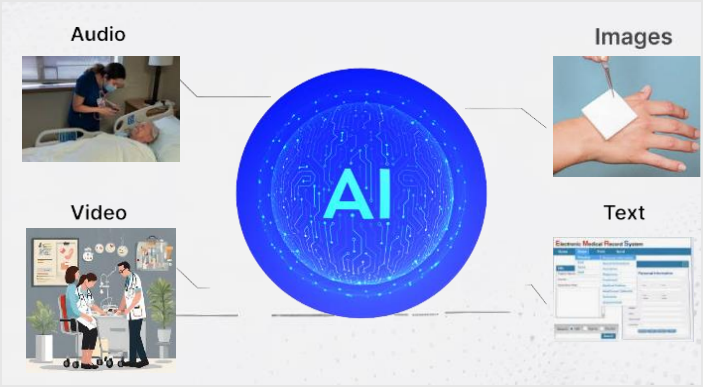
A subset of AI technologies.

Learn to predict the next content or sequence of content

Learn patterns and relationships from the existing data

Generate new content similarly in style, tone, or structure giving the preceding context.

Other types of AI are typically designed to make predictions based on data.



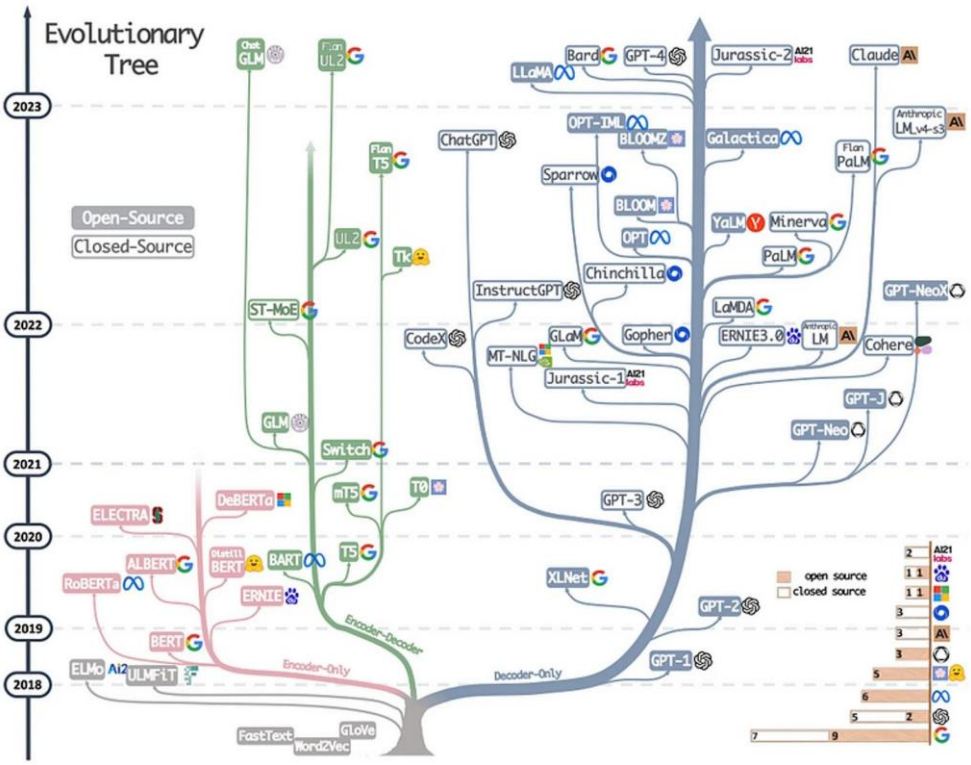
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Large Language Model

A subset of generative AI that works with language.

Deep learning and neural networks.

Generate new text similarly in style, tone, or structure giving the preceding context.

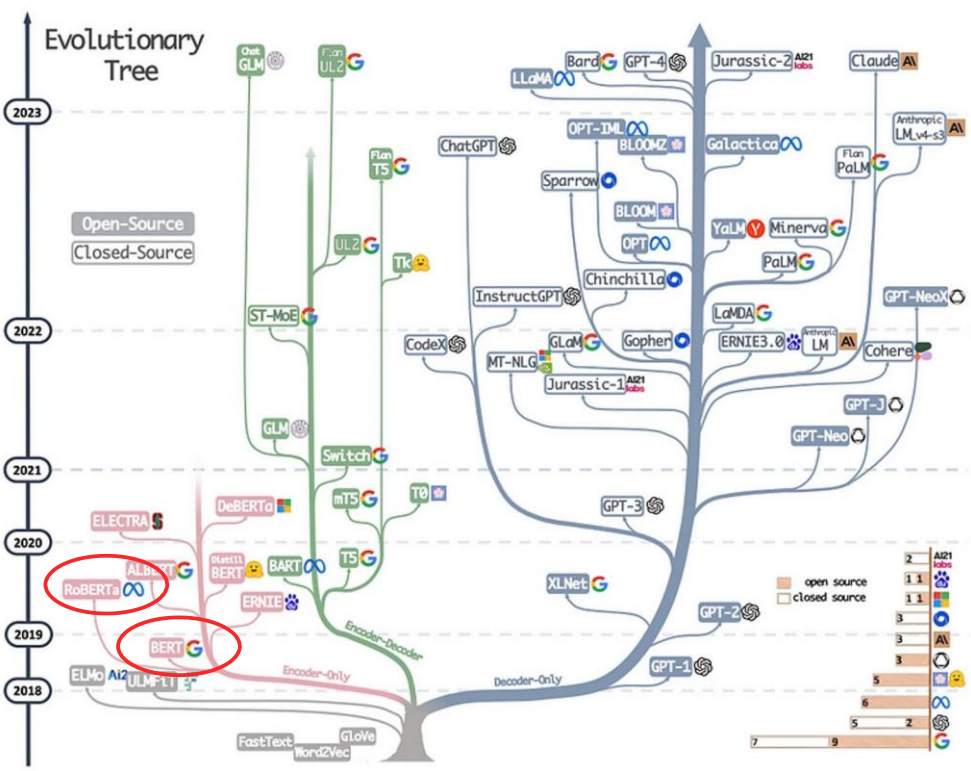


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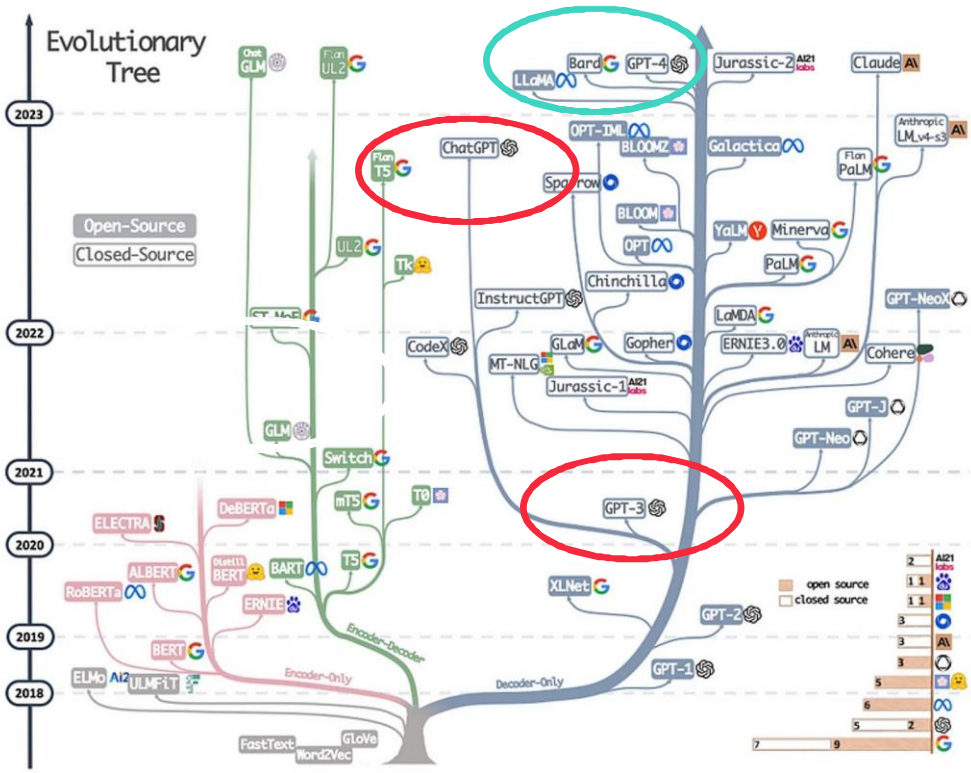


Large Language Model

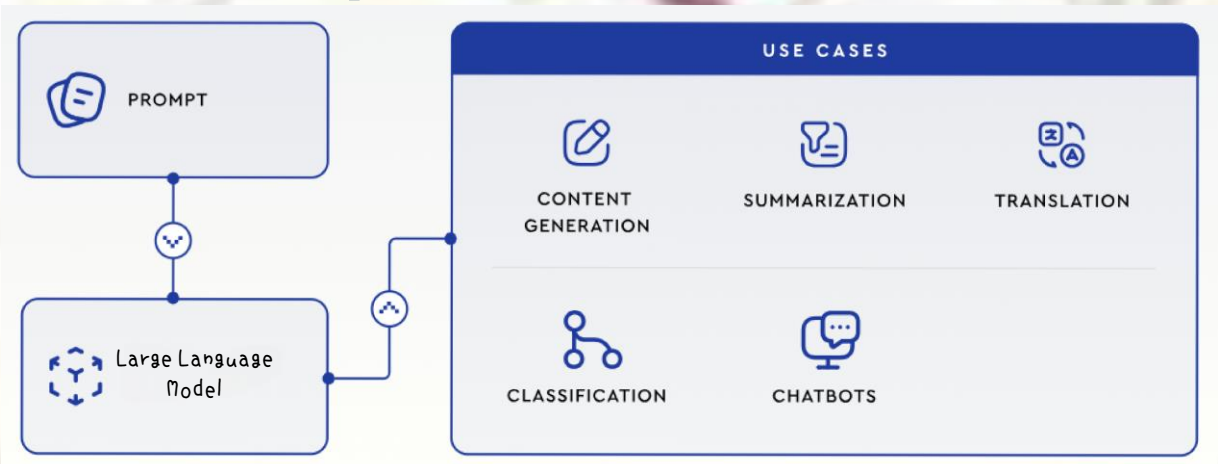
A subset of generative AI that is capable of natural language processing.

Deep learning and neural networks.

Generate new text similarly in style, tone, or structure giving the preceding context.



Large Language Model Capabilities

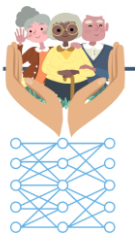


Large Language Model for Nursing Care

01 knowledge repository
Secure, updated client data
Accessible to the authorised providers
Dynamic guidelines, real-time, evidence-based, and person-centred

02 Communication assistant
Family consultations
Provider-to-provider communication

03 Education
Provider training
Client and family education



04 Health summary
Health summary to facilitate integrated care across the care continuum

05 Risk assessment
Early diagnosis and ongoing assessment
Monitoring and delirium risk alerts

06 Care plan
Care planning
Treatment recommendations
Resource allocation

07 Hospital discharge triage
Optimal care away from hospital
Effective follow-up in care pathways

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USTRALIA

CHALLENGES FOR ARTIFICIAL INTELLIGENCE IN HEALTHCARE

Reliability of information

Inaccuraries, biases, outdated information

Hallucination

Model gives pausible, yet not fact-based answers.

Ethical concerns

False, offensive, or irrelevant data can cause harm and patient safety issues



Medical misinformation

Medical misinformatoin makes its way into large language model answers

Patient privacy and data security

Regulations and Policies on data governance and Privacy and no harmful use of AI

Not in alignment with evidence

Recommendations does not align with the current clinical guideline, or evidence base

SOLUTIONS TO PROBLEMS OF USING AI IN HEALTH AND MEDICINE

Investment in data and infrastructure

Curate high-quality, representative data

Laws and policies

Regulate the design and execution of effective AI implementation strategies

Collaborative oversight

Active engagement of all stakeholders, organiations and consumers

Implementation management

Implementation policies, standardised operation procedures, project and program management

AI healthcare education chatbot

Embrace and handle the uncertainty, diversity and variability

Educators' professional development

Educators' awareness and expertise of AI and AI risksI

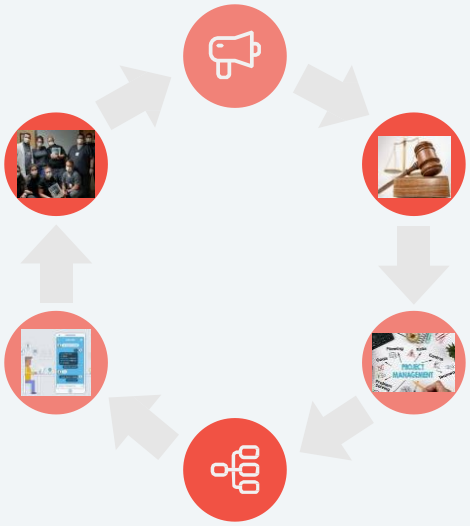


DIAGRAM OF GENERATIVE AI SOLUTION DEVELOPMENT PIPELINE: CARESAVVY FOR DELIRIUM - OPTIMISING GERIATRIC DELIRIUM CARE WITH ARTIFICIAL INTELLIGENCE

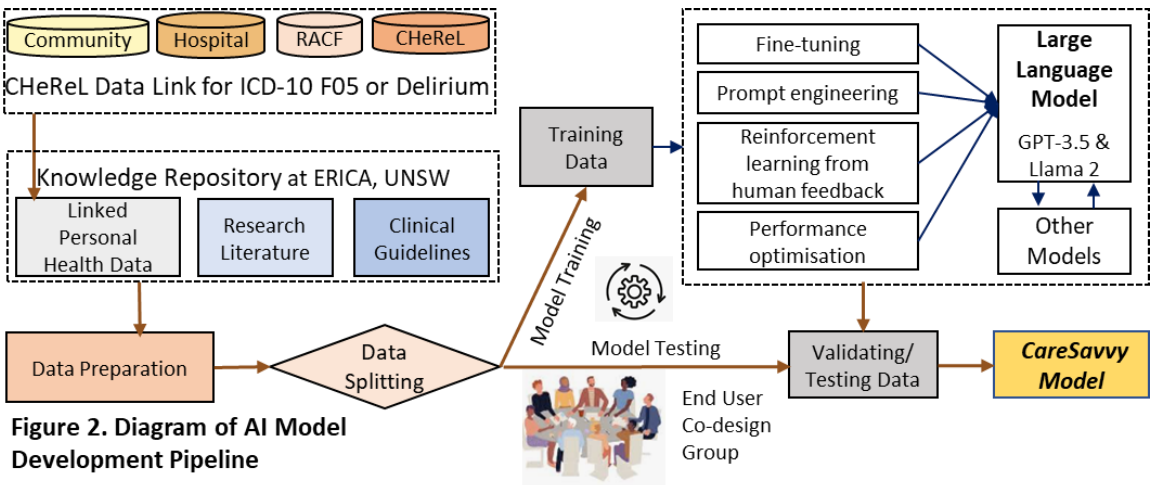


Figure 2. Diagram of AI Model Development Pipeline

CASE STUDY

- Generative AI for nutrition data summarization and malnutrition cause extraction

Research Overview



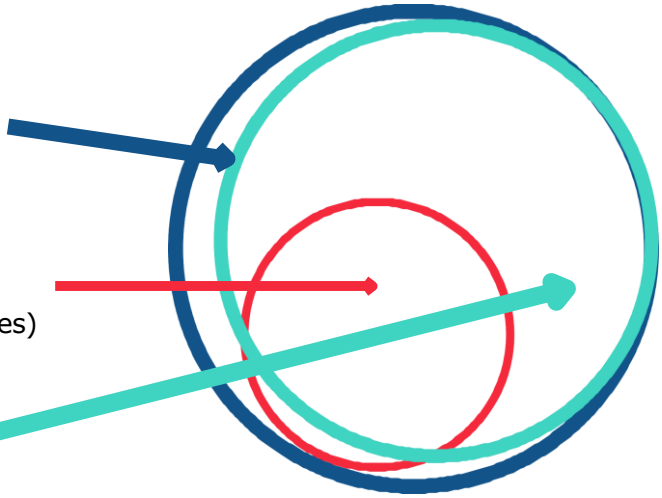
1. Ethics approval
2. 1.6 million client progress notes
3. 40 residential aged care facilities
4. 3,528 de-identified clients
5. Unstructured notes: daily activities, clinical observations, assessment, care plan

Malnutrition Prevalence in Residential Aged Care in Australia

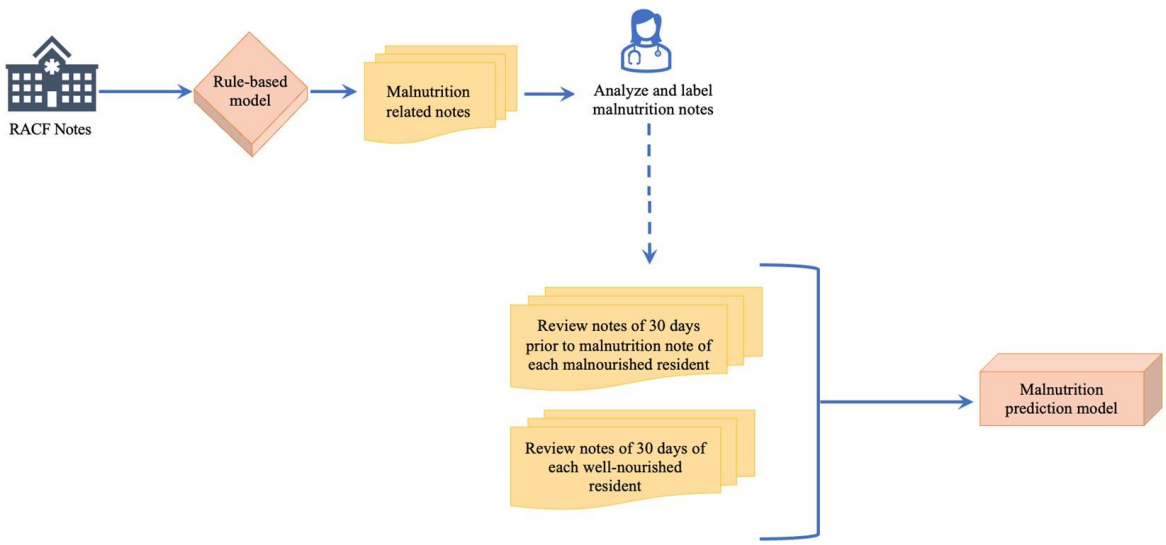
1,469 older people with malnutrition
(33% of 4,405 people)

48% extracted from structured records
(diagnosis and assessment tables)

82% extracted from free-text client progress notes



Malnutrition Prediction Modeling Workflow



Comparison of Performance between Two Types of Models: Roberta and Llama 2

Roberta (with training)	Generative AI – Llama 2 (without training)
Output (1 or 0)	Output sentence/paragraph
No reasoning for the prediction	Gives reasons for its prediction
It needs separate code for risk factors	Extract risk factors by itself
Might not be generalizable for other datasets	Generalizable
Short context length (30 days notes)	Long context length (60 days notes)
F1-Score (0.71)	F1-Score (0.58) **

Meta

Llama 2

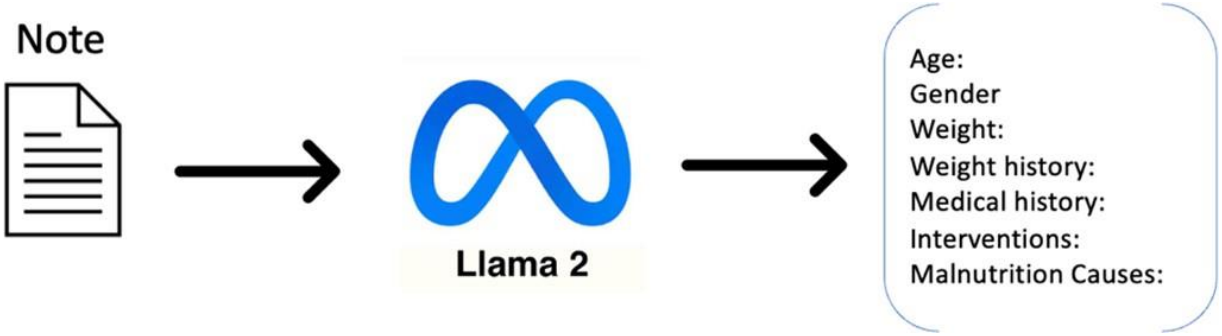
MODEL SIZE (PARAMETERS)	PRETRAINED	FINE-TUNED FOR CHAT USE CASES
7B	Model architecture:	Data collection for helpfulness and safety:
13B	Pretraining Tokens: 2 Trillion	Supervised fine-tuning: Over 100,000
70B	Context Length: 4096	Human Preferences: Over 1,000,000

Sample Results from AI Prediction Model

	True labels	AI Prediction	Model Pred.
2	1	Based on the information provided in the document, it appears that the patient is at risk of malnutrition in the near future. The patient has difficulty with eating, drinking, and mobility, and requires assistance with personal hygiene and toileting. These factors can increase the risk of malnutrition, as the patient may have difficulty consuming enough food or water, or may have difficulty accessing the necessary nutrients and hydration. Additionally, the patient's cognitive and communication difficulties may make it challenging for them to communicate their needs or preferences regarding food and drink. To	TP
3	0	Based on the information provided in the document, it appears that the patient is currently not at risk of malnutrition. The patient is able to eat independently and is compliant with their meals, and they have good appetite. The patient also has good skin hydration and moisturizer cream is applied regularly. Additionally, the patient is able to walk independently and does not have any behavioural challenges. However, it is important to note that cognitive impairment can increase the risk of malnutrition in older adults, as they may have difficulty remembering to eat or	TN
4	0	Based on the information provided in the document, it appears that June is at risk of malnutrition in the near future. Here are some reasons why: 1. Inconsistent eating and drinking: June has been eating and drinking well this shift, but there are conflicting stories about her eating and drinking habits. This suggests that June may not be eating and drinking consistently, which can lead to malnutrition. 2. Limited mobility: June uses a frame to walk and has been walked x 3 this shift, but she states that she has not been	FP
5	1	Based on the information provided in the document, it appears that Clive is at risk of malnutrition in the near future. Here are some reasons why: 1. Resistance to personal hygiene and toileting: Clive's resistance to personal hygiene and toileting is a significant risk factor for malnutrition. If he is unable to maintain good hygiene practices, he may be at risk of developing skin infections or other complications that can lead to malnutrition. 2. Inability to feed himself: Clive requires full assistance with feeding,	TP
6	0	Based on the information provided in the document, it appears that the patient is currently stable and at low risk of malnutrition in the near future. Here are some reasons why: 1. The patient is able to tolerate fluid and diet, and is mobilizing using 4 WW without any concerns. This suggests that they are able to eat and drink without any difficulty, and are able to move around independently. 2. The patient attended a hair dresser this morning, which suggests that they are able to maintain their personal hygiene and appearance, which is an important aspect of overall health and well-	TN
7	0	Based on the information provided in the document, it is likely that Alma will be at risk of malnutrition in the near future. Here are some reasons why: 1. Limited oral intake: Alma's oral intake is very minimal, which means she is not getting enough nutrients to maintain her nutritional needs. This can lead to a decline in her overall health and increase her risk of malnutrition. 2. Difficulty with food preparation and feeding: Alma requires staff assistance with food preparation and feeding, which can be a	FP
8	1	Based on the information provided in the document, it appears that Zelma is at risk of malnutrition in the near future. Here are some reasons why: 1. Limited mobility: Zelma requires a tempo lifter for assistance with all transfers, which suggests that she may have difficulty moving around and performing daily activities. This can lead to a decrease in appetite and a higher risk of malnutrition. 2. Incontinence: Zelma is incontinent of urine and wears pads throughout the day. This can be uncomfortable and embarrassing, leading	TP
9	1	Based on the information provided in the document, it appears that Marea is at risk of malnutrition in the near future. Here are some reasons why: 1. Limited mobility: Marea requires full assistance with mobility, which limits her ability to move around and perform daily activities. This can lead to a decrease in appetite and a loss of interest in food, increasing the risk of malnutrition. 2. Incontinence: Marea remains incontinent and requires full assistance with toileting, which can lead to skin irritation, infection, and dehyd	TP
10	1	Based on the information provided in the document, it appears that Tresna is not at risk of malnutrition in the near future. The document states that she consumes a normal cut-up diet and normal thin fluids, which suggests that she is getting enough nutrients to meet her basic nutritional needs. Additionally, the document states that her bowels are monitored by staff and reports are made to the RN on duty if they are not opened for more than 3 days, which suggests that any potential issues with bowel function are being addressed. Furthermore, the document highlight	FN
11	0	Based on the information provided in the document, it appears that Ronald is at risk of malnutrition in the near future. The document highlights several factors that increase his risk of malnutrition: 1. Confusion and agitation: Ronald's confusion and agitation make it difficult for him to eat and digest food properly, increasing his risk of malnutrition. 2. Refusal of staff assistance: Ronald's refusal to accept staff assistance with his mobility, transfers, and personal hygiene increases his risk of malnutrition, as he	FP

TP TN FP FN

Summarization



SUMMARIZATION PROMPT

Summary Template	Summary template = Age: Gender (If the resident's gender isn't explicitly stated, infer the gender from the resident's name): Weight: BMI: Weight History: Medical History: List interventions or recommendations: List causes of malnutrition or weight loss:
Prompt Template	prompt_template = [INST]<<SYS>>You are a helpful assistant<</SYS>>Given the following context, please extract and fill in the summary_template with the relevant information. If there is no information for a specific part of the template, leave that specific part of the template unfilled. context: [nursing_note] summary template: [summary_template] filled template:[/INST]

Summarization Prompt

Input	Requested to see [name] re concerns of weight loss and issues re poor acceptance of the texture modified diet. [name] is 83 yrs of age and medical hx includes CFR stage IV bipolar Vascular dementia IBD anxiety. Recent admission to BBH d/c 11/11/19. Admission due to hypercalcaemia. Noted Bloods 19/11/19 eGFR 13L Creat 285 H Alb 29 L. [name] reports everything tastes bland noted with CRF her taste buds may be impacted. [name] also reported she has no interest in food and no appetite. Noted assessments from Speech Pathologists at BBH and also today with [name] Speech Path . For MINCED/ MASH diet and MILDLY THICK fluids. 26/11/19 61.3kg BMI 25.9 22 30 acceptable for age 19/10/19 68.5kg Loss of approx. 7.2kg loss 10.5% wt loss over 1 month which included time in BBH. Phone call to [name] She is aware her mothers taste has declined and she has not been able to taste savoury foods when out with her sweeter foods are better accepted. [name] also aware her mother s appetite has declined. [name] reported she ordered a Caesar salad for her mother when she recently took her out but her mother found all of it very bland and could not manage to chew and swallow the egg or any other parts of the salad. Diet hx from [name] and nursing staff Will eat cereal for b fast eg Wt Bix / yogurt/ fruit Lunch and Dinner may refuse the whole meal last night this was the case or have some of the meal today had 1/4 of the fish at main meal and no dessert . Midmeals offered fruit / custard/ yogurt but usually turns these down. [name] reported conflicting answers about the foods she likes and dislikes eg custard reported to [name] that she does not eat it but told Author that she does like Custard. Nutrition Ax Predicted inadequate nutrition intake related to poor appetite taste changes and poor acceptance of texture modified diet. Author is concerned that [name] is high risk for malnutrition and is not willing to try to consume more thickened fluids or main meals on offer. [name] indicated it is her choice to refuse the thickened fluids and meals if she is not feeling like it. Intervention 1 Resource 2.0 Fibre 50ml BD this is mildy thick and does not need to be thickened 2 To try Thick Shakes with Sustagen for Midmeals aim for Morn and afternoon teas 3 Continue efforts encouraging [name] to eat more at lunch dinner. If not accepting the savoury meal please give more desserts. Monitor Eval Cont regular wt checks. Please notify Author if further weight loss or concerns re diet.

SUMMARIZATION PROMPT

Output	Age: 83 years old Gender: Female (inferred from the patient's name) Weight: 61.3 kg (as of 26/11/19) BMI: 25.9 (as of 19/10/19) Weight History: Lost approximately 7.2 kg over a period of one month, including time spent in BBH (as reported by the patient's daughter) Medical History: CFR stage IV bipolar vascular dementia, IBD, anxiety (as reported in the context) List interventions or recommendations: 1. Resource 2.0 Fibre 50ml BD (mildly thick and does not need to be thickened) 2. Try Thick Shakes with Sustagen for midmeals, aiming for morning and afternoon teas 3. Continue efforts to encourage to eat more at lunch and dinner, with more desserts if not accepting the savoury meal List causes of malnutrition or weight loss: 1. Poor appetite 2. Taste changes 3. Poor acceptance of texture-modified diet 4. Hypercalcaemia (recent admission to BBH due to this condition)

MODEL ACCURACY / ERROR TYPE

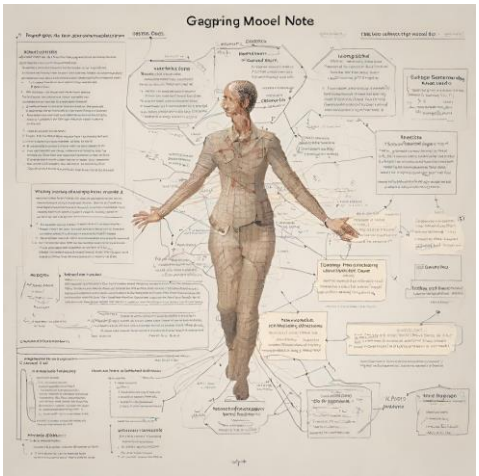
Variable	Accuracy	Error type
Age	0.88	Intrinsic hallucination
Gender	0.92	Intrinsic hallucination
Weight	0.96	Intrinsic hallucination
BMI	1	No error
Weight history	0.96	Intrinsic hallucination
Medical history	1	No error
Intervention list	0.98	Incomplete list in one example
Cause list	0.98	Incomplete list in one example

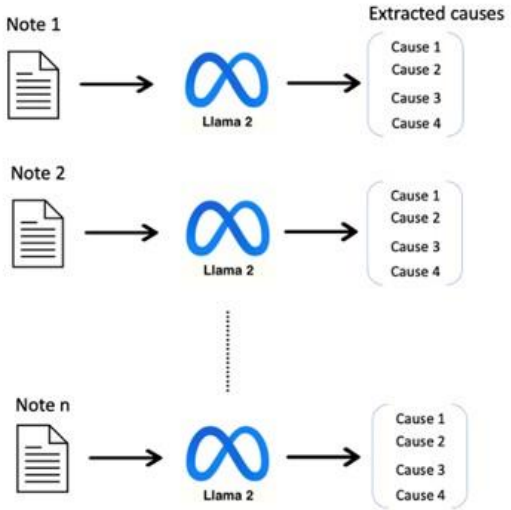
Intrinsic hallucination:
misrepresent or incorrectly synthesize the input data.

Extrinsic hallucination:
model generates content that is not supported by the source material at all.

Maynez, Joshua, et al. "On faithfulness and factuality in abstractive summarization."
arXiv preprint arXiv:2005.00661 (2020)
Google research

MALNUTRITION AND WEIGHT LOSS CAUSES





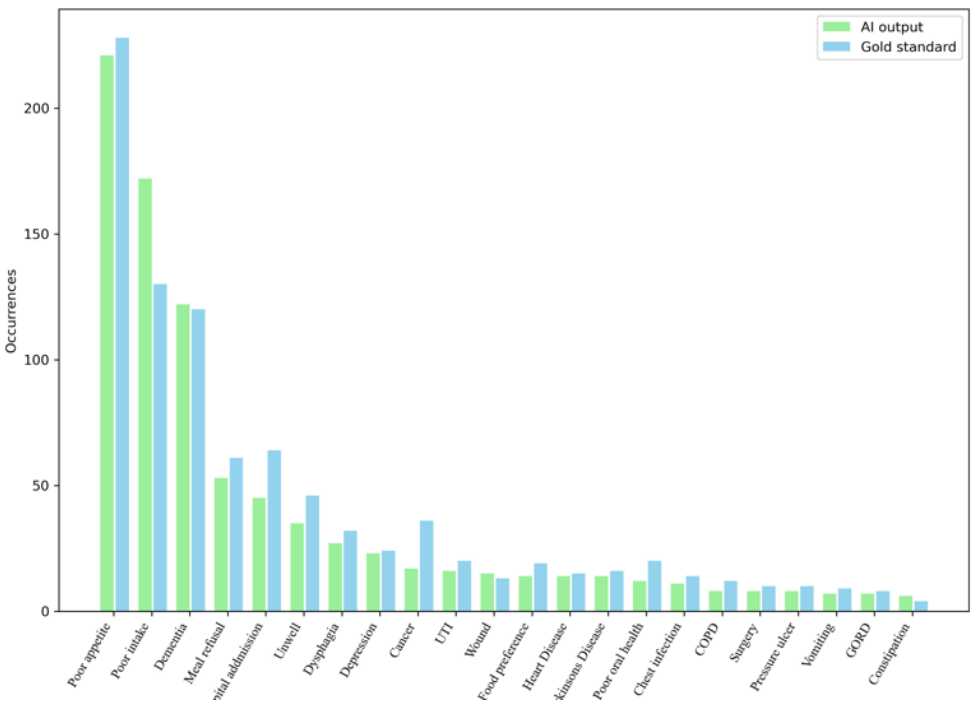
MALNUTRITION AND WEIGHT LOSS CAUSES

Causes template	causes_template= cause 1: cause 2: cause 3: cause 4:
Prompt Template	prompt_template = [INST]<<SYS>>You are a helpful system<</SYS>>Use the provided context to fill in the causes template with 4 words or less, describing each malnutrition or weight loss cause mentioned in the context. If the context does not mention any causes, just say no cause mentioned. Do not add extra information. context: [nursing_note] cause template: [causes_template] filled template: [/INST]
Input	[name] has lost 10 kilos over the last two months. She has been unwell over the last few months with being in and out of hospital and has a decreased appetite over the last few months. RN will closely monitor her weight and ensure she is eating well. Will get GP to review.
Output	1. decreased appetite 2. illness 3. hospitalization 4. no cause mentioned

RISK FACTOR (CAUSE)PREVALENCE

Prompt Template	prompt_template = Given the following list of malnutrition causes, calculate the number of occurrence for each cause. Sort output from highest to lowest occurrences. Output the sorted list only. Do not output code. Your output should look like this example: 1. poor appetite: 5 occurrences.
Input	Poor appetite Poor appetite Refuse meal Food preference Poor intake Cancer Poor appetite Dementia Unwell Poor intake Dementia Constipation
Output	1. poor appetite: 3 occurrences 2. dementia: 2 occurrences 3. unwell: 1 occurrences 4. Poor intake: 2 occurrences 5. constipation: 1 occurrences 6. Food preferences: 1 occurrences

RISK FACTOR (CAUSE)PREVALENCE



CONCLUSION

Generative artificial intelligence and large language models , exemplified by GPT-4, are promising for revolutionising data and information management in healthcare and medicine.

CONCLUSION

It requires an inclusive, collaborative co-design process that engages all pertinent stakeholders, including clinicians and consumers.

We must harness opportunities and challenges, including ethical and legal dimensions.





CONCLUSION

- Continued innovation is required in data acquisition, model fine-tuning, prompt strategy development, evaluation and system implementation.
- Organisations should proactively engage with these technologies to improve healthcare quality, safety, and efficiency, adhering to ethical and legal guidelines for responsible application.

As an AI nurse, I am here to assist you with any medical questions or concerns . Please feel free to provide me with more information about your situation, and I will do my best to provide you with helpful and accurate information.





Timeline

Write an event or milestone

Briefly elaborate on what you want to discuss.

Write an event or milestone

Briefly elaborate on what you want to discuss.

Write an event or milestone

Briefly elaborate on what you want to discuss.

Write an event or milestone

Briefly elaborate on what you want to discuss.

Large Language Model Training Methods

Parameter-efficient fine-tuning (PEFT)

A technique to adapt pre-trained language models with few parameters.

Zero-shot domain adaptation

Zero-shot domain adaptation uses only a text description (prompt) to adapt a model to a new domain.

Few-shot domain adaptation

Few-shot domain adaptation uses few labeled source samples to adapt a model to a new domain.

Cross-domain with few-shot prompting adaptation

Cross-domain with few-shot prompting adaptation uses text prompts to adapt the model to another domain with few labeled samples from a domain.

The development of AI in nursing has shown promising results in improving patient outcomes. AI tools can assist in tasks such as patient monitoring, medication administration, and patient communication. These tools can also help nurses make more accurate diagnoses and treatment plans. However, it is important to note that AI should not replace human nurses, but rather act as a tool to enhance their abilities. As AI technology continues to advance, it has the potential to revolutionize the field of nursing and improve healthcare for patients.



CHIH-LING HUANG

R.N. PhD

Distinguished Professor & Dean
School of Nursing
Fooyin University

Education	Ph.D., College of Nursing, Kaohsiung Medical University M.P.H., Health Promotion and Education, Loma Linda University, USA
Experiences	02/2013 – 01/2019 Tenure Professor, Nursing Department, Chang Jung Christian University 02/2009 – 01/2013 Associate Professor, Nursing Department, Chang Jung Christian University 01/2005 – 01/2009 Assistant Professor, Nursing Department, Chang Jung Christian University 08/1998 – 01/2005 Lecturer, Nursing Department, Chang Jung Christian University 08/1996 – 07/1998 Director of Nursing (D.O.N.), Nursing Department, Sin-Lau Christian Hospital
Specialties	Community health development, instrument development, smoking cessation program
Teaching	Health promotion and education Community health development and community care Community mental health nursing Adolescent and adult smoking cessation
Licenses	RN







University Social Responsibility and Sustainable Development: Concepts and Experiences

Chih-Ling Huang, R.N., PhD Nov 25



International Exchange · Time Bank · Dementia Literacy · Friendly Community · Mutual Empowerment

Outlines

- The Nexus of University Social Responsibility and Sustainable Development
- What is USR and SD?
- Stakeholder Theory
- Conceptual Framework of Social Responsibility
- Trends in the University Sector
- Fooyin University Social Responsibility
- Impacts on Students, Communities, and Faculties
- Evaluation Models of USR

Sustainability and Cultivation of Health
Promotion Talent Training in a Community
Time Banking and Dementia Care



What is USR and SD?

- **Corporate social responsibility**
- **Philanthropy/Learning to give**
- **Service learning**
- **Community development**

- **ESGE（Environment, Social, Governance, Economic)**
- **Civic commitment and active citizenship**
- **Volunteering, citizenship by encouraging the students, the academic staff to provide social services to their local community**
- **To promote ecological, environmental commitment for local and global sustainable development**

Stakeholder Theory

- **Regulation**
- **Higher education policy**
- **Internal stakeholders (**students, parents, faculties, administrative employees, alumni**)**
- **External stakeholders (**neighbours, target communities, governmental organizations, non-governmental organizations, non-profit organization, public authorities, other universities**)**

(Ho & Lee, 2017;Vasilescu et al., 2010)

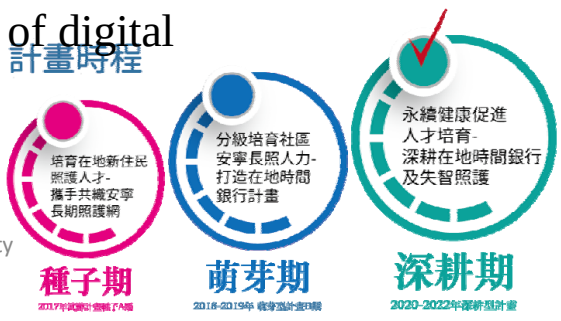
Conceptual Framework of Social Responsibility

- World Business Council for sustainable development
- ISO Strategic Advisory Group on social responsibility
- Reiser (2008) defines the USR concept as "*a policy of ethical quality of the performance of the university community (students, faculty and administrative employees) via the responsible management of the educational, cognitive, labour and environmental impacts produced by the university, in an interactive dialogue with society to promote a sustainable human development.*"
- International Association of Universities Policy Statements

(Reiser, 2008; Vasilescu et al., 2010)

Trends in the University Sector

- ***Globalization*:** the growth of internationalizing the curricula; higher education universal
- ***Interdisciplinary Research*:** the tension between the academic and practical approaches
- ***Digital Transformation*:** the integration of digital technologies



2023-2024 FY USR Projects

- Health Promotion Manpower of Long-term Care in Little Liuqiu
- Health Environmental Development and Education in Dafa Industrial Area



- 21community partners for Time Bank Networks (≥3,000 residents)
- Health education programs (ex Covid prevention), 223 activities, 13,855 participants in 2020-2022
- Forums (Good Neighborhood, Innovative Coalition, Friendly Dementia Care)
- 3 R Framework (USR X CSR X RR)

Sustainability and Cultivation of Health Promotion Talent- Rooting in a Community Time Banking and Dementia Care



Sustainability and Cultivation of Health Promotion Talent- Rooting in a Community Time Banking and Dementia Care

Impacts on Students, Communities, and Faculties

- ***Students*:** enhances students' critical thinking skills, global awareness, and civic engagement, preparing them to be responsible global citizens.
- ***Communities*:** contribute to the well-being of local communities through community service, economic development, and cultural enrichment.
- ***Faculties*:** be empowered to conduct research with a societal impact, integrating sustainability and social responsibility into their teaching and scholarship.

Experiences in FY

- **Education Video for Prevention of Coronavirus Pandemic Mandarin, English, Indonesia, and Vietnam**
- **Video, E-books, APP, VR, Board Games, and Online Courses for Health Education Activities**
- In 2020-2022, 80 USR Related Courses, 3,546 Students and Faculties, involved 4,339 Community Residents
- **Internets (you tube, FB, IG, lines), TV News, Newspaper**

Evaluation Models of USR

- Formative, process, and summative evaluation
- Theory of change (Inputs, Activities, Outputs, Outcomes, Impact)
- Cost of illness
- Cost–benefit analysis
- Triple Bottom Line (TBL)
- Sustainability Reporting
- Health impact assessment (HIA)
- Social return on investment (SROI)



What is Change of Target Community in Fooyin USR?

Before	After
• Partial	• Comprehensive
• Respective	• Coalition and partnership
• Diverse disciplinary	• Interdisciplinary/Multidisciplinary / Transdisciplinary
• Poor health literacy	• Literacy promotion
• Inclusive and exclusive	• Mutual empowerment

Community Care Centers, Church, Kaohsiung Friends of Indonesia Association, Nursing Home, Home Care Agency, Partnership University

Innovation Technology in USR and SD

- ***Smart Campuses*:** Implementing IoT and data analytics for energy efficiency, waste reduction, and campus sustainability.
- ***Online Education*:** Expanding access to quality education globally through online platforms, promoting inclusivity.
- ***Research Tools*:** Harnessing AI and data science for sustainable solutions, from climate modeling to healthcare innovations.

Project Achievements of FY USR-1

- **Huang, CL**. Three R integrated framework of the sustainable and innovative community care. **National Health Research Institutes Forum**. 2022 July available at: athttps://forum.nhri.edu.tw/r91. (in Chinese)
- **Huang CL.** Innovative community care and the sustainable development of university social responsibility in the post-pandemic era. T**he Journal of Nursing** 2022June;69(3):4-6. (MEDLINE)
- Chiang CC & Hung HM. (2022). Community innovation and regional sustainability: The practice of time banking at Fooyin University. The Journal of Nursing, 69(3), 7–12.社區創新與地方永續ー以輔英科技大學時間銀行為例
- **Huang CL** & Chiang CC Time and services exchange to promote social mutuality. Sunrise「用「時間」換「服務」，時間銀行如何促成社會互助？」旭時報
- Wang, H. L Winter Report of USR Support Institutions of Higher Education USR 計畫亮點故事-永芳里衛教的我在我用與我思・USR成果專書-冬釀：大學社會責任的豐收與永續(98-103)

Project Achievements of FY USR-2

- **Development of Assessment Measures for Dementia-friendly Environment**
- **Development of App-based Interventions for Health Outcomes**
- **Development of Cognitive Promotion Activities in Community Elders**
- **Accreditation and Quality of Home-based/Community-based Care**
- **Development of Motion-Sensitive Interactive Exercise in Community Elders**
- **Investigation of Knowledge and Participation Intention for Time Banks in Community Volunteers**

Thanks for your attention



Three R Integrated Framework of the Sustainable and Innovative Community Care



Helga Teixiera Martins

Invited Adjunct Professor / Health department of Polytechnic Institute of Beja , Portugal

Education	PhD of Nursing, University Católica Portuguesa
Experiences	Nursing diagnosis, Spirituality
Specialties	1 Helga Martins; Tiago Dias Domingues; Emília Campos de Carvalho; Fiona Timmins; Sílvia Caldeira. "Prevalence, defining characteristics, and predictors of the nursing diagnosis of spiritual distress in cancer patients undergoing chemotherapy: A longitudinal study". Journal of Nursing Scholarship (2022): 2 Ana Patrícia Tavares; Helga Martins; Sara Pinto; Sílvia Caldeira; Patrícia Pontífice Sousa; Beth Rodgers. "Spiritual comfort, spiritual support, and spiritual care: A simultaneous concept analysis". Nursing Forum (2022): 3 Helga Martins; Revital Shapira; Sílvia Caldeira. "A Commentary on Narayan and Mallinson's (2022) "Transcultural Nurse Views on Culture-Sensitive/PatientCentered Assessment and Care Planning: A Descriptive Study"". Journal of Transcultural Nursing (2022): 4 Santos, Susana; Martins, Helga; Capelas, Manuel Luís; Domingues, Tiago Dias; Caldeira, Sílvia; Taylor, Elizabeth Johnston. "Validation of the Nurse Spiritual Care Therapeutics Scale in Portuguese palliative care settings: a methodological study". International Journal of Palliative Nursing 28 4 (2022): 157-163. 5 Tiago Casaleiro; Helga Martins; Sílvia Caldeira. "Validation of the Brief RCOPE in Portuguese Family Caregivers of Adults with Health Conditions". Religions 13 2 (2022): 144-144. 6 Helga Martins; Sílvia Caldeira; Margarida Vieira; Emília Campos de Carvalho; Jane Flanagan. "Spiritual Distress in Patients With Cancer Initiating Chemotherapy: A Cross-Sectional Study". Journal of Nursing Scholarship (2021): 7 Helga Martins; Ana Patrícia Tavares; Tiago Casaleiro; Joana Romeiro; Sílvia Caldeira. "A commentary on Benites et al. (2021) The experience of spirituality in family caregivers of adult and elderly cancer patients receiving palliative care: A meta-synthesis". European Journal of Cancer Care (2021): 8 Sílvia Caldeira; Helga Martins; Joana Romeiro; Tiago Casaleiro; Mónica Ribeiro; Ana Patrícia Tavares; Rita Santos Silva; Susana Miguel; Joana Bragança. "Another brick in the wall: A commentary on Rochmawati & Minarton (2020) Embedded spiritual conversation in cancer communication: lived experiences of nurses and patients/relatives". International Nursing Review (2021):

9 Helga Martins; Sílvia Caldeira. "Disclosing and discussing the role of spirituality in the transition theory of Afaf Meleis". Nursing Philosophy (2021):
10 Helga Martins; Sílvia Caldeira; Tiago Dias Domingues; Margarida Vieira; Harold G. Koenig. "Validation of the Duke University Religion Index (DUREL) in Portuguese Cancer Patients Undergoing Chemotherapy". Journal of Religion and Health (2021):
11 Martins, Helga; Dias Domingues, Tiago; Caldeira, Sílvia. "Spiritual Well-Being in Cancer Patients Undergoing Chemotherapy in an Outpatient Setting: A CrossSectional Study". Journal of Holistic Nursing 38 1 (2020): 68-77.
12 Martins, Helga; Caldeira, Sílvia; Dias Domingues, Tiago; Vieira, Margarida; Koenig, Harold G.. "Validation of the Belief Into Action Scale (BIAC) in Portuguese Cancer Patients Receiving Chemotherapy". Journal of Holistic Nursing 38 2 (2020): 193-204.
13 Sílvia Caldeira; Joana Romeiro; Martins, Helga ; Tiago Casaleiro. "The therapeutic dimension of research about spirituality: Particularities of cancer, mental health and infertility". Nursing Forum 54 4 (2019): 488-491.
14 Martins, Helga; Caldeira, Sílvia. "Moving forward and making difference in nursing care: a commentary on Ebenau et al. (2019) 'Spiritual care by nurses in curative oncology: a mixed-method study on patients' perspectives and experiences'". Scandinavian Journal of Caring Sciences 33 3 (2019): 760-761.
15 Martins, H.; Caldeira, S.; Dias Domingues, T.; Vieira, M.; Ku, Y.-L.. "Validation of the spiritual distress scale in portuguese cancer patients undergoing chemotherapy: A methodological study". Religions 10 11 (2019):
16 Miguel, Susana; Romeiro, Joana; Martins, Helga; Casaleiro, Tiago; Caldeira, Sílvia; Herdman, T. Heather. "Call for the Use of Axial Terms: Toward Completeness of NANDA-I Nursing Diagnoses Labels". International Journal of Nursing Knowledge 30 3 (2018): 131-136.
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Spiritual care among multidisciplinary professionals

Helga Martins PhD, RN
Universidade Católica Portuguesa, Lisbon, Portugal
Instituto Politécnico de Beja, Beja, Portugal

✉helga.martins@ipbeja.pt; hemartins@icp.pt

2023 INTERNATIONAL HEALTHCARE CONFERENCE

"BUILDING A TECHNOLOGY CARE PUZZLE THROUGH PRECISE, SUSTAINABLE AND MULTIDISCI COLLABORATIONS"

2023/11/24



Portugal/Taiwan











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- Spirituality
- Spirituality concept
- Difference between spirituality and religion
- Spirituality in health
- Spiritual needs
- Multidisciplinary approach in spiritual care
- Conclusion
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Spirituality

- Etymologically, the Latin *spiritus* - 'soul, courage, vigor, breath, life force"

- Greek noun *pneuma*, means spirit.

(van Niekerk, 2020)



Spirituality

- Spirituality is abstract and subjective (Van Niekerk, 2018).

- Spirituality is an individual experience, a complex and universal phenomenon (Weathers et al., 2016).



Spirituality

- Definition of spirituality there is no gold standard (Garcia & Koenig, 2014).

- Connection, meaning in life and transcendence were defined as the main attributes of the concept (Weathers et al., 2016).



Spirituality concept

- ‘‘Spirituality is a dynamic and intrinsic aspect of humanity through which persons seek ultimate meaning, purpose, and transcendence, and experience relationship to self, family, others, community, society, nature, and the significant or sacred. Spirituality is expressed through beliefs, values, traditions, and practices.”

(Puchalski et al., 2



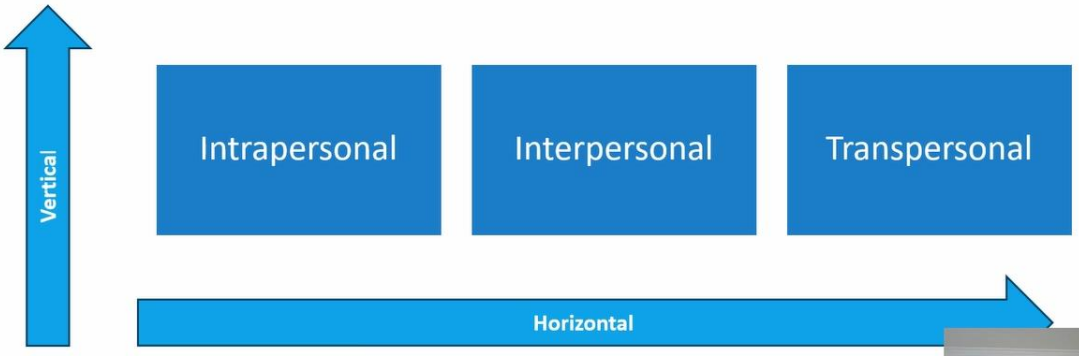
Spirituality concept

- ‘‘Spirituality is a way of being in the world in which a person feels a sense of **connectedness** to self, others, and/or a higher power or nature; a **sense of meaning in life**; and **transcendence** beyond self, everyday living, and suffering.”

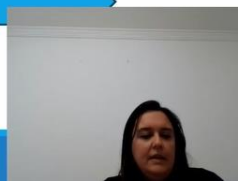
(Weathers et al.,



Spirituality concept



(Fombuena et al., 2016)



Spirituality ≠ Religion

Religion:

- Organized set of beliefs and practices designed to guide its members in how to live and worship
- Affiliated with a sense of community support and healthy behaviors

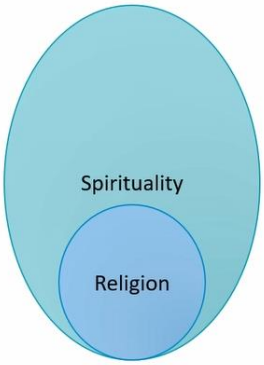
Spirituality :

- Broader concept
- It is universal and personal, not necessarily tied to any specific religious tradition
- Religion is one of the ways in which we can experience and express our spirituali

(Garcia & Koenig, 2014)



Spirituality ≠ Religion

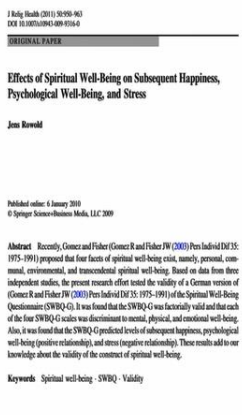




NANDA International (2019) indicates th
different from religiosity; however, religi
part of an individual's spirituality.



Spirituality in health



J Relig Health (2011) 50:950–963
DOI 10.1007/s10943-009-9316-0

ORIGINAL PAPER

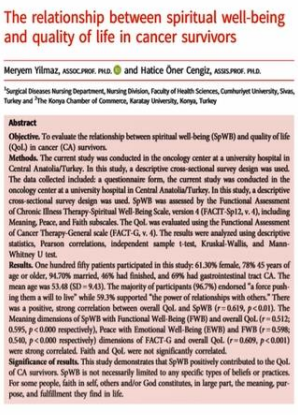
Effects of Spiritual Well-Being on Subsequent Happiness, Psychological Well-Being, and Stress

Jens Rowold

Published online: 6 January 2010
© Springer Science+Business Media, LLC 2009

Abstract Recently, Gomez and Fisher (Gomez R and Fisher JW (2003) Pers Individ Dif 35: 1975–1991) proposed that four facets of spiritual well-being exist, namely, personal, communal, environmental, and transcendental spiritual well-being. Based on data from three independent studies, the present research effort tested the validity of a German version of (Gomez R and Fisher JW (2003) Pers Individ Dif 35: 1975–1991) of the Spiritual Well-Being Questionnaire (SWBQ-G). It was found that the SWBQ-G was factorially valid and that each of the four SWBQ-G scales was discriminant to mental, physical, and emotional well-being. Also, it was found that the SWBQ-G predicted levels of subsequent happiness, psychological well-being (positive relationship), and stress (negative relationship). These results add to our knowledge about the validity of the construct of spiritual well-being.

Keywords Spiritual well-being · SWBQ · Validity



The relationship between spiritual well-being and quality of life in cancer survivors

Meryem Yilmaz, ASSOC.PROF. PH.D. and Hatice Öner Cengiz, ASSIS.PROF. PH.D.

[1]Surgical Diseases Nursing Department, Nursing Division, Faculty of Health Sciences, Cumhuriyet University, Sivas, Turkey and [2]The Konya Chamber of Commerce, Karatay University, Konya, Turkey

Abstract

Objective. To evaluate the relationship between spiritual well-being (SpWB) and quality of life (QoL) in cancer (CA) survivors.
Methods. The current study was conducted in the oncology center at a university hospital in Central Anatolia/Turkey. In this study, a descriptive cross-sectional survey design was used. The data collected included: a questionnaire form, the current study was conducted in the oncology center at a university hospital in Central Anatolia/Turkey. In this study, a descriptive cross-sectional survey design was used. SpWB was assessed by the Functional Assessment of Chronic Illness Therapy-Spiritual Well-Being Scale, version 4 (FACIT-Sp12, v. 4), including Meaning, Peace, and Faith subscales. The QoL was evaluated using the Functional Assessment of Cancer Therapy-General scale (FACT-G, v. 4). The results were analyzed using descriptive statistics, Pearson correlations, independent sample t-test, Kruskal-Wallis, and Mann-Whitney U test.
Results. One hundred fifty patients participated in this study: 61.30% female, 78% 45 years of age or older, 94.70% married, 46% had finished, and 69% had gastrointestinal tract CA. The mean age was 53.48 (SD = 9.43). The majority of participants (96.7%) endorsed "a force pushing them a will to live" while 59.3% supported "the power of relationships with others." There was a positive, strong correlation between overall QoL and SpWB ($r = 0.619$, $p < 0.01$). The Meaning dimensions of SpWB with Functional Well-Being (FWB) and overall QoL ($r = 0.512$; 0.595, $p < 0.000$ respectively), Peace with Emotional Well-Being (EWB) and FWB ($r = 0.598$; 0.540, $p < 0.000$ respectively) dimensions of FACT-G and overall QoL ($r = 0.609$, $p < 0.001$) were strong correlated. Faith and QoL were not significantly correlated.
Significance of results. This study demonstrates that SpWB positively contributed to the QoL of CA survivors. SpWB is not necessarily limited to any specific types of beliefs or practices. For some people, faith in self, others and/or God constitutes, in large part, the meaning, purpose, and fulfillment they find in life.



Journal of Religion and Health
https://doi.org/10.1007/s10943-019-00827-5

ORIGINAL PAPER

Intercessory Prayer on Spiritual Distress, Spiritual Coping, Anxiety, Depression and Salivary Amylase in Breast Cancer Patients During Radiotherapy: Randomized Clinical Trial

Talita Prado Simão Miranda[1] · Silvia Caldeira[2] · Harley Francisco de Oliveira[3] · Denise Hollanda Iunes[4] · Denismar Alves Nogueira[4] · Erika de Cássia Lopes Chaves[5] · Emília Campos de Carvalho[1]

© Springer Science+Business Media, LLC, part of Springer Nature 2019

Abstract

The goal of this study was to assess the effect of intercessory prayer in the psychological, spiritual and biological scores of breast cancer patients who are undergoing radiotherapy. Double-blind RCT comprising a sample of 31 participants (15 in the Control Group and 16 in the Intervention Group). Data collection was performed in three time points (T_0, T_1 and T_2). Significant changes have been identified in the intra-group analysis, concerning the decrease in spiritual distress score; negative religious/spiritual coping prevailed, while the total religious/spiritual coping increased between the posttest T_2 to T_0. Intercessory prayer was effective in religious and spiritual scores.

Keywords Nursing · Breast neoplasm · Spirituality · Faith healing · Radiotherapy



J Relig Health
DOI 10.1007/s10943-014-9864-9

ORIGINAL PAPER

How Spirituality Helps Cancer Patients with the Adjustment to their Disease

Bert Garssen · Nicoline F. Uwland-Sikkema · Anja Visser

© Springer Science+Business Media New York 2014

Abstract It has been suggested that spirituality is associated with higher well-being, because it offers social support, improves the relationship with the partner, provides meaning, and reduces self-focus and worry. We performed a qualitative study among ten people with cancer, using the Consensual Qualitative Research method for the analysis of semi-structured interviews. Support was found for the mechanisms of meaning provision and of reduction of self-focus and worries. Participants also mentioned emotion-focused roles of spirituality: Feeling supported by a transcendental confidant, the expression of negative emotions (in prayer), acceptance, allowing feelings of misery, and viewing problems from a distance. There was no mention of a contribution of spirituality to adjustment through
with the partner. Th
emotion regulation
patients to adjust to

Keywords Cancer
qualitative research

Spiritual needs

Spiritual Needs and Perception of Quality of Care and Satisfaction With Care in Hematology/Medical Oncology Patients: A Multicultural Assessment

Alan B. Astrow, MD, Gary Kwok, MA, Rashmi K. Sharma, MD, MHS, Nelli Fromer, MD, and Daniel P. Sulmasy, MD, PhD

New York-Presbyterian Brooklyn Methodist Hospital/Weill Cornell Medicine (A.B.A.), Brooklyn, New York; New York University Medical Center (G.K.), New York, New York; Division of General Internal Medicine (R.K.S.), University of Washington, Seattle, Washington; Wyckoff Heights Hospital (N.F.), Brooklyn, New York; Georgetown University (D.P.S.), Washington, D.C., USA

Abstract

Context. Assessment and response to patients' spiritual concerns are crucial components of high-quality supportive care. Better measures of spiritual needs across the cultural spectrum may help direct necessary interventions.

Objectives. The objective of this study was to assess spiritual needs in a racially/ethnically and religiously mixed sample of hematology and oncology outpatients and examine the association between spiritual needs and perception of quality of care and satisfaction with care.

Methods. This is an observational study of 727 racially/ethnically and religiously diverse outpatients. Spiritual needs were measured using a validated, 23-item questionnaire, the Spiritual Needs Assessment for Patients. Scales were administered in four languages.

Results. Forty-four percent were white, 13% Hispanic, 25% black, and 14% Asian. English was the primary language for 57%; 59% considered themselves "spiritual but not religious." At least one spiritual need was reported by 79%. Forty-eight percent were comfortable having their physician inquire about spiritual needs. Compared with English-speaking patients, Russian-speaking patients reported lower spiritual needs ($P = 0.003$). Patients who considered themselves "spiritual but not religious" ($P = 0.006$) reported a higher level of spiritual needs. Higher spiritual needs were associated with less satisfaction with care ($P = 0.018$) and lower perception of quality of care ($P = 0.002$).

Conclusion. Spiritual needs are common in an ethnically, religiously, and linguistically diverse cancer patient population but may differ by cultural background. High levels of spiritual need are associated with lower levels of satisfaction and diminished perception of quality of care. Training clinicians to address patients' spiritual concerns, with attention to cultural differences, may improve patients' experiences of care. J Pain Symptom Manage 2018;55:56–64. © *2017 American Academy of Hospice and Palliative Medicine. Published by Elsevier Inc. All rights reserved.*

79% of patients have spiritual needs



Multidisciplinary approach in spiritual care

- Healing presence
- Therapeutic use of self
- Intuitive sense
- Exploration of the spiritual perspective
- Spiritual assessment
- Patient-centredness
- Meaning-centred therapeutic intervention
- Creation of a spiritually nurturing environment

(Ramezani et al., 2014)



Multidisciplinary approach in spiritual care

SPIRITUAL CARE INTERVENTIONS

Implementing spiritual care interventions

Caldeira S, Timmins F (2017) Implementing spiritual care interventions. Nursing Standard. 31, 34, 54-60. Date of submission: 18 October 2015; date of acceptance: 29 January 2016. doi: 10.7748/ns.2017.e1013

TABLE 1. ABCDE acronym for the components of spiritual care

Assessment	Being	Collaboration	Diagnosis	Ethics
» Observation » Questioning » Use of spiritual assessment tools	» Presence » Listening » Touching » Feeling	» Healthcare team » Family » Other resources	» Identify the indicators of spiritual distress » Recognise the risk factors associated with spiritual distress » Evaluate the outcomes	» Be respectful » Be truthful » Maintain confidentiality » Provide dignity-preserving care



Multidisciplinary approach in spiritual care

	Limitation *N* (%)
Not enough time	506 (67)
Lack of private space to discuss these matters with my patients	440 (58)
I have not received adequate training	416 (55)
I believe that spiritual care is better done by others in the healthcare team	346 (46)
I feel uncomfortable engaging these issues with patients whose religious/spiritual beliefs may differ from my own	297 (39)
I am worried that patients will feel uncomfortable	280 (37)
I do not believe it is my professional role to engage patient spirituality	277 (36)
I think it's inappropriate to engage these issues with patients who belong to a different religious/spiritual group than I do	258 (34)
I am personally uncomfortable discussing spiritual issues	251 (33)
Religion/spirituality is not important to me personally	238 (32)
I do not believe cancer patients want spiritual care from nurses/physicians	226 (30)
I am worried that it will upset the patient's family dynamic	221 (29)
I worry that the power inequity between patient and nurse/physician makes spiritual care inappropriate	215 (28)

Training for awareness of one's own spirituality: A key factor in overcoming barriers to the provision of spiritual care to advanced cancer patients by doctors and nurses

Published online by Cambridge University Press: **06 September 2018**

Gil Bar-Sela, Michael J. Schultz, Karima Elshamy, Maryam Rassouli, Eran Ben-Arye, Myrna Doumit, Nahla Gafer, Alaa Albashayreh, Ibtisam Ghrayeb and Ibrahim Turker ...Show all authors Show author details



Multidisciplinary approach in spiritual care

Multidisciplinary Training on Spiritual Care for Patients in Palliative Care Trajectories Improves the Attitudes and Competencies of Hospital Medical Staff: Results of a Quasi-Experimental Study

Joep van de Geer [1], Nic Veeger [2], Marieke Groot [3], Hetty Zock [4], Carlo Leget [5], Jelle Prins [2], Kris Vissers [3]

Affiliations + expand

PMID: 28193104 DOI: 10.1177/1049909117692959

Results: For nurses (n = 214), 7 of 8 barriers to SC were decreased after 1 month, but only 2 were still after 6 months. For physicians (n = 41), the training had no effect on the barriers to SC. Nurses improved in 4 of 6 competencies after both 1 and 6 months. Physicians improved in 3 of 6 competencies after 1 month but in only 1 competency after 6 months.

Significance of results: Concise SC training programs for clinical teams can effect quality of care, by improving hospital staff competencies and decreasing the barriers they perceive. Differences in the effects of the SC training on nurses and physicians show the need for further research on physicians' educational needs on SC.



Multidisciplinary approach in spiritual care

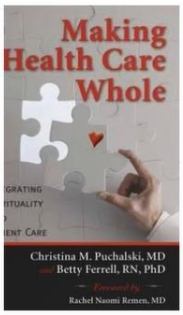
Journal of Holistic Nursing
Volume 38, Issue 1, March 2020, Pages 4-7
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https://doi.org/10.1177/0898010119880361

SAGE journals

Editorial

Spirituality: The Missing Link for Holistic Health Care

Spirituality has played a role in health care for centuries, but by the early 20th century, technological advances in diagnosis and treatment overshadowed the more human element of health care delivery. Standards of The Joint Commission (TJC, 2006) call for the recognition of patients' spiritual values as an essential element of quality, respectful care. While nursing literature reveals hundreds of articles and books reflecting a decades-long, multinational interest in courses, competencies, research, spiritual diagnoses, and practice guidelines, most nursing education, even faith-based schools and universities, does not offer course work in spirituality. This vast discrepancy leaves nurses unprepared to address issues related to spirituality. This lack of adequate preparation in spiritual care results in missed opportunities for nurses not only in their ability to fully attend to the needs of their patients but also in the exploration of their own spirituality. Taking a spiritual history and listening to and honoring a patient's story can prompt illuminating discoveries that influence nurses' own spiritual journey. What is more apparent is that incorporating spirituality into nursing practice has been shown to support nurses' job satisfaction. Nurses who provide spiritual care experience lower on-the-job stress and less burnout (Connerton & Moe, 2018).





Multidisciplinary approach in spiritual care

HORIZONTE
ISSN 2175-5841
PUC Minas
Dossier: Religion and Health – Original Article
DOI – 10.5752/P.2175-5841.2016v14n41p13

The Interdisciplinary Spiritual Care Model: A holistic Approach to Patient Care

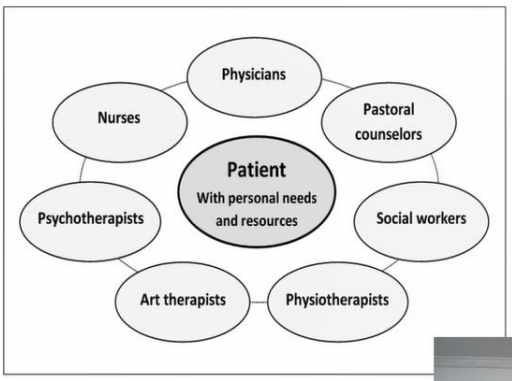
O Modelo Interdisciplinar de Cuidado Espiritual: Uma abordagem holística de cuidado ao paciente

René Hefti*
Mary Rute Gomes Esperandio**

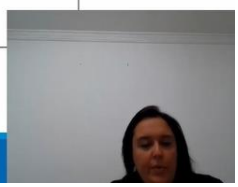
Abstract

In the last two decades, studies on the relationship between spirituality and health have grown significantly in the International literature. In Brazil, the debate on this subject has reached greater visibility since 2009, mainly in the health sciences, with the appearance of the term "spiritual care". In theology, studies on spiritual care in the health care context are still scarce. This paper aims to contribute to the broadening of this reflection. Firstly, spiritual care is approached from scientific publications in Portuguese language. Second, the interdisciplinary spiritual care model is presented as a holistic approach to patient care and consequences of applying a spiritual care model are outlined. The newly defined role of the hospital chaplains, pastoral counselors and spiritual caregivers is also discussed. As a conclusion, the paper mentions the main challenges going along with interdisciplinary spiritual care, especially those concerning the training of health care professionals.

Keywords: spirituality; health care professionals; spiritual care; interdisciplinary; hospital



(Hefti & Esperandio, 2016)



Multidisciplinary approach in spiritual care

JOURNAL OF PALLIATIVE MEDICINE
Volume 12, Number 10, 2009
Mary Ann Liebert, Inc.
DOI: 10.1089/jpm.2009.0142

Special Report

Improving the Quality of Spiritual Care as a Dimension of Palliative Care: The Report of the Consensus Conference

Christina Puchalski, M.D., M.S., F.A.P.C.,[1] Betty Ferrell, Ph.D., M.A., F.A.A.N., F.P.C.N.,[2] Rose Virani, R.N.C., M.H.A., O.C.N.,[3] F.P.C.N.,[4] Shirley Otis-Green, M.S.W., L.C.S.W., A.C.S.W., O.S.W.-C.,[5] Pamela Baird, A.A.,[1] Janet Bull, M.A.,[1] Harvey Chochinov, M.D., Ph.D., F.R.C.P.C.,[6] George Handzo, M.Div., B.C.C., M.A.,[7] Holly Nelson-Becker, M.S.W., Ph.D.,[8] Maryjo Prince-Paul, Ph.D., A.P.R.N., A.C.H.P.N.,[9] Karen Pugliese, M.A., B.C.C.,[7] and Daniel Sulmasy, O.F.M., M.D., Ph.D.[6]

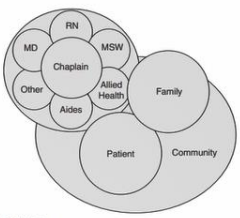
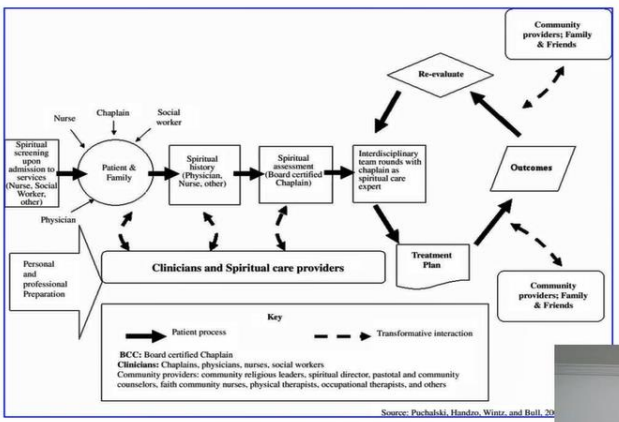
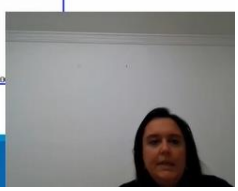


FIGURE 3 Interdisciplinary spiritual care model.

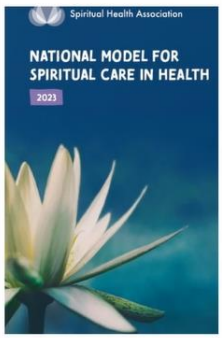


Source: Puchalski, Handzo, Wintz, and Bull, 20

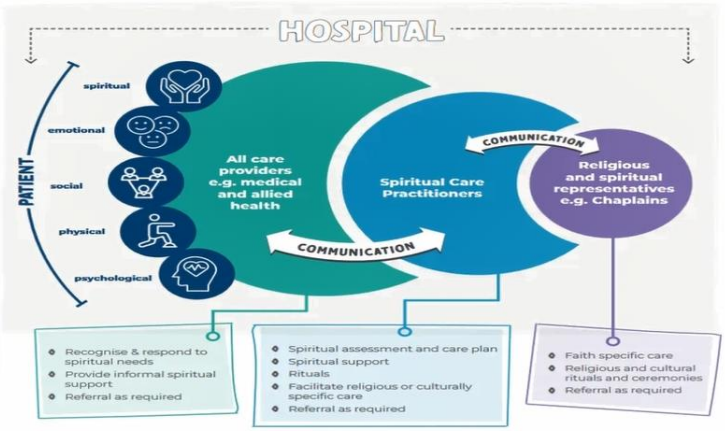
FIG. 1. Inpatient spiritual care implementation model.

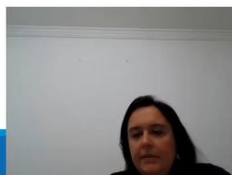


Multidisciplinary approach in spiritual care



The required workforce according to the model of spiritual care





Conclusion

- Spiritual care is a vital component of holistic patient care.

- Addressing not only the physical but also the spiritual needs of patients contributes to a more comprehensive approach by the multidisciplinary healthcare team, potentially leading to improved recovery outcomes



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Oral Presentation List

2023 International Healthcare Conference

Oral Presentation

NOV 24,2023

Concurrent session English Session I (J401)

No.	Time	Presenter	Title
1	16:00 | 16:12	Ya-Lie Ku	Exploring Clinical Evidences of the Innovative Urine Catheter Fixation Device based on the Perspectives of Patients and Nurses
2	16:12 | 16:24	Min-Hsueh Weng	Sleep Quality Mediates the Relationship between Depression and Sense of Control in Women during the Third Trimester: A Cross-sectional Survey Study
3	16:24 | 16:36	Ching-Fang Hsiao	Association between children from low-income families and overweight/obesity in Taipei City

Concurrent session Chinese Session (J402)

No.	Time	Presenter	Title
1	15:00 | 15:12	Chiung-Wen Chang	Perioperative nursing experience of caring a patient Undergoing transvaginal Da Vinci hysterectomy
2	15:12 | 15:24	Pei-Chun Tsai	Nursing Experience in Caring for a Case of Cervical Cancer Complicated by recto vesicovaginal fistula
3	15:24 | 15:36	Yueh-chu Wu	The effect of the “Conversation Starter® ” one-on-one education tool on glycemic control in patients on insulin therapy
4	15:36 | 15:48	Ying-Hsun Wu	Investigating on influencing factors of telecare intervention on self-care behavior of patients with type 2 diabetes mellitus.
5	15:48 | 16:00	Chih-Wun Fang	Enhancing Pavlovic Drug Interaction Program through Web Scraping and Government Open Data
6	16:00 | 16:12	Shu-Yun Hsu	Discussion about exercise training for the prevention of osteoporosis

Concurrent session English Session II (J403)

No.	Time	Presenter	Title
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2	15:12 | 15:24	Hsueh-Chih Chou	Multicomponent Activity and Horticultural Intervention for Elderly Hospitalized Patients during the COVID-19 Pandemic
3	15:24 | 15:36	Pham	Evaluate the competence in Evidence-based practice among nursing students
4	15:36 | 15:48	Duong	Nursing students 'knowledge and attitude toward diabetic foot care in Vietnam
5	15:48 | 16:00	Ho	Health Literacy Levels among Duy Tan University Students, Vietnam
6	16:00 | 16:12	Duong	Exposure to blood, body fluids and relative factors of medical and nursing students at Duy Tan university, VIETNAM

Oral Presentation List

No.	Topic	Name
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3	Sleep Quality Mediates the Relationship between Depression and Sense of Control in Women during the Third Trimester: A Cross-sectional Survey Study	Min-Hsueh Weng
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ATTITUDES TOWARDS LEARNING COMMUNICATION SKILLS AND INTERPERSONAL COMMUNICATION COMPETENCE AMONG NURSING STUDENTS AT DUY TAN UNIVERSITY

Hanh[1]
講師 Nursing faculty[1]

Abstract

Lý lịch: Communication is the act of transmitting andreceiving information between people through verbal and non verbalcommunication. Interpersonal communication is a process for communicating one'sideas, thoughts, and feelings to another. Effective communication is anindispensable ingredient for quality health care, increased recovery rates,increased sense of security, improved psychological well-being, and enhancedpatient satisfaction. reduce medical error rates. Students' attitudes are atthe core, attitudes that facilitate an individual's adaptation to theenvironment and drive behavior.

Mục đích: To assess the attitudes towards learning communicationskills, interpersonalcommunication competence and to identify related factors in nursing students atDuy Tan University

phương pháp: The cross-sectionalstudy design was utilized among 219 nursing students at Duy Tan University in 2021.Data were collected through two self-administered questionnaires, theCommunication Skills Attitude Scale (CSAS) and the Interpersonal CommunicationCompetence Scale (ICCS).

Kết quả: It was found that nursingstudents had a high average score in the positive attitudes subscale (52.4±6.0), and moderate negative attitudinalscores in the CSAS questionnaire (36.9±8.8). Nursing students were in moderate interpersonal communication competence(102.83±11.59). There werestatistically significant differences between academic year, gender, GPA,leadership experience, participation in extracurricular activities, self-taughtcommunication skills, communication standardized training needs, and attitudestowards communication skills ($p<0.05$). There were statistically significantdifferences between communication standardized training needs, GPA, andinterpersonal communication competence ($p<0.05$).

Kết luận/Triển khai thực tiễn:

Nursing students had a high positive attitudesand moderate negative attitudes towards learning communication skills.Effective intervention strategies are needed to improve interpersonalcommunication competence in nursing students.

Nursing students had a high positive attitudesand moderate negative attitudes towards learning communication skills.Effective intervention strategies are needed to improve interpersonalcommunication competence in nursing students.

Keyword: Nursing students, attitudes towards learning communication skills, interpersonal communication competence

Exploring Clinical Evidences of the Innovative Urine Catheter Fixation Device based on the Perspectives of Patients and Nurses

Ya-Lie Ku[1] , Hui-Ju Cheng[2] , Chiu-Yen Yu[3] , Shih-Ming Kuo[4]
Associate Professor Fooyin University[1] , Vice-Dean , Nursing Department, Fooyin Hospital[2] , Assistant Professor , Department of Gerontological and Long-Term Care Business, Fooyin University[3] , Assistant Professor , Department of Nursing, Fooyin University[4]

Abstract

Background: In order to maintain the safety of patients using indwelling catheters, improve their comfort and aesthetics, and promote the environmental protection and economy, the research team was inspired to create the innovative urine catheter fixation device for the motivation of proofing its clinical evidences.

Purpose: The purpose of this study was to explore the clinical evidences of the innovative urine catheter fixation device both from the perspectives of patients and nurses.

Methods: This study adopted the quasi-experimental research method; that is, a group of patients in the experimental group (N=30) applied the innovative catheter fixation device to fix the indwelling catheter, while the other group of patients in the contrast group(N=30) used the traditional 3M to fix the catheter. Two groups of patients with indwelling urinary catheters were compared their skin condition, comfort,convenience, number and time of getting out of bed, and overall satisfaction. Similarly,two groups of nurses by using two indwelling catheter fixation methods for the two groups of patients also compared their evaluating indicators of safety,convenience, comfort, environmental protection, and overall satisfaction to confirm the clinical evidences of the innovative urine catheter fixation device.

Results: The skin condition, comfort, convenience, number and time of getting out of bed, and overall satisfaction in the experimental group of patients (N=30) by using the innovative catheter fixation device to fix the indwelling catheter were significantly higher scores than in the contrast group (N=30) by using 3M ($p<.001$).Similarly, the indicators of safety, convenience, comfort, environmental protection, and overall satisfaction in the experimental group of nurses (N=29)by using the innovative catheter fixation device to fix the indwelling catheter were significantly higher scores than in the control group (N=30) by using 3M ($p<.001$).

Conclusion/Implementations for practice: By the clinical evidences of the innovative urine catheter fixation device both from the perspectives of patients and nurses, this innovative urine catheter fixation device could be technology transferred into the industry for improving the quality of care on patients using indwelling catheters.

Keyword: Innovation, Urine Catheter Fixation Device, Clinical Evidences

Sleep Quality Mediates the Relationship between Depression and Sense of Control in Women during the Third Trimester: A Cross-sectional Survey Study

Min-Hsueh Weng[1] , Jen-Jiuan Liaw[2]
doctoral candidate National Defense Medical Center[1] , professor , National Defense Medical Center[2]

Abstract

Background:

Depression, poor sleep quality, and a sense of lack of control all commonly impact women in the third trimester of pregnancy.Depression can influence sleep quality, and sense of control during pregnancy is correlated with sleep quality and depression. However, the mediating effect of sleep quality on depression has not been examined in relation to sense of control in the third trimester.

Purpose:

To identify the effects of depression on sleep quality and sense of control, and to determine sleep quality mediates the relationship between depression and a sense of control.

Methods:

The study recruited 134 pregnant women with gestational weeks between 35and 36 to complete the questionnaires individually. Depression, sleep quality, and a sense of control were assessed using the Edinburgh Postnatal Depression Scale (EPDS), the Pittsburgh Sleep Quality Index (PSQI), and the Labor Agentry Scale (LAS), respectively. Data of the main outcomes were analyzed using Sobel test.

Results:

Pregnant women in the depression group had significantly worse sleep quality or a sense of control (all $p \leqq .001$). The relationship between depression and a sense of control was mediated by sleep quality (Sobel's z = -2.196, p =.028).

Conclusion/Implementations for practice:

Pregnant women who experience better sleep quality and a sense of control may have fewer depressive symptoms. Sleep quality mediates the relationship between depression and a sense of control in third-trimester women. This study suggests prenatal counseling and psychological support should be provided to pregnant women to reduce depression while improving sleep quality and a sense of control.

Keyword: Prenatal depression, Sleep quality, Sense of control, Mediation

Enhancing Paxlovid Drug Interaction Program through Web Scraping and Government Open Data

CHIH-WUN FANG[1]
Clinical pharmacist Zuoying Branch of Kaohsiung Armed Forces General Hospital[1]

Abstract

Background:

Paxlovid has the potential to increase the blood concentration of drugs metabolized by CYP3A, necessitating caution regarding potential drug interactions. In a previous study presented at the 5th Taiwan Joint Conference of Pharmacy and Pharmaceutical Sciences, we developed an initial version of an interaction checking program using HIS reports and Python. However, the HIS reports only contained in-hospital medications, making it impossible to check interactions with outpatient medications or medications reported by patients.

Purpose:

This study aimed to refine an existing drug interaction checking program by incorporating PharmaCloud system and manual drug input, using web scrap and government open data.

Methods:

Using Python's Selenium package, we automated the process of logging into the PharmaCloud system, querying medication records, and downloading relevant data. We integrated the open data "National Health Insurance Medication Item Query" dataset to enable manual drug input and search for medications covered by the national health insurance. Both PharmaCloud system and manually entered drugs were converted into ATC codes for interaction checking.

Results:

The program allowed for autonomous download of PharmaCloud system data, automatic pagination for multi-page records, and integration of duplicate items,retaining only the most recent prescriptions. Although the "National Health Insurance Medication Item Query" dataset did not cover all drug licenses, limiting the search to these medications did not compromise the checking effectiveness for Paxlovid interacting drugs. Additionally, we implemented an import function for renal function reports, providing alerts for dose reduction or switching to Molnupiravir in cases of impaired renal function, thereby enhancing medication safety.

Conclusion/Implementations for practice:

This study expanded the capabilities of the drug interaction checking program by incorporating web scrap and open data. The program now enables checking of a patient's complete PharmaCloud system and allows for manual drug input, making it more comprehensive and applicable in various clinical scenarios.

Keyword:paxlovid, drug interaction, python, PharmaCloud

Discussion about exercise training for the prevention of osteoporosis

Shu-Yun Hsu[1]
Nurse Head Tri-Service General Hospital[1]

Abstract

Background:

Osteoporosis is a condition in which bone density decreases and structures function poorly, leading to fractures. About 16% of people over the age of 60 in Taiwan suffer from osteoporosis, of which 80% are women. Exercise, diet and medication are considered to be the main ways to improve bone density and prevent osteoporosis, moderate exercise can increase bone density, volume and function, as well as improve muscle fitness and balance, and reduce the risk of osteoporosis and fractures.

Purpose:

This study mainly explored the effects of walkingand weight-bearing strength training exercise program interventions on bonedensity and exercise self-efficacy.

Methods:

Taking a medical center in the north as thereceiving place, the research subject was a case aged 50 or over, and theexperimental study design was adopted, and the cases were randomly selectedfrom self-management & weight-bearing exercise training and self- management,and two different protocols were involved for 3 months to detect bone densityto assess bone loss.

Results:

A total of 60 valid questionnaires were collected, all of which were 60 female, with an average age of 55.54 years, an educational level of up to 25 people, an average of 2.23 exercise times per week, an average of 33.50 minutes of exercise time and an average of
13.97 minutes of daily sun exposure, and an average score of 54.52 points of exercise consciousness. Using a generalized estimation equation model for interventional analysis, the average number of weekly exercise and daily sun exposure time were included as control variables, and there were significant differences in bone density measurement (BMD) between the two groups.

Conclusion/Implementations for practice:

Many studies confirm that exercise is the mosteffective way to improve bone density or bone function, and can obtain thebenefits of physical and mental health and disease prevention, but most peopleare physically inactive. In this study, due to time restrictions, insufficientnumber of cases and only 3 months of interventional measures, there was nosignificant difference in exercise self-efficacy between the two groups, andbone density was improved in both groups, but there was little difference.However, it is easy to see the effect by developing exercise habits and beingable to continue exercising for a long time, and sports life is the key toregular exercise. It is hoped that in the future, the time of interventionmeasures and the number of cases will be increased, the benefits of exercisetraining on bone density, bone function and fracture will be further explored,and more safe and effective exercise prescriptions and guidance suggestionswill be provided to benefit osteoporosis patients.

Keyword:exercise training、bone mineral densitly、osteoporosis

Multicomponent Activity and Horticultural Intervention for Elderly Hospitalized Patients during the COVID-19 Pandemic

Hsueh-Chih Chou[1] , Shu-Chuan Jennifer Yeh [2] , Pei-Ling Tang[3]
Deputy Director/PhD candidate Kaohsiung Veterans General Hospital/National Sun Yat-Sen University[1] , Professor , Department of Business Management, National Sun Yat-Sen University[2] , Associate Professor , School of Nursing, Fooyin University[3]

Abstract

Background: Older people often experience difficulties in fully recovering their physical function after hospitalization, leading to high rates of institutionalization and mortality. Non-pharmacological interventions effectively improve the physical and mental well-being of older people while reducing healthcare costs. It's unclear whether implementing different intervention programs for hospitalized older patients can prevent prolonged bed rest and mitigate cognitive and physical function deterioration.

Purpose: This study assessed the effectiveness of different intervention programs, including routine care, horticulture, and multicomponent activities, on functional improvement among hospitalized older individuals using the Comprehensive Geriatric Assessment(CGA).

Methods: This study adopted three groups for a randomized controlled trial (routine care, horticulture, and multicomponent activities groups each with n = 32). A total of 96 hospitalized older individuals who met the study criteria were included between May 1, 2019, and December 31, 2020. The intervention measures included horticulture and multicomponent activities, conducted thrice weekly for 30 min each session, until discharge. Data were collected using the CGA and efficacy of Horticultural Therapy evaluation form. Analysis of covariance (ANCOVA) compared the effects of different interventions on the older participants' CGA.

Results: The results indicated significant improvements in cognitive function, geriatric depression,quality-of-life, and health status perception among hospitalized older individuals. Both horticultural and multicomponent activity interventions significantly improved cognitive function and quality-of-life. Additionally, the horticulture group exhibited a better self-perceived health status (p <0.05). ANCOVA showed significant differences between the horticulture and routine care groups in terms of instrumental activities of daily living (F = 3.312,p = 0.041, Least Significant Difference (LSD) post- hoc test: horticulture vs. routine care). Moreover, significant differences were found among the three intervention groups regarding self-perceived health status (F =4.224, p
= 0.018, LSD post-hoc test: horticulture vs. routine care and multicomponent activity).

Conclusion/Implementations for practice: Horticultural and multicomponent activity interventions have beneficial effects on the CGA in hospitalized older individuals, particularly in terms of cognitive function and quality-of-life. Additionally, horticultural activities significantly contributed to the perception of the health status of older people.

Keyword: Multicomponent activity, Horticulture, Non-Pharmacological Interventions, Elderly

Association between children from low-income families and overweight/obesity in Taipei City

Ching-Fang Hsiao[1] , Yi-Chang Chou[2]
Associate Technical Specialist Taipei City Hospital[1] , Administrator , Taipei City Hospital[2]

Abstract

Background:

Childhood obesity directly affects children's growth and increases their chronic disease- related incidence rates and mortality rates once they reach adulthood. Childhood obesity is a common trend worldwide and a problem that must be addressed immediately.
However, studies on whether the effects of family income on childhood obesity are identical among children from low-income families and those from average-income families remain to be seen.

Purpose:

To explore overweight/obesity among preschool children from average- and low-income families and risk factors of these two groups of children.

Methods:

This study used the Taipei City children's medical subsidy database and integrated community screening database from 2009 to 2018, and preschool children under the age of 7 were the research subjects. And obtain low-income families status and previous BMI data from the database. To match children from low-income families using a 1:4 propensity score matching with age and gender as matching criteria to diminish the influence of confounding factors. A Chi-squared test and Mann-Whitney U Test were conducted to identify the demographic information. After adjusting variables such as age, gender, mother's nationality, and glasses wear, a generalized estimating equation (GEE) analysis was performed to determine the risk factors associated with overweight /obesity status(Yes or No).

Results:

This study obtained a total of 7,660 research subjects, 1,532 (20%) of whom were from low-income families. Compared with children from average-income families, these children had a higher baseline BMI (16.48 vs. 16.16, $p < .001$), and a higher overweight/obesity rate (28.9% vs. 21.5%, $p < .001$). After adjusting for the other variables, the results of GEE model showed that older (OR = 1.23, $p < .001$), boys (OR = 1.15, $p = .002$), the child's mother is not Taiwanese (OR= 1.48, $p < .001$), glasses wear (OR = 1.37, $p < .001$) and low-income families (OR = 1.46, $p < .001$) had a higher risk of overweight/obesity.

Conclusion/Implementations for practice:

Children from low-income families have a higher risk of overweight/obesity than those from average-income families. Children from low-income families need greater attention from the public health system to avoid future economic and health inequalities.

Keyword: Low-income families, preschool children, overweight, obesity

Evaluate the competence in Evidence-based practice among nursing students

Thi Ngoc Bich[1] , Thi Thao[2] , Thi Thanh Huong[3] , Thuy Tien[4] , Le Nhat Mai[5]
The competency in EBP among nursing students Duy Tan University[1] , Faculty of Nursing, Duy Tan University , Lecturer[2] , Faculty of Nursing, Duy Tan University , [3] , Faculty of Nursing, Duy Tan University , [4] , Faculty of Nursing, Duy Tan University , [5]

Abstract

Background:

Evidence-based practice (EBP) is one of the basic competency standards for nurses in Vietnam, and it should be emphasized in nursing education.

Purpose:

This study aims to evaluate the EBP competency of nursing students,assess the impact of barrier factors, and explore related factors.

Methods:

A cross-sectional descriptive study was conducted on 134 nursing students at Duy Tan University from November 2021 to January 2022. The instrument consists of three parts:demographic characteristics, EBP competency, and barrier factors (Cronbach's alpha is 0.863). Data were analyzed using Pearson correlation, Independent Sample T- Test, One-way ANOVA, Welch test using SPSS 22.0 software.

Results:

EBP competency among nursing students was 3.67 ± 0.49, with knowledge (3.31 ± 0.81), skills (3.71 ± 0.69), and attitude (4.05 ± 0.59). The most important barriers to EBP skills were lack of time and lack of interest. The average score of EBP knowledge,attitudes, and skills differed significantly by demographic characteristics such as grade, academic ranking, EBP training/study, internet usage frequency,and English proficiency ($p < 0.05$).

Conclusion/Implementations for practice:

Nursing students at Duy Tan University had a high level of evidence-based practice competency. However, there are still barriers preventing students from adopting EBP, which is a challenge for nursing educators in improving the quality of nursing education programs.

Keyword: Evidence-based practice, nursing students, barriers, Vietnam

Nursing students'knowledge and attitude toward diabetic foot care in Vietnam

Thi Binh[1] , Shu-Ming Chen [2]
Nursing student's knowledge & attitude toward diab Fooyin University[1] , Associate Professor , Department of Nursing, Fooyin University, Taiwan[2]

Abstract

Background:

Diabetic foot problems have serious consequences that can lead to amputation, increase mortality, reduce the quality of life and increase treatment costs, as well as placing great pressure on the care team and medical system. Nursing students must have a good knowledge and positive attitude towards diabetic foot care in order to deliver high-quality wound care during clinical practice.

Purpose:

The aims of this study were to evaluate the knowledge and attitudes of nursing students towards diabetic foot care and investigate the factors associated with them.

Methods:

A cross-sectional descriptive design was used to conduct the study on 200 3rd and 4th year nursing students at Duy Tan University, Da Nang city, Vietnam. A survey using a self-administered questionnaire was conducted from May 2021 to November 2021. The questionnaire included items on demographic characteristics, knowledge and attitudes about diabetic foot care. Collected data were analyzed using SPSS 16.0 software.

Results:

Data analysis showed that 61% of students had good knowledge. The percentage of students with good attitudes accounted for 78.5%.There was a statistically significant difference between age, cumulative general point average, family history and students' knowledge and attitudes. There was a positive correlation between knowledge and attitude of students toward diabetic foot care with a correlation coefficient of 0.159 ($p < 0.05$)

Conclusion/Implementations for practice:

The study results concluded the level of knowledge and attitude of nursing students toward diabetic foot care. From there, recommendations are made to improve the knowledge and attitudes of nursing students and address the limitations in diabetic foot care during clinical practice and future work.

Keyword:diabetic foot, foot care knowledge, foot care attitude, nursing students

Health Literacy Levels among Duy Tan University Students, Vietnam

Thi Ngoc Bich[1] , Dinh Tung[2] , Thu Huong[3]
Medical Simulation Center Duy Tan University[1] , Medical Simulation Center , Lecturer[2] , Medical Simulation Center , Lecturer[3]

Abstract

Background:

Health Literacy is a systemic issue involving health information provision, medical staff guidance,and individual understanding to meet modern society's complex health requirements. However, there have not been many studies on this topic in Vietnam, especially among students.

Purpose:

Assessing the health literacy of students at Duy Tan University

Methods:

A cross-sectional descriptive study design was used to conduct on 1412 2nd to 4th years students at the Duy Tan University, Danang city, Vietnam. A survey using a self- administered questionnaire was conducted from August 2021 to December 2021.The questionnaire included items on demographic characteristics, and the Health Literacy Study-Asia (HLS-Asia-Q) (Cronbach's alpha 0.95). The collected data were analyzed using SPSS 20.0 software.

Results:

According to the findings of the study, the average score for the content of health culture is health literacy (34.34 ± 8.12), health care (32.63 ± 8.18), disease prevention (34.98
±10.05), and health promotion (35.46 ± 9.40). The proportion of students who have adequate health literacy is 50.8%, while the limit is 49.2%.

Conclusion/Implementations for practice:

Although students have a high mean score of healthliteracy, a high percentage of students have limited health literacy. This is asystemic educational issue that requires more attention from all levels ofeducation, training, and community health care.

Keyword:health literacy, HLS-Asia-Q, students, Vietnam

EXPOSURE TO BLOOD, BODY FLUIDS AND RELATIVE FACTORS OF MEDICAL AND NURSING STUDENTS AT DUY TAN UNIVERSITY, VIETNAM

Thi Ngoc Bich[1]
EXPOSURE TO BLOOD, BODY FLUIDS AND RELATIVE FACTOR Duy Tan University[1]

Abstract

Background:

The most common cause of transmission of blood borne pathogens to healthcare workers is the risks in patient care from injecting tools/sharp objects or from eyes, nose, mouth, and unhealthy skin coming into contact with the patient's blood/secretions. Especially, medical and nursing students are frequently exposed to occupationally hazardous factors,particularly through the process of exposure to the patient's blood and fluids,posing a high risk of disease infection through blood when they go to clinical practice.

Purpose:

Our study has two objects: Measure exposure to BBF at Duy Tan University and inspect relative factors influencing this.

Methods:

We collected 397 medical students and nursing students by multistage stratified sampling at DuyTan University, Danang city, Vietnam. This assessment inventory is built through 3 stages.

Results:

This study foundt hat the rate of exposure to BBF is 50,9%. The relative factors influencing exposure to BBF are academic ranks, perceived of self-testing for antibodies or vaccinations for blood-borne diseases, confidence level to apply learned knowledge and skills for patients, and demand for more opportunities to practice skills on patients at hospitals.

Conclusion/Implementations for practice:

Students must study actively, improve their knowledge, hone their clinical skills, and make the most of their clinical time in hospitals. Universities and hospitals must make regulations that students must test for antibodies and vaccinated against common infectious diseases.

Keyword: Exposure to blood and body fluids (BBF), COVID-19, students, Vietnam

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4	Investigating on influencing factors of telecare inte rvention on self-care behavior of patients with type 2 diabetes mellitus.	Ying-Hsun Wu

Perioperative nursing experience of caring a patient undergoing transvaginal Da Vinci hysterectomy

Chiung-Wen Chang[1] , Jui-Chen Huang[2]
Nurse Kaohsiung Chang Gung Memorial Hospital[1] , Nursing Supervisor , Kaohsiung Chang Gung Memorial Hospital[2]

Abstract

Background: This paper describes the preoperative nursing experience of a 47-year-old woman who underwent Da Vinci Natural Orifice Translumenal Endoscopic Surgery (NOTES) for uterine myomas. The patient decided to undergo surgery due to symptoms of frequent urination and urinary retention, which influenced her work, family, and her daily living.

Purpose: This paper aims to address the patient's preoperative anxiety due to insufficient surgical information and care knowledge. By applying perioperative nursing care, individualized nursing plans and guidance were provided to help the patient navigate this stage smoothly. This nursing experience serves as a valuable reference for similar cases in the future.

Methods: The author provided nursing care from December 7th to December 10th, 2022. Through perioperative assessments, including interviews, observations, physical assessments, and medical record reviews, nursing issues were identified: preoperative anxiety,the risk for perioperative positioning injuries during the surgery, and postoperative knowledge deficit. Before the surgery, the patient was encouraged to expressher inner feelings. Educational videos were also used to introduce informationabout the Da Vinci robotic system and natural orifice hysterectomy to alleviate the patient's anxieties about the surgery. During the surgery, comprehensive protective measures were implemented to prevent potential harm. After the surgery, postoperative patient education was provided to enhance the patient's self-care abilities and confidence.

Results: Throughout the implementation of perioperative nursing care, the patient's surgical anxiety level decreased from 24 to 6, effectively reducing her anxiety. The use of the SPURS assessment helped identify and address potential risks, resulting in no surgical situational harm. Postoperatively, the patient received self-care education and close monitoring for recovery progress.

Conclusion/Implementations for practice: This nursing experience further emphasizes the importance and effectiveness of perioperative nursing care. As the patient primarily speaks Taiwanese Southern Min, translating terms is necessary for her understanding. To provide equitable care for patients from diverse cultural backgrounds, it is recommended to incorporate Romanized Minnan versions into educational materials.

Keyword: Uterine myomas,Transvaginal Da Vinci hysterectomy,Perioperative nursing

Nursing Experience in Caring for a Case of Cervical Cancer Complicated by rectovesicovaginal fistula

Pei-Chun Tsai[1]
Nurse Chang Gung Memorial Hospital, Kaohsiung[1]

Abstract

Background:

This article describes the nursingexperience of a 43-year-old female patient who underwent a total colectomy andbladder removal surgery due to a rectovesicovaginal fistula. Following thesurgery, the patient had a permanent intestinal stoma and bilateral PercutaneousNephrostomy to drain urine, resulting in changes in physical appearance andbowel habits, leading to negative emotional reactions.

Purpose:

The objective is to provide individualizedcare measures to alleviate physiological and emotional discomfort, assist thepatient and their family in participating in stoma and drainage tube care,enhance the patient's self-care abilities upon returning home, and improvetheir future quality of life.

Methods:

From May 1, 2021, to May 13, 2021, the Gordon11 Function Health Patterns Assessment was utilized. Data collection involvedlistening, communication, observation, and physical assessments to establishthe main problems as "acute pain," "body image disturbance,"and "anxiety." Throughout the care process, the patient wasencouraged to express their inner feelings, and integrated care was provided toenhance the patient's confidence and sense of security, and improve theirquality of life in home care after discharge.

Results:

A good nurse-patient relationship wasestablished during the care process, and the patient's care needs wereconstantly assessed. With pain control through medication and non-pharmacologicalmethods, discomfort at the surgical wound site was reduced. Aromatherapy wasused to alleviate the patient's social anxiety. Adequate family support systemwas established, and timely listening and verbal praise were given to help thepatient gradually accept the physical appearance changes and effectivelyutilize the coping skills provided by the healthcare team.

Conclusion/Implementations for practice:

Since patients often struggle to adapt tochanges in their physical and psychological structures, healthcare teams canprovide relevant care information before surgery to mitigate the impact ofpostoperative body image changes. In terms of care, understanding the patient'sneeds is crucial. In addition to promptly relieving physical discomfort,employing a multidisciplinary care approach can reduce the patient's concernsabout the disease or care, enhancing their confidence and guiding familyinvolvement in the care plan, allowing the patient to gradually adapt to thephysical and psychological changes and learn self-care.

Keyword:膀胱陰道直腸廔管、急性疼痛、身體心像紊亂、焦慮；
rectovesicovaginal fistula；Acute pain；body image disturbance；Anxiety

The effect of the “Conversation Starter®” one-on-one education tool on glycemic control in patients on insulin therapy

yueh chu Wu[1] , Ya-Fang Ho[2]
DM Educator,Ph.D. Program in Healthcare Science Chung Shan Medical University Hospital, and China Medical University,Taichung, Taiwan.[1] , School of Nursing,assistant professor , School of Nursing,China Medical University, Taichung, Taiwan.[2]

Abstract

Background:

The study examines various aspects, such as glycemic control, diabetes distress, and diabetes-specific self-efficacy, to assess the impact of this education tool on patients' well-being and self-management abilities.

Purpose:

To determine the effectiveness of the “Conversation Starter”® tool for one-on-one clinical education of patients on insulin therapy in terms of glycemic control,diabetes distress, and diabetes-specific self-efficacy.

Methods:

Forty patients with a diagnosis of T2DM, glycated hemoglobin (HbA1c) level higher than 8%, and who were receiving premixed insulin therapy were recruited by purposive sampling. Patients received 40-minute one-on-one education sessions on a weekly basis for four consecutive weeks using the “Conversation Starter”® tools. Data were collected from October to December 2020 and included HbA1c, postprandial blood glucose(PBG), self-monitoring of blood glucose (SMBG), the Insulin Treatment Appraisal Scale (ITAS), diabetes stress score (SF-PAID-C), and the Conversation Map Pre- and Post-Session Evaluation Scale. Paired t-test was used to determine intervention effectiveness.

Results:

Differences between before and after the education intervention showed that HbA1c decreased from 9.70±1.77% to 6.99±1.71% ($p<.05$), and PBG decreased from 227.65±47.26 mg/dL to 154.6±28.09 mg/dL ($p < .05$). Both improvements were statistically significant. All survey scores improved, with a decline in ITAS and PAID-SF scores. and MAP Post-Session Evaluation Scale scores, including confidence in diabetes self-administration, empowerment and willingness, ability, and readiness, were all higher ($p < .05$).

Conclusion/Implementations for practice:

The study found that patients had a far less negative attitude toward insulin, had improved diabetes-related issues, and had achieved their self-management goals at the end of the 4-week education intervention using the "Conversation Starter”® one-on-one education tool.

Keyword: Conversation Starter, education tool ,glycemic control, diabetes distress, diabetes self-efficacy. insulin therapy

Investigating on influencing factors of telecare intervention on self-care behavior of patients with type 2 diabetes mellitus.

Ying-Hsun Wu[1] , Wann-Jyi Horng[2] , Wan-Ting Lin[3]
Nurse Manager HANGHUA CHRISTIAN HOSPITAL[1] , Associate Professor , Chia Nan University of Pharmacy & Science[2] , Master , Chia Nan University of Pharmacy & Science[3]

Abstract

Background:

Diabetic self-care behavior is an important factor affecting glucose control, but how to maintain good self-carebehavior for diabetic patients is an important care strategy. the advancement of medical technology, telecare has begun to be used in the care of chronic diseases. Some studies have found that telecare can effectively improve.Therefore, it is necessary to compare the traditional care and telecare models of diabetes in order to understand the effectiveness and influencing factors of diabetic patients in maintaining good self-care behaviors.

Purpose:

This study aims to explore the differences in the self-care behaviors and the differences in influencing factors among diabetic patients after receiving telecare or traditional care intervention, as well as the main factors affecting glucose control.

Methods:

This study adopts cross-sectional and convenience sampling, and uses the Diabetes Self-Care Behavior Scale. Using SSPS version 21statistical software for data analysis to analyze basic demographic data, glycated hemoglobin, and self-care behaviorscale of the groups whether there is a significant difference.

Results:

Total of 198 T2DM patients were enrolled, 100 of whom received traditional care 98 received telecare. It was found that fter 3 months of intervention of telecare amodel, the scores of five self-care behaviors of patients receiving telecare, such as self-care, exercise self-care, prevention and treatment of glucose abnormal, drugs control, were significantly higher than those of patients receiving general care, a significant difference($p<0.005$); and the average in HbA1c was -1.90 ±2.50, was a significant difference decreased($p<0.005$); and whom received traditional c re model, the HbA1c increased slightly by 0.13 ±1.67, but there was not difference($p=0.45$).

Conclusion/Implementations for practice:

Patients who accept the telecare, using the automatic upload of blood glucose meter measure, when the 24-hour telecare center receives abnormal data , immediately contact them by phone or video to assess and guidance of patients' self-care behaviors. It also assist the case to communicate horizontally with the care team. Through the connection, the patients can be more sustainable and internalized into a good behavior glucose control.

Keyword:type 2 diabetes mellitus; self-care behavior; glycated hemoglobin; glucose control

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Using the Skin Care Bundle Reduces Pressure Injury Incidence in the Intensive Care Unit

Shu-Pin Sun[1] , JU-HUI CHUNG[2] , FANG-TSU LAI [3]
Registered Nurse Tainan Municipal Hospital (Managed by Show Chwan Medical Care Corporation)[1] , Registered Nurse , Tainan Municipal Hospital (Managed by Show Chwan Medical Care Corporation)[2] , Quality Center Deputy Director , Tainan Municipal Hospital (Managed by Show Chwan Medical Care Corporation)[3]

Abstract

Background: Pressure injury(PI) is a key index of quality ofclinical care. Patients being cared for in intensive care units (ICUs) areparticularly at risk of pressure injury because they often lack the ability tochange position independently. Also, their consciousness and sensory perceptionare impaired due to sedation, unstable blood circulation and malnutritionstatus are at high risk of pressure injury. PI negatively affect patientoutcomes, morbidity mortality, the risk for secondary infections, increaselength of stay, and healthcare costs. The incidence of pressure injury at theMedical Intensive Care Unit (MICU) from January to December 2021 was 0.76%,which was significantly higher than the 0.33% defined in the 2021 TaiwanClinical Performance Indicators (TCPI) system. Medical device related pressureinjury (MDRPI) accounted for 37% of the pressure injury.

Purpose: Throughgroup discussion, use the quality control circle method to reduces theincidence of pressure injury in intensive care unit from 0.76% to 0.49%.

Methods: According to Evidence based medicine (EBM) skincare bundle, formulate (1) skin inspection process, (2) decompression foam useprocess and replacement timing, (3) pulse oximeter monitor wearing slogan, (4)innovative decompression aids (5) record teaching videos, holding teachingexperience classes, cognitive learning courses (6) online game teaching, (7)clinical care assessment.

Results: The implementation period was January toSeptember 2022. After These measures were implemented, the incidence rate forpressure injury was reduced from 0.76% to 0.17% between October 2022 andJanuary 2023.

Conclusion/Implementations for practice: The results indicate that the improvementprogram effectively reduced the incidence of pressure injury and thus increasedthe quality of nursing care. Therefore, the use of a care bundles should bepromoted in intensive care units.

Keyword:intensive care unit、Skin Care Bundle、PreventionPressure injury、Medical device related pressure injury

Nursing experience of caring a primary diagnosis of diabetes patient with insulin therapy

Chia-Chin Chang[1] , Chiu-Chu LIN[2] , Tzu- Fei Chen[3]
Nurse Kaohsiung Municipal Ta-Tung Hospital, Kaohsiung Medical University[1] , Nurse , Kaohsiung Municipal Ta-Tung Hospital, Kaohsiung Medical University[2] , Nurse , Kaohsiung Municipal Ta-Tung Hospital, Kaohsiung Medical University[3]

Abstract

Background:

The patient was need to control blood sugar with insulin therapy when she primary diagnosis of diabetes, so she felt anxious about learning insulin injection and blood sugar monitoring skills. The reason was due to incorrect knowledge of diabetes and lack of healthy lifestyle.

Purpose:

Through the concept of shared decision-making between doctors and patients,disease-related knowledge and different treatment options are provided, so that patients can understand that there are different treatment options for each course of disease, and receive treatment as soon as possible to achieve correct and effective control of diabetes and delay the occurrence of chronic complications.

Methods:

During the nursing period from March 22 to June 19, 2022, data related to the patient's body, mind,spirit, and family and social aspects were collected using Gordon's Eleventh Functional Health Patterns as a framework.

Results:

After nursing assessment,the patient mainly has health problems such as knowledge deficit, anxiety, and overweight,and a nursing plan is formulated for the patient.

Conclusion/Implementations for practice:

During the care period, use the medical-patient shared decision-making support tool allow patients to actively participate in disease management. According to the AADE7 self-care behavior, guide the case to learn diabetes self-management, and introduce Mobile Health (mHealth) to evaluate the case’s health data and provide care information. Patients can upload blood sugar, weight, blood pressure and other data or diet pictures to the mHealth platform, and medical staff can take care of patients without time and space constraints; Through experience sharing and providing correct information, clarification of the inner doubts of the case, using health education leaflets, model operation demonstrations and multimedia audio-visual teaching materials, allowing the case and caregivers to watch and learn repeatedly, reduce the anxiety when injecting insulin, and then improve the case body weight, the purpose of stabilizing blood sugar and reducing the risk of cardiovascular disease.

Keyword:knowledge deficit, anxiety, overweight

To explore the effectiveness of using the postpartum health education pocketbook in clinical internship care learning

Yi-Ling Chiou[1] , Pei-Ching Huang[2]
Assistant Professor Fooyin University[1] , RN , Municipal Wanfang Hospital[2]

Abstract

Background:

Health education leaflets are usually a thin sheet of paper that is easily lost, while health education textbooks are thick with monotonous text descriptions and are inconvenient for storage and reading during health education guidance, and some content requires technical operation for understanding. These problems result in learning and practice bottlenecks for students in clinical internship.

Purpose:

This study explores the effectiveness of using a postpartum health education pocketbook in clinical internship care learning

Methods:

A quasi-experimental design was conducted in two teaching hospitals. The interns in a teaching hospital in southern Taiwan were in the control group, and the interns in a teaching hospital in central Taiwan were in the experimental group. Each of the students in the experimental group was given a pocketbook for postpartum health education, while conventional health education leaflets or textbooks were used for postpartum health education in the control group. At the end of the internship, the students were asked to complete the quantitative study questionnaire and the qualitative study questionnaire.

Results:

Forty interns were recruited for this study, of whom four were men (10%) and 36 were women (90%). The mean age of the students was 22.03 years, and the standard deviation was 2.53 years. The results indicate significant differences in the content and use of clinical internship materials between students who were given conventional teaching materials and those who were given postpartum health education pocketbooks. The qualitative and quantitative study showed that postpartum pocketbook has significant results when used in a clinical internship as it can overcome the monotony of traditional health education textbooks and uses lively videos and colorful text, as well as systematic typesetting so that students can read health education content at any time and avoid anxiety and stage fright when teaching.

Conclusion/Implementations for practice:

The pocketbook not only transmits health education knowledge more comprehensively and can allow steady learning and understanding of related knowledge, but also improves students' ability to carry out health education so that students can like clinical health education and eliminate clinical stress during an internship.

Keyword: postpartum,health education,pocketbook,clinical internship

innovation【face does not change color】 simple oxygen mask

HUEY JENG YANG[1] , LI AN Chen[2]
Registered Nurse Chi Mei Medical Center[1] , Registered Nurse , Respiratory Care Center[2]

Abstract

Background: The simple oxygen masks are the mostcommon clinical medical device that causes medical-device-related pressureinjury (MDRPI). This unit is a respiratory care center (RCC), It is more commonfor patients to use oxygen masks to cause facial skin damage. Therefore, thesimple oxygen mask Innovative and improved, the materials used are easy to obtainand cheaper, have excellent adhesion and decompression functions, and theproduction process is easy to learn, providing clinical nurses with an easierand time-saving method to improve the quality of care.

Purpose: The unit is a subacute respiratory care ward in the south. Patients will be given simple oxygen masks immediately after planned extubation. In March 2022, there were 6 pressure sores on the face device, resulting in 2 secondary pressure sores on the bridge of the nose. 1, 4 secondary pressure sores on both ear wings, not only endanger the patient's skin damage, increase medical costs, nurses feel self-blame and reduce work morale, so the motivation is triggered to improve.

Methods: Starting from the top of the nose at a distance of 3cm, use a belt puncher to make holes on both sides, take a rubber tube tourniquet (about 26cm), pass the elastic band through the rubber tube tourniquet, pass it through the newly made hole, and tie a knot .

Results: The thickness of airtight, soundproof and anti-collision foam for outdoor use is 6.4mm, which can greatly reduce the pressure and friction of wearing an oxygen mask without changing the color of the face. The gap of 4-6mm can reduce the multiple shear forces caused by sliding or frequent movement.

Conclusion/Implementations for practice: If you use gauze anti-pressure fixing method for continuous high-concentration moisture molecules, the gauze is easy to get wet, and if the oxygen mask is loaded, the red skin marks will appear in about 10 minutes after wearing the mask. The foam thickness is 6.4 mm with advanced elasticity, which makes the oxygen mask anti-collision and sliding resistance. The actual test is not easy to fall off. If it does fall off, wipe it dry and then cut a piece to stick it. The speed is super fast and the effect is immediate.

Keyword: simple oxygen mask

A Diverse Teaching Approach to Improve the Epilepsy Drug Cognition and Security Capability of Nurse Post Graduate Year

Sheng-yao Wu[1] , [2] , [3]
護理師[1] , Registered Nurse , Chang-Geng Medical Foundation Kaohsiung Chang-Geng Memorial Hospital[2] , 副護理長 , Chang-Geng Medical Foundation Kaohsiung Chang-Geng Memorial Hospital[3]

Abstract

Background:

Theunit where the author works is the intensive care ward of the Department ofNeurology, which mainly takes care of epilepsy patients. Epilepsy medicationsare important in the treatment of this kind of patients. However, nursepost-graduated year (NPGY) are usually lacking knowledge and experience ofepilepsy medications, and are less alert to the effects and side effects ofvarious epilepsy drugs. In this situation, they are unable to do the correctmanagement immediately when patient's condition has change, resulting in risksof medication safety concerns.

Purpose:

To improveawareness and medication safety of epilepsy drugs for NPGY trainees.

Methods:

A special team was establishedon May 2, 2022, and conducted improvement training from June 1, 2022 to August25, 2022. According to the current situation survey of NPGY trainees as thebasis for improvement, the improvement strategies included: interactivee-books, the use of memory strategies, game-base teaching activities, and mind mapping.

Results:

The accuracy of the NPGY trainees' recognition regardingof epilepsy drugs increased from 47.61% pretestto 91.66% posttest, while their security capability skill improved from 57.69%pretest to 100% posttest. Furthermore, their caring-for-patients-with-epilepsyconfidence score increased from 5 to 9.1. All of the objectives of this studywere achieved.

Conclusion/Implementations for practice:

The NPGYtrainees'recognition and skill with diverse teachingapproach can increase learning effect and automatic attitude, and reducelearning difficulties.

Exploring the Related Factors of Turnover Rates among Nurses

Ya-Lie Ku[1] , Wu-Yi Chen[2] , Ting-An Chen[3] , Wei-Ting Chen[4] , Chun-Ya Huang[5] , Wei-Xiang Huang[6]
Associate Professor Fooyin University[1] , BSN Student , Department of Nursing, Fooyin University[2] , BSN Student , Department of Nursing, Fooyin University[3] , BSN Student , Department of Nursing, Fooyin University[4] , BSN student , Department of Nursing, Fooyin University[5] , BSN Student , Department of Nursing, Fooyin University[6]

Abstract

Background: According to the data from the Minister of Health Department (2023), the turnover rate of nurses in Taiwan has increased gradually in Taiwan; especially for nurses in the district hospitals. When the turnover rate of nurses is increased and the rate of nurses to patients is more than 1:6, the death rates of patients will be increased 7%. In other words, the turnover rate of hospital nurses is increased,resulting in shortage of manpower and reducing the quality of nursing care.

Purpose: The purpose of this study was to explore the related factors of turnover rates among nurses in Taiwan.

Methods: This study used integrate literature review and study team searched the 271 literature from Airiti Library by keywords of nurses and turnover.After narrowing down years from 2013 to 2023, 219 articles were identified. Excluding 182 papers from mainland china, 11 unrelated topics, and 3 not research styles,total 16 articles were recruited in this study.

Results: Research articles about turnover rates among nurses in Taiwan included demographics of sex, marriage, numbers of children, religion, education, types of hosoital,position, health status, and habits in daily life. Additionally, related factors about turnover rates among nurses in Taiwan included personal characteristics,job traits, peer relationship, working environment, and nursing professional accountability.

Conclusion/Implementations for practice: Regarding to the findings from the integrate literature review of 16 research articles, the research team suggested that nursing leaders in the healthcare system could design preventing turnover strategies for nurses working in the hospitals by following related factors. In the long run, it is expected the turnover rate of nurses in Taiwan could be reduced eventually.

Keyword: Turnover, Nurses, Hospital

An emergency care experience for a woman who has suffered from marital violence

CHO WEN CHUN[1] , YANG SHIH YUN[2] , HSIUNG KAI CHIN[3]
Emergency nurse Chiayi Branch, Taichung Veterans General Hospital.[1] , Emergency specialist nurse , Chiayi Branch, Taichung Veterans General Hospital.[2] , Emergency attending physician , Chiayi Branch, Taichung Veterans General Hospital.[3]

Abstract

Background:

A woman due to Long-term exposure to hhusband'smental,verbalabuse,and violent assault,she was unable to bear the physical and psychologicalburden,to the emergency medical treatment.

Purpose:

Assist in individual, teach how to use socialresources and referral services to avoid the recurrence of domesic violence.

Methods:

Interventional care and follow-up care wereconducted between 10:00 and 15:00 on April 5, 2023. A private meeting space was arranged and date was collected throughmethods such as listening, physicalevaluation, and actual care meetings. A holistic assessment was used to explorethe individual's physical and mental confition, individual's physical andmental condition,individual nursing measures were provided to improve theirpain, and accompanying was used to alleviate the indivdual's anxious emotionsand guide positive thinking,development inspires confidence and hope.

Results:

The author is an emergency room nursing staff.After brief contact with the case,she found that there were health issues such as pin, ineffective coping ability and chronic low self-esteem, long-term abuse and violence by her husband, never disclosed to her siblings and mother that the support system is weak, and the available social support resources.The attitude of the case,First, keep it , emotional outpouring later, and actively expressing expectations for the future.

Conclusion/Implementations for practice:

The emergency department is the first unit to come into contact with domestic with domestic violence, and nursing staff often care for domestic violence patients under limited time and environmental constraints.As a result, nursing staff only focus on the treatment of physical symptoms and online reporting of domestic violence cases, while neglecting the care of mental and social issues, It is reconnended that future emergency nurses should increase the training in communication skills,risk factors of domestic violence and connection with social resources, so that domestic violence cases are willing to come out,and receive comprehensive medical care and social support assistance.

Keyword: Marital violence, Middle-aged women

Experience in emergency care for acute ischemic stroke

CHO WEN CHUN[1] , LAI KUAN CHENG[2]

Emergency nurse Chiayi Branch, Taichung Veterans General Hospital.[1] , Emergency attending physician , Chiayi Branch, Taichung Veterans General Hospital.[2]

Abstract

Background:

Explore an acute ischemic stroke a patient, when a patient changes in physical activity, concerns about relying on others to take care of them, and decisions on whether to immediately perform rt-PA treatment, have led to inner confusion , anxiety,and a sense of uncertain impact, trigger the author's writing motivation.

Purpose:

Strengthen the understanding of rt-PA treatment and rehabilitation care, thereby reducing the tension and anxiety of individual case and their family members in thee volution of the individual's disease**.**

Methods

During the nursing period, from 10:05 to 14:30 on March 21, 2023, Collect data through interviews, physical assessment, and medical record collection, comprehensive evaluation of Gordon's 11 functional health patterns was conducted through.

Results:

The over all aluation found t the patient have issues such as physical activity dysfunction, anxiety, and potential hazardous injuries . patient stayed in the emergency department was only a short period of more than 4 hours, checking medical records, PAC team and phone tracking after discharge. 6/9 From the telephone interview, patient was very happy with his own progress and believed that he would continue to improve. This is a significant gain in helping the patient to clarifying and accepting rt-PA treatment and join the medical service of PAC during the zhongda harvest.

Discussion and Conclusion:

Thee emergency department is an hurried and chaotic environment. The ideal state is to be in a safe, quiet and peaceful environment to assist in the complex psychological, spiritual and social needs of patients, only for this medical restriction. It is recommended that emergency nursing professionals should not forget their original intentions in a busy environment, intention in a busy environmemt immerse themselves in a deep understanding of the psychological needs of patients and their families , so that the public that the emergency team can not only provide professional medical care in the of life-threatening situations, but also provide timely care and support. Spirtual care, establish a good relationship between nurses relationship and patients, reducing unnecessary medical disputes and complaints.

Keyword: rt-PA treatment, Acute ischemic stroke,Post-Acute Care

Using Simulation Teaching to Improve the Correctness of COVID-19 Patient Care for Backup Nursing Staff

Yi- Hua Hung[1] , Chin-Ju Liu[2]
Nursing Supervisor Kaohsiung Municipal Siaogang Hospital, Kaohsiung Medical University Hospital , Kaohsiung Medical University[1] , Nursing supervision , Kaohsiung Municipal Siaogang Hospital[2]

Abstract

Background:

Following the COVID-19 outbreak in January 2020, the demand for medical capacity has increased rapidly. Inthe wake of the outbreak, healthcare facilities need to redeploy their workforce and require more aggressiveprior training of backup caregivers. A current situation analysis revealed that the correctness of COVID-19patient care performed by the backup nursing staff was 43.8%. The reasons for this were lack of experience inpreventive care, lack of COVID-19 care protocols, and lack of a complete training program.

Purpose:

Toimprove the correctness of care for COVID-19 patients by nursing staff, from43.8% to 93.5%, to ensure the quality of care and reduce the risk of virustransmission.

Methods:

The improvement plan for this project includes: (1) developing a "StandardOperating Procedure for the Care of Reported COVID-19 Inpatients"; (2)developing an "Education and Training Program for Nursing Staff inDedicated Wards"; (3) organizing online education and training sessions;and (4) implementing COVID-19 high-fidelity simulation teaching.

Results:

As a result of the project,the rate of correct care of COVID-19 patients by backup caregivers increasedfrom 79.1% to 94.3%, indicating that the intervention was effective.

Conclusion/Implementations for practice:

Prior training of backupnursing staff to familiarize them with the operation of the negative pressureisolation ward will address nursing staff needs in the event of a COVID-19outbreak. Early workforce planning and scheduling by care managers can mitigatethe workforce challenges associated with the COVID-19 outbreak.

Keyword: Simulation Teaching, COVID-19 , Backup Nursing Staff

Using the role of a Nurse Practitioner to aid in diagnose a 21-year-old woman with back pain and left leg weakness

Yu-Chieh Chen[1] , Yi-Chuan Chang[2]
Nursing Practitioner Kaohsiung Municipal Ta-Tung Hospital, Kaohsiung Medical University[1] , Associate Professor , Department of Nursing, Fooyin University, Taiwan[2]

Abstract

Background:

Hirayama disease is a cervical flexion myelopathy that typically causes upper extremity weakness in young male patients. This 21-year-old female has no past history. She was suffered from low back pain with left foot numbness for 2 weeks, admitted from March 22 to April 5 on 2023. L-spine MRI showed L5-S1 Herniation of Inter-Vertebral Disc. Normal tibial Somatosensory evoked potential. Nerve conduction velocity showed left L5-S1 Radiculopathy. Due to L-spine MRI can not explain clinical symptoms, arrange Brain CT showed no evidence of active intracranial lesion. T-spine MRI showed Favoring Hirayama disease, with enlarged posterior epidural space at the T2-T7and epidural venous congestion. She consider rehabilitation program and suggest angiography for further evaluation.

Purpose:

Patient presented with atypical symptoms, specifically back pain and weakness of left lower extremities, likely correlating to the abnormal thoracic spinal levels involved. Thoracic MRI showed favoring Hirayama disease. After active rehabilitation physicians and functional therapists must to train patients and encourage them to expect their early reintegration into society and return to the workplace.

Methods:

Nurse practitioners apply of data were collected for attendance, evaluation, observation, interview, search of edical record, etc. An integral evaluation about patient's physiological 、 psychological 、 social and spiritual states was also noted. We kept therapeutic relationship and applied interdisciplinary medical/nursing team, proactively used critical thinking and reflection to draft and individualize and appropriate nursing plan for nursing personnel to face the psychosocial impact of the patient disabilities.

Results:

Medical team discussion by imaging examination to favoring Hirayama disease, with enlarged posterior epidural space at the T2-T7, clinical symptoms and evidence based. Active rehabilitation physicians and functional therapists were done. Arrange angiography and surgical intervention (duroplasty with tenting) in further.

Conclusion/Implementations for practice:

There are few cases of clinically diagnosed and the pathology of Hirayama disease is unknown. May be due to in growth of the dura causing ischemia of the anterior horn cells in the thoracic spine as the displaced short dura compresses. MRA or catheter angiography can be performed if concern for vascular anomaly persists.

Keyword: Hirayama disease 、 back pain 、 leg weakness

Nursing experience of caring for a patient with Coronavirus pneumonia complicated with acute kidney injury in emergency department.

Sing-Hua Tsai[1] , HSIANG-CHIEH CHENG[2] , Jing-Shian Tsai[3] , Ya-Cing Liu[4]
Kaohsiung Municipal Fengshan Hospital[1] , Department of Nursing , Kaohsiung Municipal Fengshan Hospital[2] , Department of Nursing , Kaohsiung Municipal Fengshan Hospital[3] , Lecturer , Meiho University, Pingtung City[4]

Abstract

Background:

Coronavirus (Coronavirus disease 2019, COVID-19)rapidly spread pandemic outbreak global in 2020, mainly cause lung infection.According to the study, points to acute kidney injury(Acute Kindey Injury, AKI)is the second complications. About 31.7% of patients with acute kidney injury,and kidney injury will increased mortality.Patients with coronavirus pneumonia in intensive care units,concurrency with acute kidney injury account for 20-40%, and 5% of them require renal replacement therapy .It is mainly caused by the coronavirus invasion of the kidney,the immune system abnormal regulation, and vascular thrombus changes renal tissue perfusion. Symptoms include oliguria, edema, and dyspnea. Faced with the sudden news of the diagnosis and the insecurity of the treatment process,patient easy to cause anxiety.

Purpose:

This article examines the care experience of a patient diagnosed COVID-19 infection complicated with acute kidney injury,who require urgent hemodialysis. Expect to assist patients to provide patient-centred health-promoting behaviors.

Methods:

Providing patients with disease-related information. And continuous spiritual support is the key to bravely face the disease. Use the QR code health education platform in the hospital to improve learning effectiveness. Cooperate with respiratory therapists to teach pulmonary rehabilitation exercises. Release of pressures individually in the nursing process.

Results:

The author uses Gordon's eleven functional health patterns as an assessment framework, and collects data through physical assessment,observation, interviews, and review of medical records.

Conclusion/Implementations for practice:

Integrated medical team(including nephrologists, dialysis nurses, respiratory therapists, and isolation units).Through hemodialysis to avoid continuous deterioration of kidney function.Combining humanization with information education and family support to relieve anxiety.Accomplish "Holistic Health Care"and "whloe course" medical care.

Keyword:COVID-19, hemodialysis, Acute Kindey Injury, AKI

Reducing Sputum Sample Culture Contamination Rate in the ICU: A Successful Improvement Project at Chi Mei Medical Center

Chia-Hsuan Liu[1] , Hui-Shan Fang[2] , Pei-Jun Chen[3]
RN Chi Mei Medical Center, Chiali[1] , 護理師/RN , Chi Mei Medical Center, Chiali[2] , 護理長/Head Nurse , Chi Mei Medical Center, Chiali[3]

Abstract

Background:

A reliable sputum sample is essential for accurately diagnosing respiratory tract infections and determining appropriate antibiotic treatment. However, in the ICU of a hospital in the southern region, the contamination rate of sputum culture was alarmingly high at 54.4% in 2021, significantly higher than peer hospitals. In response to this concerning situation, a task force was formed toenhance nursing care quality and sputum sample collection procedures.

Purpose:

The primary objective of this project was toaddress the increasing contamination rate of sputum specimens in the ICU.Recognizing that prolonged hospitalization would lead to higher medical costs and potential delays in diagnosis, the target was set to reduce the contamination rate to 13.6%.

Methods:

The task force conducted a comprehensive analysis of the root causes contributingto the high contamination rate, which included personnel neglecting oral care before sputum culture, insufficient familiarity with the sputum culture process, lack of education and auditing steps for sputum specimen retention in the unit. To implement effective improvements, the following measures were employed:Conductingunit-wide publicity and slogan campaigns to increase awareness of proper sampling techniques.Developing relevant norms and implementing audit mechanisms to ensure adherence to best practices.Including newcomers in the learning process to promote consistent and standardized practices.

Results:

Following the implementation of the task force's interventions, the contamination rate of sputum sample culture significantly decreased from 54.4% to 11.9%. This outcome successfully achieved the predefined target.

Conclusion/Implementations for practice:

The project's success in reducing the contamination rate of sputum sample culturein the ICU demonstrates the importance of addressing root causes and implementing appropriate improvement measures. To sustain these positiveresults, ongoing revisions should be made in accordance with the currentsituation. Furthermore, the parallel promotion of these practices in each wardunit is recommended to ensure continuous success in reducing contamination rates across the hospital.

This improvement project not only enhances patient care and diagnostic accuracy butalso helps in curbing unnecessary medical costs and potential delays intreatment. By promoting standardized practices and education, healthcare institutions can maintain a safer and more effective environment for sputum sample culture collection, contributing to better overall patient outcomes.

Keyword: Intensive Care Unit.sputum sample.contamination rate

Discussion on the acceptance of medical care APP by inpatients in a regional teaching hospital

Yu-Chen Cheng [1] , Wen-Chun Tasi[2] , Hsiu-Wen Chiang[3]
information nurse En Chu Kong Hospital[1] , Director of Nursing , En Chu Kong Hospital[2] , superintendent , En Chu Kong Hospital[3]

Abstract

Background: The medical care app uses information technology to innovate the medical care model, takes the patient as the center, extends the patient's self-care ability, and provides medical services.The hospital builds a medical care APP based on the needs of inpatients, which can be used in unlimited locations,providing personalized hospitalization and discharge information and hospitalsatisfaction feedback, achieving personalized care, reducing the workload ofmedical staff, improving work efficiency, and assisting the quality of hospitalcare , to achieve a win-win situation among doctors, nurses and patients.

Purpose: Explores users' acceptance of medicalcare APP, and explores the effect of medical care APP function construction.

Methods: Based on the 2-month data of medical care APPuse, analyze gender, age group, App acceptance and hospitalization satisfactionfeedback, and conduct interviews with APP non-users to understand the demandfor APP use.

Results:116 inpatients used medical care APP, and womenaccounted for the highest (63.8%). The age group is 40-49 years old ,followed by 30-39 years old . 82.8% of medical care APPs are acceptableand . Sorting by analysis of reasons for unacceptableuse: 1.Refuse to use: 35%, 2.Find it troublesome: 20%, 3.Can’t use mobilephones: 20%, 4.Don’t have smartphones: 15%,5. Rarely use mobile phones : 5%,6. APP functions are not used: 5%. 94.4% of hospitalization satisfactionfeedbacks were given by using the APP. .

Conclusion/Implementations for practice: Eighty percent of medical care apps are acceptedby hospitalized patients, indicating that the establishment of apps can assistpatients in self-care. Based on the analysis ofunacceptable reasons, 1.For those who refuse to use, feel troublesome and donot use the function: it is inferred that the app function is not understood,which affects the user's willingness. It is recommended to carry out multi-facetedpromotion of APP functions in the early stage of function introduction toincrease the exposure of App functions. 2.Those who do not know how to use amobile phone or do not have a smart phone can assist in personalized carethrough the guidance of the patient's companion or family members. In addition,the hospital is committed to developing a smart hospital, causing patients torepeatedly download hospital-related apps to meet their usage needs. It isrecommended to integrate hospital-related apps and unify app operationentrances to meet user operating expectations and improve the use of smart careapplication tools.

Keyword: Medical care APP

APPLICATION OF CAREGIVER STRESS THEORY IN NURSING PRACTICE

Ching-Hui Tu[1] , Hui-Ju Liu[2] , Sue-Chen Chen[3]
Nurse Practitioner Chi Mei Medical Center, Liouying[1] , Nurse Practitioner , National Cheng Kung University Hospital[2] , Clinical Nursing Teather , Meiho University[3]

Abstract

Background:

Taiwan has entered an aging society and resultingin an increase in long-term care needs, the main caregiver is very importantand the physical-psychological under much pressure in the care of process. Therefore, if the pressure can be reduced, the care recipient can alsoreceive the best quality of care.

Purpose:

The purpose of this paper is to evaluate the implications and nature of caregiverstress theory

Methods:

Used Meleis's nursingtheory analysis and evaluation method on the relationship between the variousconceptual frameworks of the caregiver stress theory, and include fourcategories of nursing (person, environment, health, nursing), to furtherexplore the caregiver stress theory in clinical nursing practice use.

Results:

The caregiver stress theory is a middle range theory developed from Roy'sadaptation theory, mainly focusing on the care of the elderly with chronicdiseases. The three main concepts including: 1.Input: objective burden,stressful life events, social support and role, race,age, gender and family relationship; 2.Control process: self-perceived caregiver stress; 3.Output: physical function , self-esteem and mastery, roleidentity and marital satisfaction.

Conclusion/Implementations for practice:

In nursing, the stressors and coping styles of caregivers can be assessed,and emotional support, consultation and referral services can be provided toavoid increasing the burden of caregivers; in education, courses such as carefor specific diseases of the elderly, social resources and stress managementcan be provided and helpful application of clinical services; in research, wecan design appropriate care measures and develop care strategies suitable forTaiwanese culture according to different specific behaviors; in management,through early receipt of cases and cross-team integration services, earlydetection of primary caregivers to avoid stress and care problems.

Effects of Acupuncture on Pain and Disability In Patients After Lumbar Spine Surgery: A Systematic Review and Meta-analysis

Tsai-Wen Chung[1] , Ching-Hsiu Chen[2]
Specialist, Kaohsiung Municipal Ta-Tung Hospital [1] , Assistant professor , Department of Nursing, Fooyin University[2]

Abstract

Background: Pain and disability are the most troublesome problems for patients after lumbar spine surgery. Many studies have shown that acupuncture interventions can help reduce pain in postoperative patients, but neither systematic reviews nor meta-analyses are available for the postoperative pain and disability of patients after lumbar spine surgery. Thus, a further review on evidence for the effectiveness of acupuncture interventions on such patients and the substantial results is needed.

Purpose: The purpose of this research was to conduct to investigate the effects of acupuncture on postoperative pain and disability of patients with lumbar spine surgery by systematic review and meta-analysis.

Methods: Twelve databases including MEDLINE, PubMed, Cochrane Library, Ebsco ASC, CINAHL PLUS with Full Text, Embase, Web of Science, PsycINFO, Wangfang Data platform,National Digital Library of Theses and Dissertations in Taiwan, China National Knowledge Infrastructure, and Airiti Library were searched. After entering keywords, acupuncture-related articles in Chinese and English were selected based on the inclusion and exclusion criteria. The quality of the literature was assessed according to the Cochrane risk of bias and modified Jadad scale,while the meta-analysis was performed using the CMA software.

Results: Nineteen articles were included in the systematic literature review of this study. Also,the meta-analysis was conducted for 14 articles after those with incomplete data values were excluded. The studies showed that acupuncture had a significant effect on pain, with respective effect sizes of 1.264 (11 studies,95% CI = [0.748, 1.781], p = 0.000), disability by Japanese Orthopaedic Association Scores was 1.546 (5 studies, 95% CI =
[0.624, 2.468],p = 0.001), and disability by Oswestry Disability Index was 0.654 (5 studies, 95% CI = [0.134, 1.174], p = 0.014).

Conclusion/Implementations for practice: There search results of this study indicate that acupuncture could reduce the pain and disability of patients post lumbar spine surgery. It also concluded that this intervention could be performed once a day for 30 minutes each time and continued for more than three consecutive days. These findings can be used as a reference for the clinical practice of medical staff to improve the quality of patient care.

Keyword:acupuncture; post-lumbar spine surgery; pain; disability; systematic literature review; meta-analysis

Combine care in a patient recently recovered from COVID-19 with asthma according to Neuman System Model

YU-HUA HO[1] , Pei-Rung Tsai[2]
NURSE Chung Shan Medical University Hospital[1] , Nurse , National Taiwan University Hospital Yunlin Branch[2]

Abstract

Background:

This is a nursing experience of collaborative practice in a patient with acute exacerbations of asthma who recovered from COVID-19 recently. A 23-year-old female,who suffered from upper respiratory tract infection, was hospitalized for the first time. Poor self-control on health and short of knowledge are main cause of asthma attack. Patients with asthma should keep SpO2 above 95%. The most important is to get enough information with asthma. Furthermore, accurate inhalation technique can prevent a relapse of asthma attack. This patient was cared from December 17 to December25 of 2022, and her medications for asthma are formoterol inhaler 2 puffs twice a day.

Purpose:

According to Neuman System model, this is a nursing experience of a woman who recently recovered from COVID-19 but suffered from acute exacerbations of asthma.The literature suggests the case should understand the disease,combine nursing care with dietitian and physical therapist can actively deal with psychological stressors,strengthen the internal resistance line and stabilize the normal defense linea nd lead to achieve a comfortable state.

Methods:

Neuman system models are used to evaluate the case by analyzing the source of stress from spirituality and other aspects. We provided her emotional support and appeased her during the care process, and also adopted the strategy of collaborative practice such as dietitian and physical therapist consultation. To reduce her risk of an asthma attack, nurses had an appointment and complied with her patient education session, reassess her inhalation technique, and re-educate her on asthma disease.

Results:

Make a plan with the patient together,individual nursing measures, maintain sufficient airway during the care period to make the patient breathe smoothly and emotionally stable, and encourage the expression of her feelings.

Conclusion/Implementations for practice:

Neuman system model is applied in this article to evaluate a patient having an asthma attack. The case was taught to identify the type of interventions suitable for different stages of asthma management. After interventions, the knowledge of asthma improved, so that the case can reach a comfortable state. With nursing experience sharing, we sure that collaborative practice can be expected to improve the quality of care in the future.

Keyword: asthma, Neuman's system model, nursing experience

Care of an Adolescent with Goodpasture syndrome According to Neuman System Model：Case Report

Pei-Rung Tsai[1] , YU-HUA HO[2]
Nurse National Taiwan University Hospital Yunlin Branch[1] , NURSE , Chung Shan Medical University Hospital[2]

Abstract

Background: Goodpasture syndrome is a rare and irreversible disease. If it is not diagnosed in time at the early stage, it may develop into life-threatening consequences, and the prognosis is extremely poor. If diagnosed in time, plasma exchange and dialysis treatment can increase the survival rate of this disease. During the nursing process, the case was a15-year-old girl suffering from the disease for the first time. The disease caused renal failure. The case had difficulty in psychological adjustment due to the impact of the disease and lack of awareness of the disease. Therefore, the author uses therapeutic communication to help understand the disease and future care, and provides psychological support to relieve the pressure caused by the disease, so that the patient can face the disease positively, face up to the changes in his body and learn self-care.

Purpose: This case report aimed to assess the application of the Betty Neuman systems model to the care of an adolescent with Goodpasture syndrome.

Methods: During the nursing period, the Newman system model was used as an evaluation tool, and the data were collected and analyzed by objective observation and medical records.

Results: During the care in the intensive care unit, the main health problems of the patients were acute renal failure, inability to cough effectively due to weakness of respiratory muscles, and the disease leading to psychological maladjustment.

Conclusion/Implementations for practice: Understanding of the disease and having a positive attitude are the keys to recover and mentally adjust from the disease. Improve the awareness of individual diseases through appropriate nursing measures and guidance. Health education is made to this patient such as take medicine on time and regular return for treatment and hemodialysis to control the disease. In this case, nurse processing is to give positive encouragement to the patient and let the case gradually accept this irreversible disease by considering the psychological impact on this patient. During the adolescent the self-awareness is still in the formation stage. Therefore, psychological adaptation to the shock and the problem feeling out of control of herself cannot be ignored.

Keyword: Goodpasture syndrome, adolescents, psychological shock, psychological adjustment

The Relationships among Stress and Coping, and Decision Process and Conflict in Breast Cancer Patients

Yen-Ju Chen[1]
Associate professor Da-Yeh University[1]

Abstract

Background: Although with the advancement of medical technology, in the process of diagnosis and treatment, breast cancer patients have multiple treatment options, which may lead to the confusion of patients receiving information. Due to individual differences in how patients coping with disease, breast cancer patients need to coexist with the disease and treatment for a long time.

Purpose: The purposes of the study were: (1) to explore the status of perceived stress,coping styles, decision making and conflicts; and (2) to explore the relationships among perceived stress, coping styles, decision making and conflicts.

Methods: The study was conducted by cross-sectional design with convenience sampling in medical center in Taiwan. The instruments were background information form, Perceived Stress Scale, Brief COPE, CollaboRATE,and SURE-4 item screen. Data was analyzed by descriptive statistics and Pearson's correlation method.

Results: A total of 90 breast cancer patients were recruited in the study. The results showed that patients perceived mild to moderate stress, the coping styles were both including approach-oriented and avoidance-oriented coping, and patients took moderate effort in decision making process. 24.6-40.6% patients were unable to understand information and self-affirmation in decision making process. There were significant relationships among perceived stress, coping styles, decision making and conflicts.

Conclusion/Implementations for practice: This study can provide clinical staff with understanding of the multi-treatment characteristics, stress coping, decision-making process and conflict relationship faced by breast cancer patients. This result can be used as a reference for future development of medical decision-making conflict strategies and individual health education.

Keyword: Stress, Coping, Decision Process, Decision Conflict, Breast Cancer

The relationship between the functional social support and mental adjustment for RTW after cancer treatment

Yen-Ju Chen[1]
Associate professor Da-Yeh University[1]

Abstract

Background: With the advancement of cancer treatment, the survival rate of all cancers has increased compared with the past. However, many patients cannot return to work (RTW) due to physical and psychological factors after treatment, or face various difficulties.

Purpose: To examine the association between functional social support and mental adjustment in cancer patients and identify factors associated with RTW.

Methods: A cross-sectional study with convenience sampling was conducted in Taiwan.Structured questionnaires were used to collect data on RTW status and to explore possible factors related to RTW. RTW status was assessed by a single question. Functional social support was assessed by Structural-FunctionalSocial Support Scale, and mental adjustment was assessed using the Mini-mental Adjustment to Cancer Scale. Sociodemographic and disease background data were also collected and analyzed.

Results: A total of 94 cancer patients were recruited into the study. Of them, 31 (32.9%) returned to work after treatment. Patients had moderate mental adjustment and functional social support from their supervisors and colleagues but they hoped for more. Compared to those who did not RTW, patients who did RTW had better functional social support and mental adjustment (hopelessness and helplessness, anxious preoccupation, avoidance,and fatalism). Related factors including education level, married status, cancer diagnosis, functional social support, and mental adjustment were significant difference in RTW.

Conclusion/Implementations for practice: The issue of RTW among cancer patients is related to multidimensional factors. The results suggested that programs for social support and coping strategies need to be developed to assist cancer patients to RTW.

Keyword: Social support, Mental adjustment Return to work, Cancer survivorship

Quality management of cancer registry database - Experience from a hospital in southern Taiwan

Ching-Ya Huang[1] , Leong-Peng Chan[2] , Jui-Feng Hsu[3]
Kaohsiung Municipal Ta-Tung Hospital[1] , Chief , Department of Otolaryngology, Kaohsiung Municipal Ta-Tung Hospital[2] , Chief , Cancer center, Kaohsiung Municipal Ta-Tung Hospital[3]

Abstract

Background:

The so-called "cancer registry" refers to the systematic and ongoing collection, recording, and reporting of diagnostic, treatment, outcome, and recurrence information for cancer patients.The accuracy and completeness of the cancer registry database are not only helpful for the country to conduct cancer-related analysis and research but also an important basis for formulating cancer prevention and control measures and evaluating the effectiveness of strategies.

Purpose:

Each year, there are over a thousand cancer patients diagnosed or treated at our hospital. To ensure the quality of cancer treatment and care, our hospital utilizes the cancer registry database annually for the analysis and exploration of cancer diagnosis and treatment indicators and survival rates. Therefore, the completeness and accuracy of the cancer registry database are particularly important.

Methods:

Quality management of the cancer database can be approached from two aspects: completeness and accuracy. In terms of data completeness, our hospital monitors the completeness rate of 15 items, including tumor size, clinical stage, and cancer site-specificfactors, every quarter to ensure that information is accurately recorded.Regarding accuracy, our hospital's cancer registry operation is carried out by personnel who have obtained advanced certificates in cancer registration. The registration system also includes logical error correction functions to detect omissions and errors during data entry. In addition, a quarterly database accuracy review is conducted, and cancer registrars from external hospitals are invited to assist with medical record audits.

Results:

From 2020 to 2022 ,the accuracy rate of internal and external audits for both the long and short forms were found to be over 99.5% accurate. The uncertainty rate monitoring for registered items was found to be less than 0.5%, meeting our hospital's predetermined target.

Conclusion/Implementations for practice:

By managing and monitoring cancer registry databases, the accuracy and completeness of cancer data can be effectively ensured. In the future, this process will continue to be applied in the daily operations to ensure the quality of the cancer database. This will help to further improve the quality monitoring of cancer diagnosis and treatment, not only in our hospital but also in the nation.

Keyword:cancer registry、quality management、cancer database

Improvement projects using multiple strategies to reduce the incidence of pressure injuries in intensive care units

HUANG,YI-MIN[1] , Tseng Chia-Ju[2] , Fang Hui-Shan[3] , Chen Pei-Jun[4]
RN Chi Mei Medical Center, Chiali[1] , RN , Chi Mei Medical Center, Chiali[2] , RN , Chi Mei Medical Center, Chiali[3] , Head Nurse , Chi Mei Medical Center, Chiali[4]

Abstract

Background:

Casesin the intensive care unit are at high risk of pressure injury due to factorssuch as disease severity, hemodynamic instability, and poor nutrition. Theincidence rate of pressure injury in our unit in 2020 is 1.5%, which is higherthan the annual average of 0.22% among peers There are many problems, sothrough cause analysis and intervention plan.

Purpose:

When the effect of pressure injury care is notgood, the wound healing time is prolonged, and the wound infection is likely toincrease the length of hospitalization. Therefore, an improvement task forcewas established, and its target setting was reduced to 1%.

Methods:

Through literaturereview and cause analysis, the improvement is as follows: Guidelines for thecare of pressure injury in critically ill patients, training seeds for pressureinjury care, pressure injury assessment tools, self-made decompression board,body anti-pressure small picture card, tips on pressure injury skills Card, socarry out clinical promotion.

Results:

Afterthe relevant measures of the project improvement team and the implementation ofaudits, the incidence of pressure injuries dropped from 1.5% to 0.2%

Conclusion/Implementations for practice:

Pressureinjury is an important indicator of nursing quality monitoring, and the clinicalcare process cannot be ignored. It is hoped that this project will provide areference for the prevention of pressure injury-related care, and it will alsobe promoted in parallel to other units to improve the quality of clinicalnursing care.

Keyword: Multiple strategies, intensive care unit, pressure injury

Perioperative Nursing Experience on a Patient with morbidly obese undergoing laparoscopic gastrostomy

Wan-Bang Chang[1] , Hui-Fen Lin[2]
nurse Kaohsiung CHANG GUNG MEMORIAL HOSPITAL[1] , Head nurse , Kaohsiung CHANG GUNG MEMORIAL HOSPITAL[2]

Abstract

Background: Obesity can easily lead totype 2 diabetes, hypertension, cardiovascular diseases, breast cancer andpancreatic cancer, which have a negative impact on life and even threaten life.Surgery is one of the active and effective treatment methods. Through thewhole-period care of the operation, the medical team provides individual andcontinuous nursing measures and health education to alleviate the uncertaintycaused by the operation, so that patients can successfully go through theoperation process and increase their self-care ability.

Purpose: This article describes a case of a morbidly obese patient who underwentlaparoscopic gastric reduction surgery after repeated weight loss failures.

Methods: During the nursing period, the concept ofwhole-stage nursing was used to evaluate Gordon's eleven health function typesbefore, during and after the operation through observation, interview, directcare and medical record review.

Results: After analysis, summary andestablishment, the nursing problems of cases mainly include pre-operativeanxiety, injury of potentially dangerous surgical situations and health seekingbehavior. During the nursing process, the author listens and cares, andencourages non-drug measures to alleviate anxiety. During the operation,measures such as preventing pressure injury, electric burn, hypothermia andinfection were taken to avoid intraoperative injuries. Together with themedical team and the case, provide nursing guidance for the reasons of thecase's past weight loss failure, and assist the case to make a menu andexercise plan for one week after discharge, so as to improve the self-careability of the case at home after operation.

Conclusion/Implementations for practice: Through cross departmental cooperation, combinedwith nutritionists, weight loss case managers and ward nurses to play the roleand function of the whole operation nursing profession, the whole operationnursing measures can provide perfect and continuous services and jointly assistpatients to obtain a better health level.

Keyword: Perioperative Nursing Experience、morbidly obese、laparoscopic gastrostomy

Interdisciplinary Collaboration to Safeguard Patients With Dementia

Shu-Ling Ma[1]
Supervisor Kaohsiung Municipal Ta-Tung Hospital(Operation Under Entrustment with Kaohsiung Medical University) [1]

Abstract

Background:

According to a report by the World Health Organization onSeptember 2, 2021, here are more than 55 million people with dementiaworldwide. Dementia is one of the leading causes of disability and the inabilityof older people to live independently. Therefore, comprehensive protection mustbe implemented for diseases such as dementia that arise from the increasingelderly population in the community.

Purpose:

To use AD8 to screen patients in the hospital and outpatientclinics and lower the age for patient screening from 50 to 45 years old. Byintegrating information on the assessment and admission process, we can detecthigh-risk or early-stage dementia patients early and introduce integrated careacross fields to achieve the "early diagnosis and early treatment"care model. This will be used as a legacy of experience for future medical careand nursing education.

Methods:

Throughinterdisciplinary cooperation, we promote dementia patient care in threeaspects: establishing healthy public policies, creating supportiveenvironments, and strengthening community action. In terms of establishinghealthy public policies, we establish an information evaluation system for AD8,the screening scale for early-stage dementia, and plan the process for dementiascreening and follow-up. Creating supportive environments includes establishinga cross-team information platform to provide interdisciplinary team care forpatient needs, including functional therapy for diet, medication, brainexercise, individualized teaching of delaying disability skills, strengtheningdementia cognition, increasing willingness to return for follow-up visits, andmedication adherence. Strengthening community action includes dischargepreparation services for patients before discharge and collaboration with thecommunity long-term care system.

Results:

The completionrate of AD8 screening for all outpatients and inpatients in the hospital fromAugust 8, 2022 to March 31, 2023, was 90.7% (10,157/11,197). The high-riskdementia case enrollment (dementia case manager confirmed AD8 ≥ 2 points) ratewas 50% (390/781). The confirmed diagnosis rate of high-risk dementia cases was 8.7% (68/781). The dementia case manager's completion rate of the nursingreferral within 24 hours reached 100%.

Conclusion/Implementations for practice:

Protectingthe health of patients with dementia requires the participation andimplementation of all healthcare professionals. By establishing an informationsystem for dementia screening, interdisciplinary team care, and effectivecommunication and coordination, dementia patients can be detected andintervened early, thus reducing treatment gaps, and it is worth promoting in hospitals.

Keyword: Dementia、 AD-8,、Interdisciplinary Collaboration.

Nursing Experience of Caring for a newly diagnosed Pancreatic Cancer and Bone Metastasis Patient after Surgery

Yu-Ting Wang[1]
Nurse CHANG GUNG MEMORIAL HOSPITAL[1]

Abstract

Background:

This paper describes the nursing experience of caring a patient, which newly diagnosed pancreatic cancer with bone metastasis after surgery. Due to thoracic bone metastasis the patient has been suffering severe pain in the back and lower limbs and even caused poor muscle strength to affect daily activities. The same time to faced terminal cancer at the beginning of diagnosis, resulting in hopelessness such as low mood and apathy on the patient.

Purpose:

Hoped that this nursing experience sharing can be used as a reference for similar case in the future to improve the quality of clinical nursing care.

Methods:

During the nursing period data were collected through direct care, observation, interviews, and physical evaluations, and Gordon's Eleven Functional Health Patterns were used for the overall assessment. Three nursing problems were identified, acute pain, physical activity dysfunction, and hopelessness.

In addition to the use of drugs during the nursing process, essential oil massage, music therapy and comfortable positioning are used to alleviate the pain of the case. For physical activity dysfunction, physical therapy will be arranged before and after the spine surgery, and bedside rehabilitation exercises will be planned to help the patient improve the muscle strength of the lower limbs. Regarding the spiritual care of individual cases, we take care of the tranquility team, arrange family meetings, empathize and accompany and guide the cases to express their hopeless inner feelings.

Results:

Provides drug and non-drug options for pain relief. Rehabilitation exercises were performed before and after surgery to help the lower limbs to move and function. Through the power of religious belief, the cases can gain spiritual sustenance.

Conclusion/Implementations for practice:

Essential oil massage can indeed divert the patient's attention to pain, also the comfortable position relieves muscle tension and pain. Rehabilitation and joint exercise before surgery can effectively maintain the range of motion of the joints, and after surgery to training muscle strength can help patients improve the function of lower limb activities and restore the functional performance of daily life in a planned way.

Keyword:胰臟癌 、骨轉移、術後照護

Using Multiple Strategies to Improve the Implementation Rate of Cardiac Rehabilitation Exercises

Chin-Ling Wei[1] , Hsing-Fang Ko[2] , Yi-Shung Su[3]
Heart failure case manager Kaohsiung Chang Gung Memorial Hospital[1] , Nursing Supervisor , Kaohsiung Chang Gung Memorial Hospital[2] , Head Nurse , Kaohsiung Chang Gung Memorial Hospital[3]

Abstract

Background:

Heart failure is caused by the decrease of cardiac output, which leads to insufficient oxygen delivery to supply the demand of the surrounding tissues of the body, resulting in the inability of the body to produce enough energy to meet the needs of physical activities. Empirical studies indicate that exercise therapy can increase theefficiency and regulatory function of the surrounding muscles to use oxygen and stabilize the cardiac output to cope with various amounts of activity.

Purpose:

To restore patients to their best physical, psychological and social condition and to facilitate a return to work to maintain an active and stable life.

Methods:

Time :

The implementation period of the project is from December 1, 2021to March 11, 2022.

Solutions:

1. Arrange to visit the outpatient cardiac rehabilitation clinic.

2. Arrange group health education with multimedia in wards area.

3. Integrate cardiac rehabilitation exercise process.

4. Revised cardiac rehabilitation exercise guide leaflet.

5. Construct apersonalized illustrated exercise journal.

6. Customize the bookmark of "Rehabilitation red, Yellow and Green Assessment Card".

7. Make the "Cardiac 3C Card".

Results:

1. The first stage cardiac rehabilitation implementation rate increased from 75.7% to 91.7%; the rate of cardiac rehabilitation in Phase II increased from 43.2% to 83.3%.

2. The transfer rate of the second stage of cardiac rehabilitation exercise in doctors' clinic reached 100.0%.

3. The cognitive accuracy of cardiac rehabilitation exercise increased from 64.3% before improvement to 92.9%, with a total average increase of 28.6%.

4. The implementation rate of cardiac rehabilitation in patients with heart failure was continuously tracked from February to April 2022. The average rate of the first phase of rehabilitation was 92.4%, and the average rate of the second phase of rehabilitation was 84.9%, indicating that the effect maintained well after the implementation of theproject.

Conclusion/Implementations for practice:

The successful implementation of the project has improved patients' motivation, confidence and continuity in cardiac rehabilitation, and made phase I and Phase II of cardiac rehabilitation seamlessly integrated, improvin gpatients' rate of cardiac rehabilitation and improving their quality of life. It is recommended to establish a network of qualified institutions that can perform rehabilitation to increase the accessibility and convenience of patients performing rehabilitation.

Keyword: Heart failure、Cardiac rehabilitation、Exercise

Nursing Experience on the Care of Patient Diagnosed with ischemic Stroke

Qian-Hui Chen[1]
Nurse Professional Kaoshiung Chang Gung Memorial Hospital[1]

Abstract

Background: This article describes a 40-year-old male patient who was newly diagnosed withischemic stroke, resulting in left-sided limb weakness.Due to the threat to his health and the lack of awareness of the disease,there is a psychologicalimpact of the unknown state of limb recovery in the future in post-stroke patients.

Purpose: We used interdisciplinary medical team to increase the awareness and acceptance of the disease so patient can decide on proper treatment options.

Methods: During the care period of this nursing assessment from 08/03/2020 to 08/19/2020, the Gordon 11-item functional health assessment was conducted for overall assessment, and it was established that this patient had nursing problems such as reduced physical function, lack of knowledge, and powerlessness. Thus, an appropriate care plan was formulated for the patient.

Results: The patient was there is a psychological impact of the unknown state of limb recovery in the future in post-stroke patients down when the diagnosis of stroke was made. The author intervened to establish a relationship with the patient to relief the pressure of diagnosing with stroke, providing companionship, listening, and empathy, and providing stroke lated care information. We utilized interdisciplinary medical team resources and consulted with rehabilitation specialists and nutritionists to assist patients in understanding and implementing relevant rehabilitation techniques and recognizing the importance of dietary habits during their hospital stay. We even educated patients on how to use their mobile phones to download exercise videos from platforms like YouTube for learning physical rehabilitation exercises,with the patient's consent, could document progress made during the recovery process, through visual feedback, the positive progress in rehabilitation is enhanced to boost confidence in the treatment.

Conclusions: The author knows that post-stroke treatment is a long road, and there will face many questions throughout the process. It is recommended to have a long-term collaboration with the rehabilitation department to document patients of this kind. Through tracking rehabilitation progress, patients can gain more self-confidence, and use the medical team to provide cross-department stroke care to accompany patients through the most difficult times.

Keyword: Key words: stroke, rehabilitation, powerlessness

The Effects of Telephone Counseling on Symptoms Distress in Patients with Brain tumor after Surgery

YU-HUA LIN[1] , Tzu-Yu Tseng,[2]
Professor Fooyin University[1] , RN , 高雄長庚醫院 Kaohsiung Chang Gung Memorial Hospital[2]

Abstract

Background: Braintumors patients often suffering many symptoms that affect physical function, andreceived surgical treatment. However, after brain tumor surgery, the surgicalprocedure may cause postoperative complications, and may also affect patient'sphysical function. However,rare research explores the strategies to manage this issue.

Purpose: To examinethe effectiveness of a telephone counseling (TC) on symptoms distress inpatients with brain tumor after surgery.

Methods:

Aquasi-experimental design with simple randomize sampling, and the symptomdistress Scale was used to collect participants' data. Eligible samplerecruited from a hospital in Kaohsiung, Taiwan. 62 participants weredistributed into with TC group before discharge (n=31) or without used TC(n=31). However, 21 participants were withdrew, finally, 41 participants(TC=22; non-TC=19) were included in the analysis. The measurement outcomesincluded Symptoms Distress Scales, personal characteristics, and medicalvariables. The outcome was followed at the 7 days (first time clinic visited,T0), one month (T1), two month (T2), and three months (T3) after discharge.

Results: Theaverage score of TC group symptoms distress were 26.48 (T0), 19.52 (T1), 17.41(T2), and 14.21 (T3). The average score of symptom distress of non-TC groupwere 28.26 (T0) and 25.29 (T1), 25.39 (T2), 23.59 (T3). The generalizedestimating equation showed an interaction existed between the groups and testtimes in symptoms distress from Time 1 to Time 2. These results indicated thatthe TC effects were influenced by time. These results showed that the symptomsdistress score of the TC group was significantly lower than that of the non-TCgroup by 7.03 points at one-month (β=-7.03, $p<.05$), and 8.39 points attwo-month (β=-8.39, $p<.05$).

Conclusion/Implementations for practice: Thisstudy was confirmed that telephone counseling could help to improve symptomsdistress after surgery in patients with brain tumor. Medical team membersshould pay attention to the postoperative symptoms distress. And telephonecounseling supportive, such as information of physical health care,psychological support, sleep disturbance, headache, headache, and fatiguesymptoms, should be provided to patients after brain tumor surgery for improvethe quality of care.

Keyword: Telephone Counseling, Symptoms Distress, Brain tumor

Enhancing Service Capacity for Palliative Home Care Teams Projec in Hospital

Hsueh-Ling Yang[1] , Pi-Yu Lee[2]
Associate Head Nurse Chi Mei Hospital,Liouying[1] , Associate Professor , Fooyin University[2]

Abstract

Background:

The Ministry of Health and Welfare advocates for the integration ofmedical-home care, encouraging healthcare institutions to strengthen thelinkage of medical care resources. Home care is important for patients andtheir families with mobility limitations, aiming to provide comprehensive carefor every homebound patient.

Purpose:

The integration of the home care team involves inviting familyphysicians, the information departmepalliative nt, and the medical affairs department to establish effectivecommunication, discuss team collaboration strategies, and addressadministrative barriers.

Methods:

The team adopts a PDCA cycle as a framework for quality management. Itinvolves reviewing past implementation performance to identify the root causesof issues, reaching consensus on problem-solving strategies, developingperformance indicators, and implementing and evaluating them.The indicators include patient satisfaction, on-timecompletion rate of administrative tasks, hospital revenue, and the number ofvisits by home care nurses and physicians.

Results:

1. By reviewing hardware conversions and integratingrelevant departments, the information system enhances administrativeefficiency, achieving a satisfaction rate of 100% (6 out of 6) and ensuringtimely completion of medical record documentation, leading to increasedhospital revenue.

2. The palliative home care nurses conductan average of 45 visits per person per month, ensuring comprehensive care andsupport for patients.

3. The service satisfaction rate exceedssatisfaction level, reaching 100% (60 out of 60) as measured by feedback frompatients and their families.

4. From 2020 to 2022, the physician visitrate significantly improved from 90.26% to 96%, successfully meeting the settarget.

Conclusion/Implementations for practice:

1. Development of anonline system for palliative home care and establishment of a backend rapidprocessing mechanism, streamlining the operations and improving efficiency.

2. Accurateoutpatient billing and reduced instances of abnormal charges, minimizing theneed for communication with the medical affairs department via phone andincreasing the trust of family members.

3. Integration ofinterdisciplinary expertise, enhancing the capacity of the medical team forhome visits.

4. Implementation ofquality care for patients receiving home medical services, ensuring comprehensivesupport and attention to their mental well-being.

5. Increase inhospital revenue as a result of improved operational efficiency and expandedservices.

I suggest that the- hospital implements an integrated.crossteam communication plat form for palliative- home-care-to-consolidate-professional.expertise-in-order-to-bettercare for patients andi mprove service efficiency.

Keyword:palliative home care. Serving capacity

Associations of Physical Activity and Insomnia among Female Nurses

Chia Jung, Hu[1] , Pei Fen Lee[2]
Assistant Professor Da-Yeh University[1] , Clinical Lecturer , Chang Gung University of Science and Technology, Chiayi Campus[2]

Abstract

Background:

Insomnia is a common health concern among shift workers globally, including nurses. Although studies have suggested that regular physical exercise may assist in preventing insomnia, there is currently a lack of conclusive evidence regarding the effectiveness of physical activity for this purpose.

Purpose:

The aim of this study was to investigate the relationship between physical activity and insomnia among female nurses.

Methods:

This study employed a cross-sectional design following ethical approval. The questionnaire encompassed sociodemographic characteristics, insomnia assessment (AIS-8), and a physical activity scale. Descriptive statistics, t-tests, Pearson's chi-square test, and multiple logistic regressions were employed for data analysis.

Results:

The findings revealed a significant prevalence of insomnia (53%) among female hospital nurses. Upon adjusting for work-related factors, the results demonstrated that participants with higher levels of physical activity had a reduced risk of insomnia, with a hazard ratio of 0.89 (β=-0.12; 95% CI =0.83-0.95, p=0.001).

Conclusion/Implementations for practice:

Our study highlights the importance of physical activity in relation to insomnia among female nurses, especially those working night shifts. Female nurses, particularly those on night shifts, should seek guidance from healthcare professionals and adopt personalized strategies to manage physical activity and improve sleep.

Keyword: Female; nurse; physical activity; insomnia

Exploring the associations of healthy eating behaviors and insomnia among female nurses

Chia Jung, Hu[1] , Yun-Ching Liang[2] , Li-Ching Chang[3]
Assistant Professor Da-Yeh University[1] , Nursing student , Da-Yeh University[2] , Nursing student , Da-Yeh University[3]

Abstract

Background:

Insomnia is a commonhealth concern among shift workers globally, including nurses. Although somenutritional substances have traditionally been associated with promoting sleep,the current evidence is insufficient to support the effectiveness of healthyeating behaviors in improving sleep within this population.

Purpose:

The aim of this study was to examine theassociation between healthy eating behaviors and insomnia among female nurses.

Methods:

This study employed a cross-sectional designfollowing ethical approval. The questionnaire encompassed sociodemographiccharacteristics, insomnia assessment, and healthyeating behaviors scale. Descriptive statistics, t-tests, Pearson's chi-squaretest, and multiple logistic regressions were employed for data analysis.

Results:

The results demonstrated that participants withhigher levels of healthy eating behaviors had a reduced risk of insomnia, withan odds ratio of 0.88 (β=-0.13; 95% CI =0.82-0.94, p=0.000).

Conclusion/Implementations for practice:

Our study emphasizes the importance of healthyeating behaviors in addressing insomnia among female nurses. Seeking guidancefrom healthcare professionals and adopting personalized strategies to cultivatehealthy eating habits can play a vital role in improving sleep quality forthese nurses.

Keyword:eating behavior; insomnia; female; nurses

The chronic fatigue and its related factors among hospital nurses in Taiwan

Chia Jung, Hu[1] , Yun-Ching Liang[2] , Li-Ching Chang[3]
Assistant Professor Da-Yeh University[1] , Nursing student , Da-Yeh University[2] , Nursing student , Da-Yeh University[3]

Abstract

Background:

Fatigue is a complex physiological issue resulting from prolonged waking hours, high workload, poor health, and an imbalanced work-life situation. Among nurses during COVID-19, this problem is widespread. Identifying the risk factors in their daily lives is paramount.

Purpose:

This study aimed to examine the status of chronic fatigue and its related factors among hospital nurses.

Methods:

Three hundred and twenty-two clinical nurses completed a questionnaire that measured social-demographic and work-related characteristics and chronic fatigue. Analysis of variance and Pearson's correlation analysis were performed to analyze the related factors of chronic fatigue.

Results:

The results showed age, gender, working experience, education, and hospital type had no significance in fatigue among nurses, except for night shift working type and the average daily working hours (9-12 hours). A correlation analysis showed that interpersonal support, physical activity, and stress management were significantly and negatively correlated to chronic fatigue ($r = -0.21 \sim -0.36$, $p < 0.001$).

Conclusion/Implementations for practice:

In conclusion, this study emphasizes the significance of addressing certain work-related factors, such as night shift work and extended working hours, to effectively alleviate fatigue among nurses.

Keyword: Female; nurse; fatigue; COVID-19

Sexual Dysfunction Uncertainty: A Concept Analysis

Pei-Fang Kuo[1] , Shu-Ming Chen[2] , Shu-Fang Chen[3]
Registered Nurse First Assistant Kaohsiung Municipal Ta-Tung Hospital[1] , Associate Professor , Department of Nursing, Fooyin University[2] , Head Nurse , Kaohsiung Municipal Ta- Tung Hospital[3]

Abstract

Background:

Sexual dysfunction can lead to uncertainty in both physical and emotional aspects after surgical treatment for prostate cancer. However, the concept of sexual dysfunction is unclearly to define the attributes after radical prostatectomy inpatients with prostate cancer.

Purpose:

The purpose of this study was to clarify the meaning and nature of the concept of sexual dysfunction uncertainty after radical prostatectomy in patients with prostate cancer.

Methods:

The Walker and Avant (2011) concept analysis approach was applied. The defining attributes of sexual dysfunction uncertainty, clarify the concept, confirm the antecedents and consequences, and effects of typical cases, borderline cases, and contrary cases, and empirical research scale for examples.

Results:

The attributes of sexual dysfunction uncertainty after radical prostatectomy in patients with prostate cancer. include (1) Having a vague and unclear understanding of the disease or symptom experience.; (2) Feeling unable to predict the outcome of postoperative complications or situations on sexual function.; (3) Insufficient support from healthcare providers leads to a lack of comprehensive and relevant information about the events or situations.; (4) Uncertainty and a sense of loss of control regarding erectile function or disease recurrence.;(5) Perceived uncertainty may change over time depending on the duration of the current state.

Conclusion/Implementations for practice:

Through this concept analysis, nursing staff can enhance their ability to clarify the meaning and nature of sexual dysfunction uncertainty. This may help nurses develop a nursing intervention for patients with sexual dysfunction after radical prostatectomy.

Keyword: sexual dysfunction uncertainty, radical prostatectomy, concept analysis

Transitional Anxiety：A Concept Analysis

Ting-Ya Liao[1] , Shu-Ming Chen[2] , Hsueh-Ping Tai[3]
RN Kaohsiung Veterans General Hospital, Taiwan.[1] , 副教授/Associate Professor , Department of Nursing, Fooyin University, Taiwan.[2] , 護理長/Head Nurse , Kaohsiung Veterans General Hospital, Taiwan.[3]

Abstract

Background: Transitional anxiety is astate of nervous unease that can cause physiological and behavioral reactions.Transitional anxiety is defined as the environmental changes affecting negativeemotion that may affect the patients' health recovery process. However, theconcept of transitional anxiety is unclear identified when patient transits fromICU to general word. The concept analysis of transitional anxiety in medical contextsis limited in Taiwan.

Purpose: Used the method of concept analysis to clarify and analyze the concept of"transitional anxiety"

Methods: Based on the conceptual analysis steps of Walker and Avant (2005), after integrating the relevant literature, it summarizes the defining attributes, case introduction, antecedence and consequence of transitional anxiety, and proposes relevant empirical measurements.

Results: Defining attributes of transitional anxiety include: 1. Individuals'self-perception in their state, condition, or role during the transition. 2.Negative emotions such as worry or nervousness resulting from the transition,3. Negative physiological or psychological reactions resulting from thetransition, and 4. Negative physiological or psychological reactions affectingothers resulting from the transition.

Conclusion/Implementations for practice: Through this concept analysis, clinicians can clarify and identifypatient problems related to transitional anxiety, and provide morecomprehensive intervention for such cases in clinical settings to enhance thequality of care.

Key word: transitionalanxiety, conceptanalysis

Keyword:transitionalanxiety, conceptanalysis

Nursing experience in caring for first-time hemodialysis patient with blood sugar poor control

Jia-Yu Du[1] , Wan-Na Sun [2]
Nurse National Cheng Kung University Hospital[1] , HN , Department of Nursing, National Cheng Kung University Hospital; College of Medicine, National Cheng [2]

Abstract

Background:

This article describes a patient with type 1 diabetes who indirectlycaused diabetic nephropathy due to poor blood sugar control, causing damage torenal function. She was undergoing hemodialysis treatment, and the case learnedshe needed long-term hemodialysis.

Purpose:

Providing appropriate interventions based on the patient's lifestyle andallowing the patient to understand hemodialysis daily diet and water control techniques.

Methods:

The nursing period is from May 1, 2022, to May 31, 2022. The authorcollects data through observation, direct care, physical assessment, review ofmedical records, and interviews.

Results:

During the nursing period, we found out the problem were bodies fluidoverall and poor implementation health diet of the patient, who even ought haveleg edema, we help her to raised her legs to reduce swelling and new wounds,and told patient to apply lotion; the patient did not understand dialysis dietand had irregular diets habit, assist patients to find suitable diet records,use mobile phone alarm clock to remind meal time or use APP and other measuresto let patients understand the coexistence of dialysis diet and disease. Beforethe patient was discharged from the hospital, the edema of the lower limbsimproved, and he found an APP suitable for recording her diet, and her was notconfused about life after discharge. However the caregiver of the case during the epidemic is the healthprofessionals, it is not possible to strengthen family support when teachingdiet and daily precautions.

Conclusion/Implementations for practice:

During the hospitalization period, the mother of the case can only visitduring the holidays. Therefore, the correct diet education, fluid volumecontrol skills, and correct diet can only teach the case that it cannot bestrengthened through the power of family members. It is recommended that suchpatients should be used with a diet app. Through daily records, they canunderstand the implementation of the correct diet and water control in the dailylife of the case during the outpatient follow-up, that the medical team cancatch complete information of the patient, and also prevent the patient fromunclear or forgotten expressions lead to the omission of important informationand affect the quality of case care.

Keyword:first hemodialysis, diabetic nephropathy, hemodialysis diet, hopelessness

Exploring clinical placement learning outcomes and associated factors in second-degree nursing students: A mixed-methods study

Yang, Cheng-Fang[1] , Lu-Yen A. Chen[2] , Bih-Shya Gaub[3]
Assistant Professor National Taiwan University[1] , Assistant Professor , National Yang Ming Chiao Tung University[2] , Associate Professor , National Taiwan University[3]

Abstract

Background:

Effective clinical learning improves the clinical competence of nursing students and the qualityof care. A newly introduced second-degree program, Bachelor of Science in Nursing (BSN) at a university in northern Taiwan includes a clinical practice course that has been designed differently from those of traditional BSNs or equivalent degrees.

Purpose:

This study aimed to explore the outcomes of clinical practice courses and factors influencing these outcomes in second-degree BSN students.

Methods:

A mixed-methods approach was adopted for this study. An online survey wasconducted in northern Taiwan in 2021 and 2022, followed by semi-structured focus groups. This study included second- and third-year BSN students. Students completed different placements every month, completing nine placements intotal. Learning outcomes were assessed using a course satisfaction scale and a core competencies scale after each internship. Two focus groups were conducted after analysis of the quantitative data. The following topics were explored during the focus groups: the roles of different instructors during the internship process; effects of the number of instructors on the internship program; and students' perceptionof the roles of clinical nurses, opinions regarding the arrangement of internship courses, and reflections on the most significant learning outcomes from the internship experience.

Results:

In total, 47 students completed the survey. Overall course satisfaction was positively correlated with core competence($r = 0.42$; $p < 0.01$). Regression analyses identified overall course satisfaction, placement group, clinical instructor, and preceptor as predictors of student core competence. A total of 13 students participated in two focus groups, which revealed that 1) having more than one instructor at the same time enhanced variation in clinical learning experiences, 2) different student–instructor ratios should be considered for different courses, 3) comprehensive clinical nursing practice enhanced self-directedlearning, and 4) a step-by-step course design can be employed to improve student adaptation to clinical placement.

Conclusion/Implementations for practice:

Clinical instructors affect the development of student core competencies in clinical learning. Therefore, when designing clinical internship courses, factors such as the number of clinical instructors and their expertise, the student–instructor ratio, and students' ability to undertake self-directed learning should be considered.

Keyword: Clinical Placement, Core Competency, Instructor, Second-degree Nursing Students, Mixed-methods

Effects of Leadless Pacemakers in Quality of Life and Discomfort among Arrhythmias Patients

Pei-Tzu Liu[1] , Shu-Fen Su[2]
MSc student,RN National Taichung University of Science and Technology,Taichung Veterans General Hospital[1] , 教授(Professor) , 國立臺中科技大學(National Taichung University of Science and Technology)[2]

Abstract

Background: Receiving cardiac pacemaker (PM) could alleviate arrhythmias patient's symptoms and improve their quality of life (QoL). However, the conventional pacemakers (C-PM) may cause postoperative complications, such as thrombosis, pneumothorax, hematomas, infection, or lead dislodgement. C-PM also influences the patients' body image because of the subcutaneous pocket. Leadless pacemakers (L-PM) are the new technology which is safer and being able to reduce the incidence of postoperative complications. However, L-PM has high costs without national health insurance coverage which may cause economic burden for patients. Indeed, L-PM is only applied for the single-chamber ventricular pacing and may cause particular complications, such as pericardial effusion or perforation. Since the related study of L-PM is insufficiency, we'd like to investigate the effects of L-PM in QoL and discomfort among arrhythmias patients.

Purpose: This study was aimed to investigate the effects of L-PM in QoL and discomfort among arrhythmias patients.

Methods: A systemic review of 4 databases (PubMed, The Cochrane Library, CINAHL, and CEPS) with keywords of PICO, P: arrhythmias patients, I: leadless pacemakers, C:conventional pacemakers, O: quality of life; discomfort, were used to search the related randomized control trial (RCT) articles published between 1966 to 2023. In total, 4 RCT studies (n=1057 patients) met the inclusion criteria and were carefully assessed by using the 2020 Critical Appraisal Skills Programme (CASP) RCT checklist.

Results: At 1, 3 and 12 months after pacemaker implantation, the L-PM group had better QoL than the C-PM group, especially in domains of physical functioning and role physical. Notably, the L-PM group had a significant decrease of discomfort and restricted daily activities in the surgical area at 1 month after leadless pacemakers implantation.

Conclusion/Implementations for practice: Compared to the conventional pacemakers (C-PM), leadless pacemaker (L-PM) has better QoL in the domains of physical functioning and role physical, due to less surgical discomfort and activities limitations. However, the small sample size among studies, expensive and self-expense device of L-PM, and early stage of L-PM development are the limitations. Therefore, we recommend that a large and longitudinal RCT is required to further investigate the benefits of L-PM.

Keyword:leadless pacemakers, arrhythmias, quality of life

The Effectiveness of Horticultural Therapy on the Stress Adjustment and Relief of Medical Personnel-taking a hospital in southern Taiwan as an example

Yi-Fen Hu[1] , Chien-Chi Chou[2]
Registered Nurse TAINAN MUNICIPAL HOSPITAL (MANAGED BY SHOW CHWAN MEDICAL CARE CORPORATION)[1] , Registered Nurse , TAINAN MUNICIPAL HOSPITAL (MANAGED BY SHOW CHWAN MEDICAL CARE CORPORATION)[2]

Abstract

Background:

Under the COVID-19 epidemic, In the practice environment, the physical and mental occupational hazards which medical personnel face lead to occupational stress . Horticultural therapy is the healing power which stimulates senses and memory and hence improves physical and psychological health. In recently years, horticultural therapy has been widely used in clinical treatments, education and other fields.

Purpose:

The purpose of this study is to explore the impact of stress adjustment and physical and mental health on medical Personnel through horticultural therapy, by actually touching plants and using horticultural materials.

Methods:

Purposive sampling was adopted to collect medical personnel from hospitals in southern Taiwan join horticultural therapy courses as our objects. During the event, from January to March 2023 , with two sessions, each lasting two hours. Under the guidance of a horticultural therapist, objects learned and used gardening materials. Horticultural therapy well-being scale was used for the effectiveness evaluations physical movements, interest, hobby, relief, sense of achievement, social skills, logics and gardening skills after the courses, and Likert Scale and Chinese 14-item Perceived Stress Scale as well.

Results:

We have 51 effective objects in total and the average age is 43.8 with 92.2% female . The background is university 68.6%, stands on the top place. We can see significant improvements (P<.00) of the objects on physical movements, interest, hobby, relief, sense of achievement, social skills, logics and gardening skills after the courses, especially the sense of relief. On Chinese 14-item Perceived Stress Scale stress adjustment that those who pre-test “NORMAL” is 70.6% and it raises to 80.4% after intervention; those who pre-test “LITTLE STRESSFUL AND NEED RELIEF” is 29.4% and it drops to 19.6%(P<.00).

Conclusion/Implementations for practice:

The conclusion was that the horticultural therapy could provide the medical personnel a way to decrease the stress in work. we recommend that medical institutions provide horticultural therapy courses for staff health promotion. The findings shouldn’t be over inferenced due to limited samples. We think the better solution for the further research is to expand the study scope to different groups, follow-up research in related.

Keyword: Medical Personnel、Horticultural Therapy、stress

Suspected Vildagliptin-related Bullous Pemphigoid

Meng-Hsuan Lin[1]
Clinical pharmacist Zuoying Branch of Kaohsiung Armed Forces General Hospital[1]

Abstract

Background:

With the impending aged society, the medication safety of elderly individuals has become increasingly important. Dipeptidyl peptidase-4 (DPP-4) inhibitors are widely used for patients with type 2 diabetes. It can be used alone or in combination with other antidiabetic agents. Common adverse effects include headache, dizziness, nausea, and hypoglycemia. Recent studies have suggested DPP-4 inhibitors as possible predisposing agents of bullous pemphigoid (BP). In particular, vildagliptin was considered the DPP-4 inhibitor with the highest risk. Herein, we report a patient with BP in which vildagliptin is considered to be a possible causative agent.

Method:

This was a case report. An 81-year-old woman living in a nursing home affiliated to a regional hospital had no known drug allergies and a history of type 2 diabetes, hypertension, and acute coronary syndrome. She had been treated for 10 months with vildagliptin 50 mg/12h, metformin 500 mg/12h, glimepiride 2mg/12h, as well as long-term amlodipine, valsartan,and atorvastatin. A nurse noticed blisters on the resident's skin and recommended seeking medical attention. BP was diagnosed and oral antibiotics and topical clobetasol were prescribed. Nevertheless, the lesions still progressed a month later. Thus, treatment was adjusted in the follow-up appointment: the topical clobetasol were kept, while immunosuppressants were added, as well as dose titration of antibiotics. The patient first responded to the treatment, but the lesions reappeared a few months later. After several recurrences, the pharmacist was consulted. Due to suspected BP secondary to vildagliptin, the drug was discontinued. The blisters gradually resolved after a few days and there was no relapse of the skin lesions.

Conclusion/Implementations for practice:

Nursing homes with professional healthcare personnel have become increasingly important in elderly care. In addition to the care provided by registered nurses, patient-centered interdisciplinary care is also crucial. BP is an autoimmune condition that can cause cutaneous bullae and erosions, mainly in elderly patients. Vildagliptin is usually used as combination therapy for patients with type 2 diabetes. Collaborating across different teams is essential to enhance the quality of care and reduce healthcare costs.

Keyword:dipeptidyl peptidase-4 inhibitor, bullous pemphigoid, adverse drug reaction, interdisciplinary care

Employing Buddy-Buddy Strategy to Improve Effectiveness of Evidence-based medicine Teaching

Xihn-Xuh Chen[1] , Hui-Ping Sun[2]
Doctor Tainan Municipal Hospital[1] , Head Nurse , Tainan Municipal Hospital[2]

Abstract

Background:

Evidence-based medicine (EBM) is the knowledge that connects clinical problems, patient values, research evidence, and clinical experience.The health care that focuses on evidence-based medicine gradually captures attention both clinically and by the community. As to how to apply the results of evidence-based research to the first-line health care, and to have prompt update of knowledge and skills of the medical personnel, it is currently a lesson of the utmost importance for the promotion of evidence-based health care.

Purpose:

Employing Buddy-Buddy Strategy to Improve Effectiveness of Evidence-based medicine Teaching.

Methods:

Practical instruction follows only after its completion. This practical instruction lays out in a buddy-buddy mode and is divided into six times with a total of six hours. According to clinical situations, the teachers personally guide the tranees to seek for problems, search and evaluate informations, make conclusions, and to apply them clinically. In the last lesson a trainee is required to complete both an oral and a written report. In the mean time,sharing evidence-based information to various occupation categories every three months, aside from how to reach the concepts of EBM, one can also observe the presentations of various occupational categories to improve one's own ability in EBM.

Results:

Since 2019, a total of 12 evidence-based presentations have been completed among various occupation categories in the whole hospital. Seventy trainees have been encouraged to collate data and submit to both the Taiwan Evidence-Based Medicine Association and Taiwan Evidence-Based Nursing Association. During 2019 to 2022, a total of 65 presentations and poster publications have been submitted and the acceptance rate reached 92.9%. Among them, 8 were shortlisted as exceptional posters. After an on-site assessment, one was awarded a third place in National Exceptional Posters Competition by Taiwan Evidence-Based Medicine Association; two were awarded "the most potential awards" in National Exceptional Posters Competition by Taiwan Evidence-Based Nursing Association.

Conclusion/Implementations for practice:

Whenever necessary,buddy-buddy teaching can grasp the learning progress of trainees and help clarify problems at once. It is therefore suitable for beginners in evidence-based medicine and can be served as the reference for other hospitals.

Keyword: Evidence-based medicine、Buddy-Buddy Strategy、Effectiveness

A Concept Analysis of Self-Efficacy Among Elderly With Diabetes Mellitus

SHU-CHING TSENG[1] , Chao-Yin Li[2] , Chi-Chen Chiang[3]
Diabetes Health Education Nurse Chi Mei Hospital[1] , Associate Professor of Nursing , Department of Nursing , Fooyin University ,Kaohsiung, Taiwan[2] , Assistant Professor of Nursing , Nursing department , Fooyin university ,Kaohsiung, Taiwan[3]

Abstract

Background:

According to statistics from the International Diabetes Federation, the rapid increase prevalence of diagnosed diabetes among older adults age ≥65 years.Based on data from Taiwan's Ministry of Health and Welfare in 2020, the prevalence of older adults with diabetes is 27.8%. With the increasing elderly population affected by diabetes, it has the potential to impair functional abilities among older adults. Self-efficacy plays an important role in carrying out health behaviors of diabetes management.In addition, self-efficacy is positively associated with self-management of health, blood sugar, and glycemic control among diabetes patients.

Purpose: The purpose of this study was to conduct the concept analysis of self-efficacy in elderly with diabetes mellitus.The purpose of this study was to conduct the concept analysis of self-efficacy in elderly diabetes mellitus.

Methods:A literature search was conducted on the Airiti Library, CINAHL, and PubMed databases for articles published from 2019to 2023. "elderly", "diabetes", "self-efficacy",and "concept analysis" were used as keywords, that identified105articles.Afterexcluding the irrelevant articles by screening the appropriate topics and content, a total of 7 articles were recruited for analysis.Concept analysis was conducted in accordance with a technique developed by Walker and Avant.

Results: Self-efficacyin elderly diabetic patients is defined as the ability and confidence to autonomously manage and control diabetes. Its antecedents include the level of knowledge, skills, and experience regarding diabetes. Influencing factors encompass behavioral control, self-monitoring and feedback, emotional state,resilience in the face of difficulties and setbacks, communication, social support, and collaborative capabilities. Outcomes involve seeking medical care and adherence, self-management behaviors, blood glucose control, psychological well-being, and quality of life.

Conclusion/Implementations for practice: Through this conceptual analysis, clinical caregivers can gain a more comprehensive understanding and application of self-efficacy in elderly diabetic patients. These findings can help clinical staff early assess the patients' problems, design the nursing interventions, and improve their self-efficacy and self-management behaviors.

Keyword:elderly, diabetes, self-efficacy, concept analysis.

Exploring the Types of Television Programs Desired by Older Adults.

ting chuan liao[1] , Cheng, Chun-Yuan[2]
[1] , , Fooyin University[2]

Abstract

Background:

Taiwan has already entered an aging society in 2018, and it is estimated that it will reach a"super-aged society" with the proportion of people aged 65 and over accounting for 20% of the total population by 2025. Currently, there are no TV channels specifically targeting the elderly population. In response to the rapid increase in the elderly population in the future, it is a challenge for Taiwan to provide more suitable and high-quality TV channels and programs for the elderly, as well as to learn and understand the life of the elderly.

Purpose:

To understand the demandsand expectations of the elderly population for TV programs.

Methods:

In this study, threedatabases were searched using multiple keywords such as "elderly,""senior citizens," "television," and "new media"to understand the usage habits of the elderly towards television and new media.The literature found through the search was then analyzed and evaluated.This study employeda quantitative systematic literature review and synthesis analysis toinvestigate the usage patterns of TV and new media among the elderly population.

Results:

After preliminaryscreening of 14 articles, a total of 7 articles were included after detailedreading and evaluation. The results indicate that older adults generally have ahigher acceptance of program types with light themes such as news, information,knowledge, and education.

Conclusion/Implementations for practice:

Based on the analysisresults, it can be concluded that older adults have a higher demand forprograms related to news, information, knowledge, and education. In the future,TV program producers can refer to these results to develop more high-qualityand demand-driven programs specifically for the older adult population.

The Care Experience of Looking After A Case of Drug-Induced Acute Kidney Injury

Ya-Ting Tung[1] , Hui-Ping Sun[2]
Nurse Tainan Municipal Hospital[1] , Head Nurse , Tainan Municipal Hospital[2]

Abstract

Background: This article explored a case of 59-year-old patient with acute kidney injury (AKI). The patient has been inlong-term use with diabetic medication and antihypertensives. With knee injury and the following symptoms of soreness and discomfort, the patient has been taking painkillers and steroid for a long time. After condition improved, the patient kept taking medication through illegal use of others' medicare card.This caused all medical institutions unable to learn the actual medication use of the patient. The patient and the cohabitant were both poor in medication knowledge and its use. With the interactions of multiple drugs, AKI was caused.

Purpose: To provide individualized nursing care and to ameliorate problems to reach the optimal state of health.

Methods: The researcher carried out the observations and interviews from Sep 27 to Oct 4, 2021 and the collected data were evaluated by According to the evaluation of Gordon 11-Items Functional Health Pattenrs, this patient was analyzed with the followings:1.body fluid overload / dysfunction of body regulation mechanism；2.anxiety / related to prognostic uncertainty and possible future long-term hemodialysis；3.specific lack ofknowledge / lack of the knowledge about medication and health.Facing the impactof diseases, anxiety was caused because the patient was uncertain about own's prognosis and hemodialysis. The medical team encouraged the patient to expressits feelings, to find out reasons of anxiety, and to give proper information.

Results: As the medical institute intervened, the medical teams worked together, reconciled medication, and reached a concensus with the patient. The teams worked together to help throughthe course of the disease due to AKI, and educate the correct way of medication use and the precautions after returning home. The patient has been informed about possible cause of severe AKI if drugs are misused. The patient was discharged after amelioration of renal function and has been followed up via the outpatient department.

Conclusion/Implementations for practice: It is of the utmost importance that people have correct concepts about proper drug use so that it would not cause irreversible renal disease.

Keyword: Drug-Induced Acute Kidney Injury 、body fluid overload、anxiety 、correct medication

Photobiomodulation, A. cinnamomea and G. lucidum as an adjuvant therapy in a lung cancer patient with 29 months follow-up

YI-LIN HSIEH[1] , Kai-Hsiang Chou[2] , Yu-Chen, Shih[3] , Bo-Kai Huang[4] , Chuan-Tsung, Su[5]
Ming Chuan University[1] , , Ming Chuan University[2] , , Ming Chuan University[3] , , Ming Chuan University[4] , Project Assistant Professor , Ming Chuan University[5]

Abstract

Background:

A lower relative survival rate (23%) of lung cancer in the 5-year has been analyzed by statistics in the United States.

Purpose:

Antrodia cinnamomea (A. cinnamomea) or Ganodermalucidum (G.lucidum) as the adjuvant therapy in cancer patients has been investigated in clinical studies to improve the host's immune response. Therefore, a combined therapy was applied in this study.

Methods:

In the present study, a combined therapy (PBM with 830 nm laser, A.cinnamomea and G. lucidum) was used in a non-small cell lung cancer patient with 29 month follow-up.

Results:

After 29 months of combined therapy, the in situ volume of the adenocarcinoma tumor size is approximately 50-fold smaller than the prior image on 2020/11/10. And the carcinoembryonic antigen tumor marker level is sustained stable at less than 3 (ng/mL).

Conclusion/Implementations for practice:

Bases on the results, the suitable parameters of PBM, A. cinnamomea and G. lucidum were important for the effective to inhibition of human lung adenocarcinoma cells, including wavelength and dose.

Keyword: Photobiomodulation, Antrodia cinnamomea, Ganoderma lucidum, adjuvant therapy, adenocarcinoma

An interventional program to improve awareness of necrotizing fasciitis among residents in coastal areas —a preliminary study

Shu-Yuan Weng[1] , Chiung-Yu Chen[2] , Yun-Ju Chen[3] , Meng-Ru Zeng[4] , Hsing-Ju Lu[5]
Head Nurse; Postgraduate Chiayi Chang Gung Memorial Hospital; Chang Gung University of Science and Technology Chiayi Campus[1] , Nurse , Chiayi Chang Gung Memorial Hospital[2] , Nurse , Chiayi Chang Gung Memorial Hospital[3] , Head Nurse , Chiayi Chang Gung Memorial Hospital[4] , Assistant Director of Nursing Department , Chiayi Chang Gung Memorial Hospital[5]

Abstract

Background: The coastal areas ofsouthern Taiwan are prone to necrotizing fasciitis of marine Vibrio andAeromonas. High mortality rates result from rapiddisease progression and delays in seeking medical attention.

Purpose: The purpose of this study is to improve the awareness of the disease in the community through the community health intervention program to achieve the effect of maintaining health.

Methods: This study was aquasi-experimental study, and a single-group pre- and post-questionnaire surveywas conducted, and the subjects were residents in the coastal areas of southernTaiwan. Community health intervention program, including:physical fitness test, necrotizing fasciitis healthlecture course, individual consultation, etc. for a total of 120minutes. Data analysis: Descriptive data and necrotizingfasciitis knowledge test.

Results: A total of 55 subjects,with an average age of 62 years old, were mostly women at elementary schoollevel; they mainly communicated in Mandarin and Taiwanese; 81.8% (45 subjects) were aware of "necrotizingfasciitis" for the first time. Necrotizing fasciitis knowledgetest, an improvement of 22.58 points (pre-test score of65 points, post-test score of 87.58 points), showing that the communityhealth intervention program are indeed effective.

Conclusion/Implementations for practice: The community healthintervention program can effectively improve people's awareness of the disease and achieve thepreventive effect. It is recommended to increase community healthknowledge-related lectures or publicity activities to promote people'sself-health awareness.

Keyword:vibrio vulnificus, necrotizing fasciitis, community health interventions

Explore the types of exercise older adults at long-term care service C stations perform and the life benefits they provide

Huan-Ting Wen[1] , Yu-Ching Tzeng[2] , Shu-Fang Che[3]
RN Kaohsiung Municipal Ta-Tung Hospital, Kaohsiung Medical University Hospital, Kaohsiung Medical University, Kaohsiung, Taiwan[1] , RN , Kaohsiung Municipal Ta-Tung Hospital[2] , HN , Kaohsiung Municipal Ta-Tung Hospital[3]

Abstract

Background:

In 2002, the World Health Organization proposed theconcept of active aging, which refers to a process that improves the quality oflife for older adults to maximize their health, social participation, andsafety.

Objective:

This study analyzes how the type and application of multi-motor learning in long-term care service C station can benefit of theolder adults and improve their quality of life.

Method:

A 30 person-times senior citizen muscle strengthexercise course was hosted by a long-term care service C station from twice aweek at January 3 to April 27, 2023.It was participated by community-dwelling olderadults who enrolled under the invitation of nursing professionals.

Invite professional lecturers to guide instruments such as rope ladders, dumbbells,abdominal rollers, push-up handles, resistance balance half balls, ropelessjump ropes, medicine balls, horizontal bars, elastic bands, yoga mats, and yogaballs were provided diverse interesting for olderadults to use.

Outcome:

A total of 25 older adults, averaging 66.8 yearsold, enrolled in the course. On average, after the intervention was complete,the older adults' 1-min chair stand performance increased by 4 repetitions,reflecting an improvement in lower limb muscle strength; their biceps curlperformance increased by 3 repetitions, reflecting an improvement in upper limbmuscle strength; their time in completing one-leg standing with eyes openreduced by 5.12 s, reflecting an improvement in static balance; and their timein completing 8-foot up-and-go reduced by 4.61 s, reflecting an improvement inagility and dynamic balance. Questionnaire results revealed that these olderadults were highly satisfied with the course content, the applicability oftheir learnings in daily life, and the interpersonal interactions theyexperienced in class. After the course concluded, the older adults expressedthat the course was fun with many gym instruments available ; they alsoexpressed that their physical strength improved thanks to the course and thatthey looked forward to attending the course.

Conclusions/PracticeImplementation:

The results show that the elderly can effectivelyimprove their functional fitness, daily life function and social participationthrough the application of multi-motor learning training courses of diversifiedsports methods, making the senior life of the elderly in the C site more happy,positive and fulfilling.

Keyword: Long-Term Care Service C Stations. Types of exercise. Older adults. Application of multi-motor learning

Application of Learning Theories for Enhancing Nursing Experience in Post-operative Care for Knee Replacement Surgery

YU-CHIEH SHIH[1] , Jia-Jheng He[2] , Li-Chin Tsai[3] , Wei-Yuan Cheng[4] , Chin-Ling Wu[5]
Nurse Yunlin Chang Gung Memorial Hospital of the C.G.M.F.[1] , Head Nurse , Yunlin Chang Gung Memorial Hospital of the C.G.M.F.[2] , Nursing Supervisor , Yunlin Chang Gung Memorial Hospital of the C.G.M.F.[3] , M.D., Department of Neurosurgery, Director of Surg , Yunlin Chang Gung Memorial Hospital of the C.G.M.F.[4] , Head Nurse , Yunlin Chang Gung Memorial Hospital of the C.G.M.F.[5]

Abstract

Background:

Mr. Lin had intermittentstinging pain in his left knee. He has experienced worsening difficulties andincreasing pain while walking over the past three months. He was diagnosed withdegenerative arthritis of left knee and then he received a total kneereplacement surgery.

Purpose:

Use learning theories to develop care strategies, plan individualized care measuresand home rehabilitation activities to enhance the individual's self-carebehavior. Unlike traditional nursing care, which does not effectively addressthe individual's problems, leading to a sense of powerlessness in patients.

Methods:

During his treatment, datawas collected through direct care, counseling sessions, and reviewing medicalrecords to conduct a comprehensive assessment in physical, psychological,social, and spiritual dimensions.The primary nursing problems were identifiedas anxiety, acute pain, and impaired physical activity function. Learningtheories were used as guidance for nursing interventions. For preoperativeanxiety, preoperative nursing guidance was provided in collaboration with thesurgical team. Patients were encouraged to express their inner feelings afterunderstanding the surgical-related information. The Beck Anxiety Inventoryscore decreased from 13 to 9, and the patient was able to employ anxietyreduction techniques.

For postoperativeacute pain, the Numeric Rating Scale (NRS) was used to assess pain levels. We taught the patientdeep breathing relaxation techniques, listening to music, ice packs andelevation of the leg for pain relief. The patient's wife was encouraged toexpress care and support through video calls with family. We aim to achieve thegoalof uninterrupted sleep at night and an NRS score below 3.Regarding impairedphysical activity function, collaboration with a rehabilitation therapist wasestablished to arrange rehabilitation sessions. Progressive rehabilitationactivities were implemented.

Results:

Through detailed explanation, the use of relaxationtechniques effectively alleviated the patient's anxiety and enhanced theirself-care abilities. We provided individualized pain relief measures andthereby gradually achieved goal of pain control. Collaborating with therehabilitation department, an appropriate rehabilitation plan was developed,which allowed the patient to overcome activity limitations.

Conclusion/Implementations for practice:

Forpatients with strong learning motives but lack of confidence, learning theoriesprovide with programmed health education for instruction of self-care. Thiscould help the patient increase knowledge of care and physical activities.

Keyword: Learning theories、Knee replacement surgery、Nursing experience

The Effectiveness of Limited ICU Visits in Lowering The Incidence Rate of Infection

Hua-Yin Hsu[1] , Hui-Ping Sun[2]
Nursing Supervisor Tainan Municipal Hospital[1] , Head Nurse , Tainan Municipal Hospital[2]

Abstract

Background: The infection rate in ICU is 2 to 5 times to the general wards. In order to prevent from infection, the hospital policy restricts its time of visits.

Purpose: Although there is restriction to the number of guests per bed, does it actually lower the incidence rate of Infection when all these guests gathering in ICU at the same time?

Methods: By using both Chinese and English keywords and synonyms searched in the MeSH database. The search techniques utilized were Boolean logic, which allowed for combining free-text term and controlled vocabulary term and connecting with OR; andfurther, PICO elements were searched and connected with AND. The published studies that were available in PubMed, Cochrane library, Clinical Key, Embase,and Airiti Library were investigated until May, 2023.Theliterature pieces were reviewed under Critical Appraisal SkillsProgram (CASP).

Results: Eleven studies were included in this review to investigate 3,741 ICU patients.There was no limited visits in the experimental group, while there was limited visits in the controlled group. The results showed no significant difference in ventilator-associated pneumonia (OR=0.96, 95% CI 0.71–1.30, I^2=0%, p=0.49), catheter-associated urinary tract infection (OR 0.97, 95% CI 0.52–1.80, I^2=0%, p=0.55), catheter-related blood stream
infection (OR=1.15, 95% CI 0.72–1.84, I^2=0%,p=0.66), and ICU mortality (OR=1.03, 95% CI 0.83–1.28, I^2=49%, p=0.12); the lenghts of ICU stays(SMD= −0.97, 95% CI−1.61 to 0.32, p=0.003) and incidence of dulirium(OR=0.4, 95% CI 0.25–0.63, I^2=71%, p=0.0005) in the experimental group was lower than controlled group and reached statistically significant difference.

Conclusion/Implementations for practice: Limited ICU visits does not lower the incidence rate of infection. On the contrary, from these studies it is discovered that these limits increased not only lengths of ICU stays, but also cases of delirium . It is recommended that the time of ICU visits in the hospital to be flexible instead of restriction.

Keyword:ICU、limited visits、Incidence Rate of Infection

Breastfeeding Happiness: A Concept Analysis

Kuei-Hsin,Wang[1] , Chia-Chun,Tsai[2] , Jia Ying,Hu[3]
Nurses Practitioner Yuan's General Hospital[1] , Assistant Professor , Fooyin University[2] , Deputy Director , Department of Nurses Practitioner[3]

Abstract

Background

happiness is an accumulated experience of positive emotions and an important goal of human survival. The happiness of postpartum women will be improved during breastfeeding, but there is still a lack of systematic analysis of the concept of breastfeeding happiness. Thus, this study uses the conceptual analysis method to assess the effect of breastfeeding to postpartum woman happiness.

Purposes

The objective of this study was to conduct the concept analysis of breastfeeding happiness in postpartum

women. Methods

This study followed the conceptual analysis methods proposed by Walker and Avant(2011), including:definition of the characteristic attributes, antecedents, consequences of the concept.

Results

After review of their proposed method the defininggattributes of breastfeeding happiness,including:1.Expect and be satisfied in a specific contest of breastfeeding;2.Have positive and affirmative emotions;3.Produce maternal adaptive behavior and monther-infant emotional communication and connection interaction; and 4.The postpartum women is able to achieve a state of psychological well-being. Antecedents were normal breaststructure, correct and comfortable breastfeeding position, and postpartum women. Consequences Were maternal happiness, breastfeeding rates, and extended breastfeeding period. The B-R-E-A-S-T-Feed breastfeeding observation scale, Oxford happiness scale and questionnaires can be used as the tools for assessing breastfeeding happiness inpostpartum women.

Conclusion

This study may be helpfulto enable clinical nurses to better understand and strengthenthe basic concepts of breastfeeding, apply their professional knowledge to clinical practice, and provide assistance and encourage postpartum women to enjoy of breastfeeding happiness.

Keyword:breastfeeding happiness Concept Analysis

Improve the period of skin-to-skin contact between mother and baby during cesarean section

Chen-Yin KUO[1]
Nurse Yuanlin Christian Hospital [1]

Abstract

Background:

Early skin-to-skin contact plays a significant role in the success of breastfeeding.

Purpose:

To understand the benefits of parent-infant skin-to-skin contact for the baby and the psychological well-being of parents, and to recognize the importance of early establishment of parent-infant attachment and successful breastfeeding.

Methods:

The proposed strategies for improving the survey method are as follows:(1)Improving the space on the operating table for cesarean section births.

Implementation of kangaroo-style surgical gowns.(2)Development of educational pamphlets.(3)The proposed strategies for improving the survey method are as follows:(4)Improving the space on the operating table for cesarean section births.Implementation of kangaroo-style surgical gowns.

Development of educational pamphlets.Enhancing the warmth and comfort of parent-infant skin-to-skin contact. Following the implementation of these strategies, the duration of parent-infant skin-to-skin contact increased from 8.6 minutes to 15.9 minutes.

Results:

The pre-existing issues with parent-infant skin-to-skin contact in newborns delivered by cesarean section were reduced from 299/60 (occurrences per sample) to 69/60 (occurrences per sample). The occurrence rate of issues decreased from 4.98 to 1.15.

Conclusion/Implementations for practice:

From the results, it is evident that there is a significant reduction in the obstacles to implementing skin-to-skin contact during cesarean sections. This helps mothers and their families gain more confidence and support in promoting maternal-infant bonding and breastfeeding.

Keyword:剖腹產、新生兒、肌膚接觸

Apply evidence based nursing to solve patients pressure injury with foam dressing

Han-Chun Liu[1] , Wan-Na Sun[2]
Registered Nurse National Cheng Kung University Hospital[1] , Registered Nurse, Head Nurse , National Cheng Kung University Hospital[2]

Abstract

Background:

When apatient had a pressure injury (PI), it is easy to increase infection, caregiverburden, and cost increase. Recently, there are various types of dressings,which claim to have excellent efficacy, which arouses the motivation of theauthor to discuss.

Purpose:

Applicationof evidence-based nursing to foam dressings in patients with PI.

Methods:

The five databases were searched, and the types ofliterature were mainly RCT and quasi-experimental design, and the main outcomeindicators included wound healing. Exclusion criteria: 1. No full text, 2. non-discussionon foam dressings, such as powder, silver-containing dressings, etc. A total ofthree study requirements will be evaluated through CASP. Two studies are RCTswith evidence level II, and one is cohort study with evidence level III. Allthree studies used foam dressings when patients were transferred and used foamdressings for 7 days or until they were discharged from the hospital. It wasfound that Forni (2022) used foam dressings for critical patients to achieve significancein the prevention of PI(p=.01), but there was no significance for grade 2 PIand seven days later (p=.223; p=.869); Lovegrove(2021) and Serrano (2020) foundthat foam dressings did not significance in the prevention of PI (CI=0.38%-19.1%), but achieved results in terms of comfort and cost-effectiveness.

Results:

The case can take care of itself at home, but itwas discovered that the had a first-degree PI on the coccyx when he wasadmitted to the hospital due to weakness and had to stay in bed. According tothe evidence-based, it is recommended to use foam dressings on the PI. Theauthor found that on the 5th day, in this case, had no redness, and said thatthere was no pain in the buttocks, which was much more comfortable.

Conclusion/Implementations for practice:

In this case, it was found that the use of foamdressing for first-degree PI in admission hospitals had good results, but that asingle case and three studies were not accepted in Asia, considering thatTaiwan has an island-type climate, comprehensive research on this issue shouldbe conducted in the future.

Keyword:pressure injury, foam dressing, evidence based nursing

Nursing experience in caring for a stroke patient

Pei-Jyuan SHIH[1] , I-Chen CHIU[2] , Li-Cing Zeng[3]
nurse Changhua Christian Hospital[1] , Head Nurse , Changhua Christian Hospital[2] , Supervisor , Changhua Christian Hospital[3]

Abstract

Background:

A 58-year-old male stroke rehabilitationpatient with left-sided hemiparesis, experiencing anxiety and a sense of guilttowards his family due to the lack of visible progress in rehabilitation.

Purpose:

Encouraging the expression of inner thoughts,resolving negative emotions, and actively participating in the treatment plan.

Methods:

Using Gordon's Functional Health Patternsassessment and determining nursing issues through observation and interviews,providing emotional support through listening, caring, and empathy techniques,collaborating with medical teams including physicians, physical therapists,occupational therapists, and nutritionists, providing accurate disease andrehabilitation information, and assisting the patient in facing therehabilitation process.

Results:

The functional recovery of limb impairmentscaused by stroke is a challenging process. Encouraging active participation inthe treatment plan and referring to long-term care services to provide supportin post-discharge care, aiming to help patients approach the rehabilitationprocess with a positive and optimistic attitude.

Conclusion/Implementations for practice:

Throughthis caregiving experience, I have come to a profound understanding thatrecovering limb function is like a long-term battle. Therefore, I recommendthat when caring for patients like this, the focus should not only be ondisease management but also encompass comprehensive physical, mental, andspiritual care as well as the development of a sustainable home care plan. Thisholistic approach aims to enhance the quality of life for both the patients andtheir families.

Keyword: Stroke, Physical activity functional impairment, Self-care deficit, Rehabilitation, Anxiety

Effects of the Otago Exercise on Balance Performance of the Elderly

Chia-Yin Lin[1] , Chao-Yin Li[2]
[1] , Associate Professor , Fooyin University[2]

Abstract

Background:

The aging process, coupledwith reduced physical activity and a decline in physical function, affects muscle strength, resultingin functional impairment and reduced quality of life.

Purpose:

The purpose of this study was to review the literature about the evaluate the effects of the Otago Exercise on the balance performance of the elderly.

Methods:

An electronic literature search was conducted using databases such as CINAHL, The Cochrane Library, PubMed, MEDLINE, and Airiti Library (CEPS). Keywords such as "elderly,"balance," and "Otago Exercise" were used to search for relevant references that met the inclusion criteria. These references were selected for analysis and extraction.

Results:

The results showed that a total of four references were selected for analysis and extraction, focusing on the effects of the Otago Exercise on the balance performance of the elderly, improved lower extremity muscle strength, and reduced incidence of falls. This exercise program has been found to improve physical function and quality of life.

Conclusion/Implementations for practice:

The Otago Exercise improved standing, walking, balance, and lower extremity muscle strength function of the elderly. This exercise suggestion as a fall prevention in long-term care institutions.

Keyword:"elderly,"balance," and "Otago Exercise"

Comfort in labor: A Concept Analysis

Yi-Jiuen Chen[1] , Ling-Hua Wang[2]
Master student Fooyin University, Kaohsiung[1] , Assistant Professor , School of Nursing, Fooyin University, Taiwan[2]

Abstract

Background:

Birth issues around the world are concerned with the safety, health, respect and fulfilment of the needs of pregnancy and childbirth. Comfort is key to a positive birth experience, which varies according to the progress of labor and childbirth pain, which can lead to fatigue, prolonged labor and difficulty in establishing the mother-infant bond.

Purpose:

The purpose of this study was to conceptualize of ' comfort in labor ' and provide clarity on related concepts.This was achieved by comprehensively gathering and analyzing findings from relevant theories and research literature, with the aim of validating the significance of a comfort in labor.

Methods:

This study uses the method and steps by Walker and Avant's (2011) to clarify the antecedents, consequences, and the characteristic antecedents of the concept of comfort in labor. This investigation involved searching electronic databases including CINAHLComplete, Google Scholar, Airitilibrary, PubMed, and the Cochrane Library, spanning a five-year period. The original search returned 3,431 articles. A review ofcitations of the original analysis of the concept of normalization resulted in 31 articles selected for closer examination of the concept development.

Results:

The defining features of the comfort in labor concept integrated through the literature were (1) the satisfaction of the physical needs of the expectant mother; (2) the release of anxiety and the satisfaction of emotional needs; (3) the decision to give birth according to one's own needs; (4) the intimacy and trust of human interaction; and (5) a safe and familiar birth environment. That factors that affect comfort in labor include normal progress of labor, effective pain control, personal stress management, family support and friendly healthcare staff. These factors can reduce pain perception, anxiety and stress, thus enhance positive birth experiences, improve self-efficacy, and facilitate the birthing mechanism and increase maternal happiness.

Conclusion/Implementations for practice:

The purpose of this study is to provide clinical staff with an understanding of the concept of comfort in labor, which can be applied in various clinical practices, and studies to help women gain a positive birth experience, and optimize their birth outcomes.

Keyword: Comfort in labor, concept analysis

Application of the Transtheoretical Model and Evidenced in Fluid Control of a Hemodialysis Care Experience

Yu-Hsiu Wang[1] , Shu-Fen Wu[2] , Hsiu-Lan Teng[3]
Registered Nurse Kaohsiung Municipal Siaogang Hospital[1] , Registered Nurse , Kaohsiung Municipal Siaogang Hospital[2] , PhD , Fooyin University Department of Nursing[3]

Abstract

Background:

It is defined that weight gain (fluid intake)between two dialysis sessions of more than 5.7% is inappropriate forhemodialysis patients. The excess fluid intake significantly increasesmorbidity in hemodialysis patients. Therefore, fluid control is a key problemin hemodialysis patients and it is the most crucial restriction in a patient'sdaily life fluid intake.

Purpose:

Most the hemodialysispatients ignore the importance of fluid control. In particular, when patients'living habits conflict with their health education, they may not obey thehealth education that should be adherence. Therefore, the aim is to reverse themisperception and misbehavior of the patient, preventing the patient fromfacing serious complications in the future.

Methods:

Data werecollected through global assessment, observation, individual interviews, andreview of electronic medical records. Based on the transtheoretical model it ispostulated that individuals' changes behavior through six stages of change.However, according to the author's assessments and clinical experiences, thisstudy focuses on the first three stages: pre-motivation, motivation, andpreparation. The goal setting is according to their individual motivation, usesbehavior change strategies, and empirical literature search results to designnursing interventions for managing body fluids and quenching thirst.

Results:

In the **pre-motivationstage**: through "creating self-awareness" to perceive the risks ofunlimited fluid behavior, and "dramatic release" to guide thepatients how to relieve negative emotions as well as to understand lacking motivationwhich should be activated.In the **motivational period**: using "situational substitution" to teachthe method of promoting body fluids and quenching thirst according toindividual preferences, and actual experience, while making the patients feelbenefited from it. Furthermore "helping relationship" enhances themotivation for change with the support of relatives and friends. Finally, the author assists the patients in the **preparation period**: encourage goalsetting with "self-commitment", self-evaluation enhances theirconfidence, and continuous fluid restriction behaviors.

Conclusion/Implementations for practice:

Hemodialysis is lifelong renal replacementtherapy, so it is important to integrate self-care behaviors into daily life.The discomfort of "thirst" and the human basic needs of "waterintake" of hemodialysis patients should be empathized and provide themwith alternative methods to relieve thirst. To make sure that the patients haveself-confidence and perseverance in execution and be willing to cooperate with transtheoreticalbehavior change stages and behavior change strategy guidance.

Keyword: Transtheoretical Model, Evidenced, Water Control, Hemodialysis

Nursing experience in caring for a patient with colorectal cancer

Shiou-rong Jian[1] , Shu-Lin Hung[2] , Ya-Ching Liu[3]
Registered Nurse Kaohsiung Municipal Fengshan HospitalEntrusted with the management of Chang Gung Medical Foundation[1] , Chief Nursing , Kaohsiung Municipal Fengshan HospitalEntrusted with the management of Chang Gung Medical Foundation[2] , Supervision of Nursing Department , Kaohsiung Municipal Fengshan HospitalEntrusted with the management of Chang Gung Medical Foundation[3]

Abstract

Background:

The patient had undergonecolon tumor resection and anastomosis for the third stage of colorectal cancer.When he learned that he needed to receive chemotherapy after surgery, he wasworried that his body could not bear the multiple chemotherapy and the sideeffects of nausea, vomiting and hair loss accompanying chemotherapy. Anxiety,nausea, and disturbances in body image develop, affecting quality of life,mood, and social interactions.

Purpose:

The purpose of this articleis to describe the nursing experience of a patient with colorectal cancer forthe first time.

Methods:

The care period is fromMarch 24, 2022 to April 28, 2022. Data were collected through physicalassessment, observation, listening and interviews. The three main nursingproblems were sorted out as anxiety, nausea and body mental image disorder, andthe strategies were improved according to the problems and achieved results.Interventions: (1) Develop a meal plan with the patient and family to slow downthe occurrence of nausea and vomiting after chemotherapy; (2) Use empathy,listening, and communication skills to encourage a positive attitude towardsthe disease so that the patient can overcome the appearance of hair loss (3)Help patients express the impact of disease and appearance, support andencourage, and be able to actively deal with appearance and values andself-concept.

Results:

After the intervention, the patients and their families actively participated in the decision-making and treatment plan

Conclusion/Implementations for practice:

Through the sharing ofexperience, the outpatient nurses are allowed to play the role of nursingindependent function, helping cancer patients to successfully complete thetreatment. Especially through the continuous holistic care of the medical team,individualized care is provided according to the needs of patients, and apositive attitude is encouraged to walk the road of anti-cancer.

Keyword:colorectal cancer, anxiety, nausea, body image image

Using digital innovation technologies in the postgraduate students: The application and effectiveness of individualized instructional design

Shu-Ming Chen[1]
Associate Professor Fooyin University[1]

Abstract

Background:

Postgraduate nursing students are registered nurses (RNs) who choose to advance knowledge and skills for professional development. Postgraduate learning enables RNs to meet Registered Nurse Standards for Practice. Literature reveals the value and importance of recognizing and integrating preferred leaning styles for effective postgraduate leaning, however since the Covid-19 Pandemic, teaching and learning practices for postgraduate students have changed.

Purpose:

This study aimed to explore current modes and preferred practices for delivering postgraduate specialty education to nurses using digital innovation technologies with individualized instructional design.

Methods:

A mixed methods study has commenced. Data was collected from postgraduate nursing students and staff who are involved in teaching postgraduate courses. Data collection will comprise interviews and use of validated survey tools to investigate student and staff experiences in postgraduate learning and teaching modes and methods, following changes from the Pandemic. Chi-square/-test were used to examine differences between participant and intervention characteristics. Correlation analyses and multiple regression analysis were used to establish the relationships between variables. Thematic analysis was undertaken of qualitative data.

Results:

The project is ongoing. Overall results contribute to the international literature on teaching and learning preferences for postgraduate nursing students. Of 15 postgraduate students participating in this study. Qualitative data showed that digital innovation technologies with individualized instructional design was a useful method to solve patients' problems such as App, video device.

Conclusion/Implementations for practice:

The initial outcomes indicated that the application and effectiveness of individualized instructional design using digital innovation technologies in the postgraduate students may be useful to solve patients' problems during clinical practice.

Keyword: Digital innovation technologies, postgraduate students, individualized instructional design

Concept Analysis of Health Literacy Among Aging Workers.

Ching-I Lee[1] , Chao-Yin Li[2] , Chi-Chen Chiang[3]
Nurse [1] , Associate professor , Department of Nursing, Fooyin University, Kaohsiung, Taiwan[2] , Assistant Professor , Department of Nursing, Fooyin University, Kaohsiung, Taiwan[3]

Abstract

Background: To address challenges pertaining to population aging and risks of future labor shortages, the Taiwanese government encourages middle-aged and senior citizens to enter the labor market, increasing the proportion of older adults in the workplace. Consequently, understanding health literacy among aging workers is essential.

Purpose: The purpose of this study was to conduct a concept analysis of health literacy among aging workers.

Methods: A literature search was conducted on the Airiti Library, CINAHL, and PubMed databases for articles published from 2019 to 2023. “Aging workers” and “health literacy” were used as keywords, and 55 articles were identified. After irrelevant articles were excluded through screening for appropriate content, 10articles were included for analysis. Concept analysis was conducted in accordance with a technique developed by Walker and Avant.

Results: Health literacy among aging workers is divided into three levels: elementary, or functional health literacy; intermediate, or interactive health literacy; and advanced, or critical health literacy. Among the factors predisposing individuals to health literacy are individual, socioenvironmental, and situational aspects. Aspects of health literacy include working accurately and safely, seeking medical staff consultation or adhering to health guidance when confronted with abnormal health information, identifying risks or adopting healthy behaviors, and actively participating in health promotion activities. Among the benefits of health literacy to aging workers are improved workplace risk awareness, reduced incidence of occupational disasters, maintenance of a productive workforce, the early detection and control of diseases, the promotion of personal health behaviors, and increased willingness and ability to acquire, understand, and apply health literacy to enhance the aging experience.

Conclusions and implications for practice: According to the results of the concept analysis, health literacy is expected to help aging workers improve their individual skills, reduce their occupational injury risk, enhance their work ability, and foster healthy lifestyles. These findings can help promote clinical nursing practice and improve the quality of relevant research.

Keyword: Aging Workers, Health Literacy, Concept Analysis

Analysis of Portable Dental Irrigators for Oral Health and Hygiene

Yi-Fang Chen[1] , Cheng-Chang Yeh[2]
Assistant Professor National Taichung University of Science and Technology[1] , Assistant Professor , Department of Oral Hygiene Care, Ching-Kuo Institute of Management and Health[2]

Abstract

Title: Analysis of Portable Dental Irrigators for Oral Health and Hygiene

Background

Recently, the importance of oral health has been increasingly recognized.Oral hygiene is often overlooked, especially in areas such as gums, tooth crevices, and inte-dental spaces. The tooth brush is one of the essential cleaning tools, but it is not effective in removing food residues frominterdental spaces. Dental irrigators use high-pressure water jets to clean the food debris remaining in the inter-dental spaces and reduce bacterial growth.

Methods

In this study, we conducted the characteristics analysis of portable dental irrigators: Waterpik WF-10,Panasonic EW1513, Oral B MDH20, and Roaman Mini1.The analysis included usability, convenience, and function.

Results

The design of the irrigator nozzle is one of the distinguishing featuresof these products. Waterpik WF-10 and Panasonic EW1513 offer different nozzleoptions, while Oral B MDH20 and RoamanMini1 have only one. The nozzles ofdental irrigators are consumable items, and convenience of purchase is also aconsideration for choosing. In general, it is not recommended to share the samenozzle among family members. However, most brandshave similar-looking nozzleswithout distinguishing features. Waterpik uses different colors for the samemodel of nozzles, making it easier to distinguish.Additionally, the waterreservoir capacity is also an important factor. This provides the advantage ofnot having to refill water frequently. The smaller water reservoir is moreconvenient to handle, but it requires frequent refilling. In our study, RoamanMini1 has the smallest water reservoir capacity, resulting in a shorteroperation time. However, its advantage lies in its portability, making it themost convenient among the four dental irrigators. Moreover, different waterpressure and flow patterns is considered. Waterpik, Oral B and RoamanMini1 havethree modes and Panasonic has five. If the water pressure or flow is toostrong, it may harm the soft tissues in the oral cavity.

Conclusions

In this study, it is recommended to start using the weakest mode initiallyto avoid injury during operation. As to cleaning effectiveness, we conductedpractical operations and found Panasonic and Roaman have better cleaning effectto remove food residues and dental plaque from the tooth surfaces effectively.

Keyword: Portable Dental Irrigators;Oral Health; Oral hygiene

Effects of multi-strategy intervention on cluster incidence of upper respiratory tract infection in psychiatric chronic wards

Mei-chin chien[1] , Bo-Heng Lin[2] , Ju-Chuan Chien[3] , Ya-Ching Liu[4] , Chia-Chen Wu[5]
Kaohsiung Municipal Feng Shan Hospital - Under the management of Chang Gung Medical Foundation[1] , nurse , Kaohsiung Chang Gung Memorial Hospital[2] , nurse , Kaohsiung Chang Gung Memorial Hospital[3] , supervision , Kaohsiung Fengshan United Hospital [4] , teacher , Fooyin University [5]

Abstract

Background:

Clusters of upper respiratory tract infections are the most common infectious outbreaks in psychiatric wards.When clusters of infections occur in hospitals, the health of patients, families and staff is at risk.From September 2019 to February 2020, there were 3 clusters of upper respiratory tract infections, with 23 infected people and an incidence rate of 0.28%.

Purpose:

Patients in chronic psychiatric wards have weak self-care ability and response,When upper respiratory symptoms appear,they will not immediately respond to the medical team, which may easily lead to cluster incidents.Therefore, preventing clusters of upper respiratory tract infections is the primary task of the medical team, so as to maintain the health of patients, the safety of staff and the safety of the hospital environment.

Methods:

The task force conducts a survey on the current situation of infection prevention measures for staff during clinical operations, and analyzes the causes of clusters of upper respiratory tract infections and proposes multiple strategies for improvement.Strategies include organizing education and training, setting up a "symptom detection action journal", holding health education courses, setting up a flow chart for epidemic prevention from going out and sleeping out to returning to the room, and producing leaflets with pictures and texts on epidemic prevention and epidemic prevention for nurses to teach Patient and family members,establishment of unit audit mechanism.

Results:

After the intervention of multiple strategies, the incidence of upper respiratory tract infection cluster from 2020/6/1 to 2021/5/31 decreased from 0.28% to 0.02%, and the complete implementation rate of infection prevention measures when there were no infected patients increased from 65.4% to 98.1%.The complete rate of preventive measures increased from 83.3%to 100% during meetings, 37.5% to 95.8% when an infected patient was infected, and when going out (overnight)The complete implementation of preventive measures increased from 28.6% to 100%, which shows its remarkable results.

Conclusion/Implementations for practice:

Multiple strategies intervention can improve clusters of upper respiratory tract infections in psychiatric chronic wards, reduce the exposure of patients and staff to infection environments, and improve the quality of care.

Keyword: Multiple strategies , upper respiratory tract infections, cluster incidence

Health Promotion of Pharmacist-Conducted Therapeutic Drug Monitoring in a Metropolitan Academic Hospital in Southern Taiwan

Wan-Hsuan Hung[1]
Clinical pharmacist Zuoying Branch of Kaohsiung Armed Forces General Hospital, Kaohsiung, Taiwan[1]

Abstract

Background:

Therapeutic drug monitoring (TDM) is essential to medications with a narrow therapeutic index (e.g. vancomycin, phenytoin, digoxin, etc.) for the sake of ensuring efficacy and avoiding severe toxicity. Therefore, it is important to have pharmacists participating in patient care team to conducted TDM.

Purpose:

The purpose of our study is to investigate the impact of pharmacist intervention on TDM in a metropolitan academic hospital in southern Taiwan.

Methods:

Clinical pharmacists conducted TDM intervention for inpatients with drug concentrations outside the therapeutic range in a metropolitan academic hospital in southern Taiwan. We retrospectively analyzed TDM recommendations made by clinical pharmacists from Jan 1st, 2022 to April 30, 2023. In addition, information of medication orders, drug concentration levels and blood drawing time on pharmacists' assessment records were collected to analyze whether the blood concentration reached steady-state and whether the blood drawing time is correct. Moreover, physician response and acceptance rates were counted and presented in percentage individually.

Results:

From Jan 1st, 2022 to April 30, 2023, total 168 records of pharmacist intervention on TDM were included to our analysis. According to our study, vancomycin is the most frequently medication of pharmacist intervention on TDM, which account for 70 % (N=117). Total 87% (N=145) of blood concentrations had reached steady-state and 79% (N=132) of the blood drawing time were correct. Physician response rate in our study is 83% (N=148) and acceptance rate is 90% (N=167).

Conclusion/Implementations for practice:

In conclusion, through our research we can understand that clinical physicians and medical personnel may pay less attention to steady-state and ideal blood drawing time of medical concentrations in TDM or some difficulties that may exist on clinical implementation. However, the high acceptance rate emphasized the importance of pharmacists' intervention. Still, there is much space for pharmacist intervention on TDM.

Keyword: Therapeutic drug monitoring

Concept Analysis of Preoperative Anxiety in Patients Undergoing Lumbar Surgery

Yu-Chieh Chen[1] , Yi-Chuan Chang[2]
Nursing Practitioner Kaohsiung Municipal Ta-Tung Hospital,Kaohsiung Medical University Hospital, Kaohsiung Medical University[1] , Associate Professor , Department of Nursing, Fooyin University, Taiwan[2]

Abstract

Background:

The preoperative anxiety of patients undergoing lumbar surgery is commonly seen in the psychological, cognitive, and physiological reactions they experience when preparing for such surgery treatment. In clinical practice, it is necessary to provide a complete assessment of patients' physical and mental health and to timely provide personalized nursing measures so as to assist them in alleviating anxiety levels.

Purpose:

This research reports a clear understanding of preoperative anxiety in patients with lumbar surgery in order to help nurses provide support and plan effective nursing interventions for said patients

Methods:

Using Walker and Avent's framework for concept analysis,a literature review was conducted to identify the antecedents, consequences,and defining attributes of preoperative anxiety in patients with lumbar surgery

Results:

Three defining attributes of psychological distress are: (1) the constructive or destructive behavior caused by emotional reactions to lumbar surgery; (2) subjective feelings of unease and abnormal cognitive and physiological reactions caused by lumbar surgery; and (3) feeling an expected threat due to lumbar surgery.

Conclusion/Implementations for practice:

This study's concept analysis is helpful for clinical nursing staff to provide specific and effective assessments for patients undergoing lumbar surgery and
to enhance their ability at identifying preoperative anxiety. Early psychological care interventions may slow down and improve patients' physical and mental states, thereby reducing the degree of anxiety.

Keyword:lumbar surgery, preoperative anxiety, concept analysis

Analysis of the effect of HIFU treatment on patients with early prostate cancer

Yi-Wen Chen[1]
Oncology Case Manager Tainan Municipal Hospital(Managed By Show Chwan Medical Care Corporation)[1]

Abstract

Background:

In 2021, prostate cancer ranks fifth among the top ten cancer-death causes in Taiwan. Radical treatments include Da Vinci surgery, radiation therapy and HIFU (High Intensity Focused Ultrasound). Radical treatments can reduce the recurrence rate and prolong the survival rate, so The purpose of this article is to explore the relevant factors of HIFU selection in patients with early prostate cancer.

Purpose:

To explore the demographic variables, cancer stage and PSA inpatients with early prostate cancer who choose HIFU

Methods:

Patients who received HIFU were followed up in the outpatientclinic for a long time, and PSA values before and after treatment, clinicalevidence of recurrence, and treatment methods after recurrence were collected.

Results:

From 2019 to 2022, 52 patients were admitted, and the mainreasons for choosing HIFU were the concerns about the sequelae of radiationtherapy and the inability to cooperate with the course of treatment. The majority of the age groups are 70-79 years old with 42%, followed by 60-69 years old with 33%. Cancer stages accounted for 65% of the second stage. Before treatment, 34 patients with PSA of 4-10 ng/ml accounted for 65%, followed by 15 patients with PSA>10 ng/ml, accounting for 29%, and 3 patients with PSA <4 ng/ml, accounting for 6%. After treatment, the lowest PSA value was 0.3-0.99 ng/ml, 15 patients accounted for 29%, followed by 0.02-0.09 ng/ml, 12 patients accounted for 23%, 0.1-0.2 ng/ml, 11 patients accounted for 21%, <0.01ng/ml There are 9 patients, accounting for 17%, and 5 patients in 1-2 ng/ml, accounting for 10%. Long-term follow-up results accounted for 96% of patients with PSA<4 ng/ml, and 2 patients with PSA>4 ng/ml accounted for 4%. Radiation therapyand androgen-deprivation therapy were used for recurrence treatment respectively.

Conclusion/Implementations for practice:

HIFU uses high-energy focused ultrasound to destroy cancercell tissue. The operation time is shorter and post operative recovery isfaster. Compared with Da Vinci surgery, the rate of urinary incontinence islower, and it can achieve stable curative effect. It provides high anesthesiarisk, middle-aged and elderly patients, and concerns about the sequelae of radiation therapy. For patients, the choice of radical treatment.

Keyword: Prostate cancer · HIFU · PSA

Exploring the effect of PRECEDE-PROCEED model on disease knowledge and health promotion lifestyle of patients with Acute myocardial infarction

ching-yu Li[1]
Case Manager chung shan medical University hospital[1]

Abstract

Background:

The population-based mortality rate of AMI was 34% to 42%. The mortalityrate of AMI remains high, and most deaths occur outside of the hospital. Inthis study, we applied the PRECEDE-PROCEED Model for providing overallassessment and individual education for patients, to improve the knowledge ofthe disease and healthy lifestyle, and further develop a good lifestyle toprevent the recurrence of cardiovascular disease.

Purpose:

Investigating the effects of the PRECEDE-PROCEED model on the diseaseknowledge and the health-promoting lifestyle of the patients with AMI.

Methods:

Thisstudy was an interventional research design and used convenience sampling, andwas divided into an intervention group (experimental group) and a controlgroup. We used PRECEDE-PROCEED Model, the disease knowledge of AMI and HealthPromoting Lifestyle Profile-II (HPLP-II) scale as study methods to evaluate howbenefits were to health before and after intervention. The trial enrollment wasfrom June 2020 to April 2021 in 10 months. The results and the differencesbetween two groups were statistically analyzed by descriptive statistics andt-test with SPSS 22.0 software.

Results:

Seventypatients were sampled and divided into two groups, an intervention group(experimental group) and a control group with 35 samples each. The score ofHPLP statistically significant increased from 17.68 to 25.54 in theexperimental group after systemic intervention (disease knowledge improvement)($p < 0.000$). The HPLP score of the control group also statisticallysignificant changed from 17.71 to 18.48 ($p = 0.022$).

The score of a fullyimplemented health promotion plan in the experimental group statisticallysignificant elevated from 82.25 to 126.7 ($p < 0.000$), whereas the controlgroup slightly increased from 100.05 to 105.11 without significant difference($p = 0.162$).

Conclusion/Implementations for practice:

Applyingthe PRECEDE-PROCEED model to clinical practice, the medial team can follow uppatients' information and design individual education for them. Throughcontinuous health education with feedback and tracking by managers, two-waycommunication make patients more engaged and provides better quality ofhealthcare.

Keyword: Acute myocardial infarction, PRECEDE-PROCEED model

Nursing experience of caring for a stroke rehabilitation case

JHIH-LIN SYU[1] , I-Chen CHIU[2]
NURSE Changhua Christian Hospital[1] , Head Nurse , Changhua Christian Hospital[2]

Abstract

Background:

A 70-year-old female experienced swallowingdifficulties due to a stroke, and her limb weakness prevented her from independentlyperforming self-care and activities, thereby impacting her quality of life.

Purpose:

Increase the participation of patients, build self-confidence, reduce anxiety and promote the recovery of swallowing function, and increase the cooperation and willingness of patients for rehabilitation treatment.

Methods:

Utilizing Gordon's Functional Health Patternsassessment and determining nursing issues through observation and interviews.Through care and empathy, encouraging the individual to express their feelingsand utilizing professional knowledge and skills to promote their willingnessand ability to engage in daily activities. Additionally, implementingswallowing training to restore swallowing function and incorporating musictherapy, diaphragmatic breathing, and progressive relaxation techniques to helpalleviate anxiety.

Results:

There has been an improvement in theindividual's willingness and ability for self-care, as well as theirconfidence. There has also been significant progress in swallowing function,and the support provided by family members has increased the individual'scooperation and willingness towards rehabilitation treatment.

Conclusion/Implementations for practice:

Nursing professionals utilize theirprofessional knowledge combined with rehabilitation techniques to enhance thepatient's willingness for rehabilitation and increase their confidence in therehabilitation process, thereby alleviating uncertainties about their futurelife. These goals are achieved through teamwork to provide comprehensive care.

Keyword: Stroke, Swallowing difficulties, Impaired physical activity, Anxiety

Antihyperuricemic effects of Leonurus japonicus and Leonurine in bilaterally ovariectomized female mice.

Ching-Wen Chang[1] , Yun-Ru Chiou[2] , Tsz-En Hsu[3] , Lung-Yen Tseng[4] , Yu-Siou Chen[5] , Yu-Chin Lin[6]
助理教授 MacKay Junior College of Medicine, Nursing, and Management[1] , , Department of Medicinal Botanicals and Foods on Health Applications, Da-Yeh University[2] , , Department of Medicinal Botanicals and Foods on Health Applications, Da-Yeh University[3] , , Department of Medicinal Botanicals and Foods on Health Applications, Da-Yeh University.[4] , , Department of Medicinal Botanicals and Foods on Health Applications, Da-Yeh University.[5] , , Department of Medicinal Botanicals and Foods on Health Applications, Da-Yeh University.[6]

Abstract

Background:

Hyperuricemia is not only an independent and important risk factor for coronary artery endothelial inflammation, but also one of the main reasons for the sharp increase in the incidence of cardiovascular diseases in postmenopausal women. Leonurine is a chemical marker of *Leonurus japonicus*, but it is still unknown whether it is a pharmacological component of *Leonurus japonicus*, especially in inflammatory diseases caused by hyperuricemia.

Purpose:

The purpose of this study is to explore the effects and possible action mechanisms of Leonurus japonicus and Leonurine on hyperuricemia-induced inflammation in menopausal women.

Methods:

By establishing a hyperuricemic model with potassium oxonate (PO) and hypoxanthine(HX) together, we investigated the hypouricecmic effect of 95% ethanol extract of *Leonurus japonicas* and Leonurine. Simultaneously, the levels of serum uric acid (UA), creatinine (Cr), blood urea nitrogen (BUN), TNF-α, IL-1β, and the activity of XOD were examined.

Results:

The results showed that ethanol extract of Leonurus japonicas (200 mg/kg, p.o.) andLeonurine (60 mg/kg, p.o.) significantly decreased serum UA, BUN and creatinine levels. Simultaneously, they inhibited XOD activity and reduce TNF-α and IL-1β levels.

Conclusion/Implementations for practice:

95% ethanol extract of *Leonurus japonicas* and Leonurine could promote UA excretion through the kidney and intestine, decrease hepatic purine synthesis and further keep UA homeostasis, suggesting that Leonurus japonicas have the potential to be developed into a novel active ingredient for the treatment type hyperuricemia.

Keyword: Leonurus japonicus, Leonurine, Hyperuricemia, menopausal women

Elderly Caregivers of Disabled Elders: A Concept Analysis

Yi-Wen-Chou [1] , Hsuan-Man Hung[2] , Hui-Ling Wang[3]
personal manager Fooyin university hospital[1] , Associate Professor , Fooyin university[2] , Assistant Professor , Fooyin university[3]

Abstract

Background: Aging is the current globaltrend and elderly caregivers to the elders are also widespread around theworld; the elderly caregivers are often the potential being cared, resulting inphysical and psychological problems due to the high loadings of care stress. However,the current level of importance attached to elderly caregivers in the countryis still insufficient.

Purpose: The purpose of this article wasto conduct the concept analysis of elderly caregivers of disabled elders for clarifyingand realizing this concept in nursing practice.

Methods: According to the conceptual analysis methodproposed by Walker and Avant (2005), a conceptual analysis of elderly caregiversof disabled elders. This involves exploring its defining characteristics,clarifying the concept through the enumeration of typical cases, identifyingthe antecedents and consequences of elderly caregivers of disabled elders, anddemonstrating the effectiveness of applying empirical evidence in clinicalpractice.

Results: The definitive characteristics of thisconcept have been confirmed as follows: (1)Individuals over the age of 65 whoplay multiple roles as caregivers and care recipients in the family setting. (2)Healthyor sub-healthy elderly individuals who care for disabled elderly persons. (3)Elderlyindividuals who assist other elderly individuals with daily and medicalactivities.

Conclusion/Implementations for practice: Based on the results of conceptanalysis about elderly caregivers to the elders, the authors recommended thatincreasing thecare training and social support for improving the abilities and skillsof the elderly caregivers to the elders, resulting in reducing the care stressand loadings of elderly caregiver.

Keyword: Elderly Caregivers, Disabled Elders, Concept Analysis

Nursing Care for A Primipara with Perinatal Loss

Zih-Han Ma[1]
1

Abstract

Background

Expectant mother and fetus belong together, so intrauterine fetal death can always be overwhelming, leading to self-blame, negative emotions and self-questioning about childbearing potentials or being a mother. Without proper interventions, grieving mother could face enormous psychological burden and result in negative impacts on the entire family.

Purpose

A 25-year-old primipara at gestational age of 25 weeks visited our hospital due to decreased fetal movements, and was informed about intrauterine fetal death later. It is expected to provide professional nursing care to ease the subject's discomfort while awaiting for labor induction, help her clear the haze so to regain family life. Nursing staffs can also benefit from such experience and then improve future quality of care on perinatal loss.

Methods

The nursing care occurred between February 2-4, 2021. Data were collected via actual care, company, interview, observation, chart review, and physical, psychological, social and spiritual data were analyzed. The subject was confirmed to have three health issues, including acute pain, grief and situational low self-esteem.

Results

Deep breathing techniques, comfortable positioning, acupoint massage by the husband and analgesics from nursing staffs relieved the subject's labor pain. Company, listening and guidance of narrating the disappointment about perinatal loss plus recognition by the loved ones of the efforts during gestation helped to reduce the subject's remorse. The subject was invited to embrace the baby after labor induction; had a video call with loved ones so all can say goodbye to the baby, and encouraged to participate in funeral arrangements in order to fulfill her duty as a parent and boosted up confidence. Also, the subject was instructed to come back for clinic visits to follow up on physical and psychological health and receive interventions if needed.

Conclusion/Implementations for practice

Intrauterine fetal death is always overwhelming. Comprehensive nursing care for perinatal loss, continued follow-up visits and persistent support for life adjustment are warranted to help the subject and her family get over the loss and grief.

Keyword: Intrauterine Fetal Death, Perinatal Loss

Assisting a patient with rectal cancer undergoing laparotomy and enterostomy for perioperative nursing experience

Hsiu-Ju Li[1] , Chuan-Yu Chou[2] , Jui-Chen Huang[3]
NURSE Nursing department, Kaohsiung Chang Gung Memorial Hospital, Taiwan[1] , Head nurse , Nursing department, Kaohsiung Chang Gung Memorial Hospital, Taiwan[2] , supervision , Nursing department, Kaohsiung Chang Gung Memorial Hospital, Taiwan[3]

Abstract

Background:

It was the experience that a 48-year-old woman underwent a laparotomywith enterostomy for rectal cancer. The case was due to intermittent diarrheafor a month, and then he received treatment at the medical center. The case wasconfirmed by rectal cancer through colonoscopy. After the case was diagnosedwith cancer, she required a permanent colostomy after surgery. Due to the uncertaintyof treatment, he was under great pressure, which triggered the motivation fordiscussion.

Purpose:

After we deeply assessed and understood the individual needs throughthe direct care process, we provided individualized care measures so that bothphysical and mental problems could be properly taken care of during thetreatment process.

Methods:

During the care period from July 27 to August 11, 2021, we used theholistic assessment framework as a tool, which was through direct care,physical assessment, observation, and interviews. After collecting data, wemade sure that the case had health problems such as anxiety, acute pain,disturbance of body and mental image, and lack of specific knowledge.

Results:

We establish a good relationship between nurses andpatients by using preoperative visits and doctor-patient shared decision-makingassistance evaluation forms and case discussions. Besides, we actively care and provide health education on rectal cancersurgery, increasing cognition and confidence and participating indecision-making to reduce anxiety. We use multi-modal pain relief to provideself-controlled postoperative pain relief, and teach patients how to relieve pain,and thus, effectively improving pain problems.

Conclusion/Implementations for practice:

Moreover, we teach the key points of self-care of the colostomy and use the mobile phone to record the process of changing the colostomy bag, helping patients and family members to watch the practice repeatedly, and increase the motivation to actively learn the self-care of the enterostomy. We also added smart postoperative enterostomy tracking system device to promote self-care ability after discharge, and then change the views on disease and body mental image, and promote the transformation of negative emotions into positive attitudes.

Keyword:added smart postoperative enterostomy tracking system device to promote self-care ability

Recovery room care experience of a breast cancer patient undergoing mastectomy

CHOU, YI- RU[1] , Ya-Ching Liu[2]
nurse Kaohsiung Municipal Feng Shan Hospital - Under the management of Chang Gung Medical Foundation[1] , supervision , Kaohsiung Municipal Feng Shan Hospital - Under the management of Chang Gung Medical Foundation[2]

Abstract

Background: Discuss the discomfort caused by nausea, vomiting, chills, wound pain, etc. during the recovery period of postoperative breast cancer patients, as well as the great physical and psychological shocks that cause anxiety.

Purpose: Shivering is an involuntary muscle contraction, which makes the postoperative wound more painful, increases oxygen consumption, reduces the metabolism of anesthesia drugs, and prolongs the recovery time. Provide short-term care in the recovery room, provide professional care, and properly handle the discomfort after anesthesia, and temporarily take the role of accompanying family members to reduce anxiety.

Methods: Nursing will be available from 15:52 to 16:52 on October 5, 2021. Through care, interviews, assessments, and data collection, identify issues: postoperative wound pain, comfort disturbances due to chills, and anxiety resulting from postoperative disease changes. Nursing measures: Avoid rapid position changes, reduce nausea, provide oxygen, teach breathing skills, and distract attention; use physical warmth, cloth to support the affected side appropriately, adjust comfortable lying position, avoid muscle pulling, and relieve pain; use listening, Psychologically, establish a good relationship between nurses and patients, encourage the expression of feelings, respect and accept the emotional reactions of individual cases, guide family members to participate and give full play to family support, use teamwork, and explain the process and treatment by doctors to clarify doubts and relieve anxiety.

Results: Effective execution of breathing techniques to relieve discomfort from vomiting and divert attention. Provide active and passive warmth, improve chills to get good results. Appropriate positioning of limbs avoids limbs hanging in the air and muscle tension, and benefits from reducing wound pain. During the interview, I felt that the patient was anxious about the uncertainty of the operation, and the doctor explained the surgical treatment and future treatment direction immediately, which was helpful to worry and reduce anxiety.

Conclusion/Implementations for practice: During the limited nursing period, it can not only provide an individualized care model during the anesthesia recovery period, provide appropriate care and companionship, relieve anxiety, achieve psychological support, but also face postoperative medical treatment, and improve the quality of care during the anesthesia recovery period through sharing.

Keyword:vomiting, pain, anxiety, anesthesia recovery period

Nursing experience in caring for a case of right MCA infarction

Su-Ching Pan[1]
nurse practitioner Pingtung Christian Hospital[1]

Abstract

Background:

Stroke is a cerebrovascular disease characterized by sudden onset symptoms and clinical signs. It is a heterogeneous disease with multiple additional risk factors and causes, and it is still the main cause of death and long-term disability in the world.

Goals and Objectives:

The purpose of this article is to describe the experience of nursing patients with acute infarction in the right MCA territories.

Methods:

The nursing period is from March 17 to March 28, 2023. The author collected data through charts, interviews with patients, and clinical observations.

Results/Outcomes:

The patient's major health problems included paralysis in the left side of the body and language communication barriers.

Conclusion/Implementations for practice:

The patient main nursing problems were dysfunction of physical activity and impaired communication ability. Nursing interventions incorporated of provide passive Range of motion to prevent contractures and muscle weakness and high-protein foods require adequate caloric intake for energy to support muscle mass and strength. Impaired verbal communication nursing interventions when interacting with patients, speak slowly, speak softly, and use clear and simple sentences. Because of his stable condition, he was discharged from the hospital and then followed up in outpatient clinic. We hope that this kind of nursing experience can provide guidance for nurses in nursing patients with similar clinical conditions.

Keywords: stroke, speech difficulty, left-sided weakness.

Fatigue of hemodialysis patient：A Concept analysis

Luo,Yi-Fang[1] , Teng, Hsiu-Lan[2]
Nurse Fooyin University hospital[1] , Associate Professor , Department of Nursing, Fooyin University[2]

Abstract

Background:

Fatigue is the most common symptom in long-term hemodialysis patients. It is a physical symptom orunpleasant subjective feeling. Fatigue is a severe impact on the patient's function in daily life. However, fatigue is not properly managed will negatively affect the patient's daily life function and quality of life. Therefore, it is important to analyze and understand theconcept of fatigue in hemodialysis.

Purpose:

The purpose of this paper was to clarify the definition and conceptual analysis of fatiguein hemodialysis patient.

Methods:

The paper utilizes the framework outlined by Walker and Avant (1995) for conceptual analysis. The aim is to use this concept to underpin future research into the care of patients who receiving long-term hemodialysis.

Results:

The results showed that the concept analysis of exhaustion in hemodialysis patients was identical three critically characterized: (a) is an individual subjective perception; (b)is a chronic and persistent phenomenon not relieved by rest; (c) is a physical,cognitive, and emotional discomfort.

Conclusion/Implementations for practice:

Throughthis conceptual analysis, we provide this clarification of the phenomenon offatigue in hemodialysis has particular importance for clinical nursing, future research, and the development of interventions to improve.

Keyword: Keywords: Fatigue, Concept analysis, Hemodialysis

Establishing a Programmed Information System to Improve the Accuracy of Material Charging by Operating Room Nurses

Yu-Ting Chang[1] , Tzu-Lan Hsu[2] , Chia-Ling Hsiao[3]
Associate professor Tzu Chi University of Science and Technology[1] , RN , Taiwan Adventist Hospital[2] , RN , Taiwan Adventist Hospital[3]

Abstract

Background:

The operation of the operating room directly affects patient treatment outcomes and hospital operations. Our unit received a notification from the hospital from January to July 2021 stating that there were 24 cases in which patients were charged for medical material, but the charges were not adequately recorded. This resulted in a high amount of unrecorded charges totaling NT$ 503,371.

Purpose:

This project aims to improve the accuracy of material charging byoperating room nurses.

Methods:

Based on the current situation analysis, it has been identified that the material cost sheet is not updated regularly, and the tables within the sheet are too dense. The nursing staff is not following the standard operation procedure for charging, and the interrupted charging process results in computer charging errors. Additionally, sloppy writing leads to input errors and unfamiliarity with payment rules. The placement of medical material is disorderly, the charging operation standards are too simplified, and the vendor provides incorrect charging codes. Consequently, the nursing staff's medical material charging accuracy rate is only 75.2%.

Results:

After implementing a medical material charging information system, revising the charging process standard book, providing on-the-job education, establishing a mechanism for checking with the manufacturer, and implementing a charging reminder mechanism, including the restructuring of the medical material room configuration, the medical supply charging accuracy rate was increased to 97.2%. Moreover, the number of unrecorded charges decreased to NT$110,281.

Conclusion/Implementations for practice:

The implementation of this project can improve the accuracy of nursing staff medical material charging and ensure patient safety during surgery while controlling hospital costs.

Keyword:accuracy of charge, operation room nurses, information system

Analysis of verbal communication barriers faced by patients with glioblastoma multiforme

Hui-Zhu Chen[1] , Huan-Ting Wen[2] , Hsiu-Ling, Wang[3] , Yu-Cing Zeng[4] , Pi-Fen Cheng[5] , Shu-Fang Chen[6]
RN Kaohsiung Municipal Ta-Tung Hospital(KMTTH), Taiwan[1] , RN , Kaohsiung Municipal Ta-Tung Hospital(KMTTH), Taiwan[2] , administration staff , Kaohsiung Municipal Ta- Tung Hospital(KMTTH), Taiwan[3] , RN , Kaohsiung Municipal Ta-Tung Hospital(KMTTH), Taiwan[4] , RN , Kaohsiung Municipal Ta-Tung Hospital(KMTTH), Taiwan[5] , RN , Kaohsiung Municipal Ta-Tung Hospital(KMTTH), Taiwan[6]

Abstract

Background:

Glioblastoma multiforme (GBM) is a commonmalignant brain tumor. Among the 624 people suffering from malignant braintumors in 2017, glioblastoma was the most common (Ministry of Health andWelfare, 2018). The clinical symptoms of frontal lobe tumors include headache,aphasia, epilepsy, unsteady gait, and unilateral limb movement disorders (Fanget al., 2016). For the case of an office worker who has just retired from theworkplace and is planning to start enjoying a leisurely life, facing a suddenillness that leads to verbal communication barriers, how to help him let peoplearound him know what he wants to express and reduce frustration is an importantissue .

Purpose:

This study isexpected to provide relevant knowledge and practical guidance on verbalcommunication disorders in patients with glioblastoma multiforme, so as toimprove the quality of life and mental health of such patients.

Methods:

Using thecase study method, a retired office worker suffering from glioblastomamultiforme was selected for data collection and analysis. Data sources includedindividual case records, nursing notes, speech therapy assessment reports,family interviews, and observation notes.

Results:

This studyfound that glioblastoma multiforme caused the case to have verbal communicationbarriers, mainly manifested in difficulty in expressing, understanding, namingand unclear pronunciation, which hindered the interaction between the case andthe family and the society, resulting in frustration, discouragement andanxiety. Emotions of isolation.

Conclusion/Implementations for practice:

According tothe physical, mental, social and spiritual needs of the cases, this study putsforward the following nursing suggestions: 1. Establish a therapeuticrelationship to enhance the trust and sense of security of the cases; 2. Usediversified communication tools, such as picture cards, gestures, pictures,etc. , to assist the case to express needs and feelings; 3. Cooperate with theinterprofessional team to formulate an individualized rehabilitation plan,including oral exercise, occlusal training, mouth exercises, etc., to promotethe recovery of the language function of the case; 4. Invite family members andcaregivers To participate in the care process, provide education and support,and reduce their burden and stress.

Keyword: Glioblastoma multiforme, verbal communication disorder

A study on the behavior and influencing factors of sugar-sweetened beverage intake among pregnant women in southern Taiwan

Shih Hui Huang[1] , Lai Pei Qi [2] , Chung Cheng Wang[3]
[1] , Infection Control Division, Master st , Boai Huixin Hospital ,Nursing department of Fooyin University[2] , Obstetrics and Gynecology Attending Physician , Fooying University Affiliated Hospital[3]

Abstract

Background:

Excessive consumption of sugar-sweetenedbeverages (SSBs) during pregnancy can result in weight gain, potentiallyincreasing the risk of complications such as gestational diabetes,hypertension, and preeclampsia. Moreover, it raises the likelihood of givingbirth to an overweight baby. Limited research has been conducted on therelationship between SSB intake among pregnant women in Taiwan. Therefore,investigating the consumption patterns of SSBs among pregnant women in Taiwanand the factors that influence this behavior is crucial.

Purpose:

This study aims to investigate theconsumption patterns and factors influencing the intake of sugar-sweetenedbeverages among pregnant women in southern Taiwan.

Methods: Thiscross-sectional study was conducted between August 1, 2022, and July 31, 2023,utilizing structured questionnaires as the research tool. A total of 400pregnant women were recruited from the obstetrics outpatient clinic ofhospitals in Kaohsiung and Pingtung cities in southern Taiwan. Inclusioncriteria for participants were: being over 20 years old, being at least 35weeks pregnant, and having fetuses without congenital anomalies. The studyreceived approval from the Human Trials Ethics Committee of Fooyin Universityof Science and Technology Affiliated Hospital (IRB No.: FYH-IRB-111-08-07-A).Data analysis was conducted using SPSS 26.0 (SPSS Inc., Chicago, IL, USA).**Results:**A total of 500 participants were recruitedfor this study, with 330 valid questionnaires, resulting in a recovery rate of66%. Regarding theconsumption of sugar-sweetened beverages (SSBs) among pregnant women, the findings indicate that 48.5% consumed SSBs at least 1-2 times per week, 19.1%consumed SSBs at least 3 times per week, 15.2% consumed SSBs at least 4-6 timesper week, and 10.3% consumed SSBs at least 7 times per week.Age showed aninverse correlation with several factors, including weight gain (-0.13,$p<0.05$), frequency of drinking sugary drinks (-1.6, $p<0.01$), frequency of meals with sugary drinks (-1.72, $p<0.01$), preference for sugar-sweetened beverages over plain water (-0.11, $p<0.05$), and consumption of sugar-sweetened beverages when thirsty (-0.14, $p<0.05$).

Conclusion/Implementations for practice

SSB intake among pregnant women is a crucial factor to considerwhen examining their behavior. The frequency and source of information have an impacton the consumption behavior of sugar-sweetened beverages among pregnant women.

Keyword: Sugar-sweetened beverages、pregnant women、attitude toward sweetened beverages

Effect of group-based PARO robot intervention on cognitive function, heart rate variability, and mental well-being on older adults with mild dementia: A randomized control trial

Chen, Shu-Chuan[1]
助理教授 National Tainan Junior College of Nursing[1]

Abstract

Background:

Evidence has shown that PARO has the potential to improve mental health for older adults with dementia. Although many studies have focused on the psychosocial outcomes of PARO interventions, the intrinsic neurobiologic changes associated with the PARO interaction are unclear. Furthermore, few studies have received scientific measurement of changes in cognitive function and heart rate variability (HRV) with the use of the PARO.

Purpose:

This study examined the effects of group-based PARO interventions on cognitive function, HRV, depression, and loneliness in older adults with mild dementia.

Methods:

A 6-week group-based PARO intervention randomized controlled trial with two-arm parallel groups, single-blind,and repeated measures was designed.One hundred and twenty older adults with mild dementia were recruited.Participants in the experimental group received a group, 30-minute weekly session of PARO intervention for six weeks. The control group received care activities. The Mini-Mental State Examination (MMSE), dopaminergic activity variations by finger tapping test (FTT), and HRV changes, the Geriatric Depression Scale (GDS-SF), the UCLA Loneliness Scale-Version 3 (UCLA Loneliness-3), and the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) were used to assess the effects of the outcomes at three time points: before the intervention (T0), the end of the intervention (week 6, T2), and 1 month after the intervention (T2).

Results:

Using the GLM repeated measures,MMSE exhibited a significant difference ($F_{2, 115} = 19.54$, $p=.001$) and a significant difference in FTT ($F_{2, 115} = 19.54$, $p = .04$). There was a significant difference in the time-group interaction effect on HRV ($F_{2, 115} = 0.96$, $p = .03$) between the two groups. The results have shown that there were significant time-group interaction effects in UCLA-3 ($F_{2, 115} = 54.7$, $p = .001$), GDS ($F_{2, 115} = 76.4$, $p = .001$), and WEMWBS ($F_{2, 115} = 5.93$, $p = .04$) between two groups.

Conclusions and Implementations for Practice:

The group-based PARO intervention is an effective, non-invasive, and cost-effective program for older adults with mild dementia. PARO can play the role of a social agent, which can facilitate older adults' connected interpersonal relationships in the group.

Keyword: Robot, PARO, heart rate variability, cognitive, older adult, dementia

Prognostic Factors of Mortality risk in Patients with Urinary Tract Epithelial cancer- A Single Medical Center Experience in South Taiwan.

Pao-Yu Chen[1] , Chao Hsien Lee[2]
Nurse Kaohsiung Chang Gung Medical Foundation[1] , Associate Professor , Meiho University[2]

Abstract

Background and Purpose:

The incidence of urinary tract epithelial cancer in Taiwan is four to eight times that of Europe and the United States. According to statistics from the Ministry of Health and Welfare(2018), the number of cases of urinary tract epithelial cancer is 3,947,accounting for about 70% of urinary organ tumors. The purpose of this study is to explore the prognostic factors of urinary tract epithelial cancer, and to further analyze the important predictors of death risk.

Methods:

This study adopts the retrospective generation tracing method to study the newly diagnosed and treated cases of urinary tract epithelial cancer in the cancer database of a medical center in southern China during 2009 and 2019. A total of 2242 people were accepted. The Kaplan-Meier method was used to estimate the overall survival of the variables after grouping, and the estimated survival factors were further analyzed using the Log-rank test to compare the differences in the survival of the research variables, and then through the Cox regression analysis, the selection of the postoperative A variable analysis with predictive power for survival prognosis constructs a mortality risk assessment model for patients with urinary tract epithelial cancer.

Results:

The study found that factors affecting the risk of death from urinary tract epithelial cancer include Disease age, BMI value, cancer stage, tumor invasion (T), regional lymph node metastasis status (N), distant metastasis (M), tumor size, pathological tissue differentiation, and regional lymph node invasion.The results found that the patients with disease age older than 65 years, regional lymph node metastasis status N2 and N3, distant metastasis degree M1 and poor pathological tissue differentiation have poor survival rate.

Conclusion/Implementations for practice:

This study deeply explores the risk factors that affect the risk of death in urinary tract epithelial cancer, and proves that if early detection and early intervention related treatment can also reduce the risk of death, it is hoped that it can provide a reference for preventive measures and clinical diagnosis of cancer clinical care.

Keyword: Urinary Tract Epithelial cancer, Survival analysis, Death Risk assessment.

Nursing Experience in Emergency Delivery of a Suspected COVID-19 Primipara

Wei-Rou Lin[1] , Shu-Ling Wang[2] , Xin-Yi Chen[3] , Yu-Hsuan Yeh[4] , Yun-Hsin Chu[5] , Min-Zhen Wang[6] [1] , , [2] , , [3] , , [4] , , [5] , , [6]

Abstract

Background:

COVID-19 has caused a global epidemic. Medical treatment requires isolation care. Pregnant women face the fear and stress of delivery alone, and nurses should give them attention and care.

Purpose:

Assist primipara suspected of being diagnosed with COVID-19 for emergency delivery in a negative pressure isolation room, solve the physical and mental problems of pregnant women caused by the inability of family members to accompany her during labor, and the separation of mother and baby.

Methods:

The case was a 38+1-week primipara. The cervix was fully dilated, and she had to give birth in the negative pressure isolation room of the emergency department. During the nursing period, the four aspects of the case physiology, psychology, society, and spirituality were evaluated through observation, interviews, and listening. The main health problems are: 1. Pain/related to regular uterine contraction; 2. Risk for changes in mother-baby attachment /related to mother-baby separation; 3. Risk for loneliness/ about the husband cannot accompany the mother during the delivery process; use empathy to understand the situation of the case, and provide appropriate nursing measures to relieve pain, relieve anxiety, and increase comfort. In addition, due to the epidemic, mothers and babies must be temporarily separated after delivery, and help maintain mother-baby relationships through video and voice.

Results:

The case had positive feelings about the delivery and relieved the pain by diverting attention. When the mother and baby were separated after delivery, they also successfully contacted the neonatal ward to maintain the mother-baby relationship.

Conclusion/Implementations for practice:

During the epidemic, the delivery process and environment were restricted, and the mothers felt fear and helplessness in the face of isolation. The nursing staff played a very important role to meet the physical and psychological needs of the mothers and help maintain the mother-baby relationship. Through the official line group of the neonatal ward, The group provides videos, recordings, and photos at fixed times every day to help maintain the interactive relationship between mothers and babies during the severe epidemic situation.

Keyword:COVID-19.emergency delivery.mother-baby relationship

Elastic Band Exercise in Promoting Cardiorespiratory Function and Muscular Endurance in Patient with Heart Failure: A Systematic Review

Chang, Ya-Hui[1] , Chang, Ya-Hui[2] , Hung, Chang-Chiao[3]
Leader Chi Mei Hospital,Liouying[1] , Graduate student, School of Nursing , Chang Gung University of Science and Technology, Taiwan[2] , Professor, School of Nursing , Chang Gung University of Science and Technology, Taiwan[3]

Abstract

Background:

Resistance training has been shown toimprove cardiorespiratory function and muscle endurance in patients with heart failure. Elastic bands are one of the tools used in resistance training. However, further empirical research is needed to support the effectiveness of elastic bands in resistance training.

Purpose:

To identify the best evidence for the use of elastic band exercise in patients with heart failure.

Methods:

We systematically searched articles published in Pubmed, Cochrane, Embase, and CEPS from January 2009 to March 2023. The keywords and MeSH terms used in the PICO(participant, intervention, comparison, result) elements included heart failure, elastic band training, resistance exercise, cardiorespiratory function,cardiopulmonary function, and muscular endurance. The search was limited to adults, English and Chinese language publications, journals papers, and randomized controlled trials (RCTs) studies. The review methods involved quantitative studies that compared the effectiveness of elastic band training/exercise with routine nursing care. The Critical Appraisal Skills Programme (CASP) 2020 version was used to assess the quality of the selected articles.

Results:

A total of 1,462 articles that matched the search criteria were extracted. Following topic screening, thematic analysis, and criteria assessment, three RCT articles were selected for further analysis.These three articles demonstrated high quality, as indicated by CASP scores ranging from 9 to
10. Elastic band exercise has been found to have a positive impact on patients with heart failure. The training improves patients' performance in walking tests, arm curl capacity,and sit-to-stand ability. Additionally, it enhances their quality of life and exercise adherence.

Conclusion/Implementations for practice:

Elastic band exercise represents a simple yet effective approach for enhancing physical functions and enhancing the overall quality of life in patients with heart failure. Within a clinical setting, healthcare professionals are encouraged to actively promote and facilitate patient engagement in elastic band exercise programs. This can be achieved through the provision of guidance, support, and education aimed at mitigating the adverse effects of heart failure on patients' daily lives, as well as fostering recovery.

Keyword:heart failure, elastic band training, resistance exercise, cardiorespiratory function, cardiopulmonary function, muscular endurance.

Exploring the Impact of COVID-19 on the Resilience of High-Risk Units in a Regional Teaching Hospital in Southern Taiwan through the Patient Safety Culture Survey.

PO-AN, SU[1]
[1]

Abstract

Background: Resilience is a process of adapting, managing, and responding to significant stress or trauma. The resources and advantages in individuals, their lives, and their environments contribute to promoting this adaptability and the ability to bounce back in adversity. Resilience can be viewed as the ability to maintain a stable health status when employees face challenges. In 2022, Taiwan experienced a widespread community transmission of COVID-19, and colleagues in high-risk hospital units such as the emergency department, intensive care unit, and dedicated wards bore the responsibility of caring for patients diagnosed with COVID-19. In addition to needing to wear full protective gear in caregiving, they also faced the risk of themselves and their family members contracting COVID-19, thus causing tremendous pressure on them. Therefore, this study reviews the resilience from the Taiwanese patient safety culture survey in 2019 and 2022, thus understanding the adaptability of colleagues in high- risk units under significant stress.

Purpose: Reviews the resilience reflected in the Patient Safety Culture Survey of Taiwan from 2019 and 2022, in order to understand the resilience of healthcare professionals during the pandemic.

Methods: Structured online surveys were conducted anonymously in 2019 and 2022 at a southern Taiwan regional teaching hospital. The survey used SPSS 20.0 for analysis, focusing on high-risk unit staff resilience. An independent samples T-test was used for differences in the annual surveys.

Results: Hospital-wide survey response rates were 85.8% pre-pandemic and 86% post-pandemic. For high-risk units, the response rates in 2019 were all 100%, while in 2022 they were 77%, 100%, and 100%. Statistical analysis found no significant difference in resilience pre and post-pandemic (P=0.076, P>0.05). Similarly, no significant difference was found within high-risk units of emergency, intensive care, and specialized wards (P=0.09, P>0.05; P=0.056, P>0.05; P=0.416, P>0.05).

Conclusion/Implementations for practice: The study indicates no significant difference in resilience before and after the outbreak in high-risk units. This shows the effectiveness of protections for frontline healthcare workers, including pandemic insurance, protective equipment, and transparent public health policies. The findings underline the importance of strategic responses and stable pandemic supply provision for future outbreaks.

Keyword: Patient Safety Culture Survey, Resilience, COVID-19

Peripheral Arterial Occlusion Disease- Case Report

Yi-Juan Huang[1] , Pei-Fang Kuo[2] , Chia-Ju Tseng[3] , Cian-Huei Shih[4]
Registered Nurse Kaohsiung Chang Gung Memorial Hospital[1] , RN , Kaohsiung Municipal Ta-Tung Hospital[2] , RN , Chi Mei Hospital, Chiali[3] , Assistant Professor , Fooyin University[4]

Abstract

Background: The incidence of hypertension,diabetes and hyperlipidemia is increasing year by year in Taiwan, and the prevalenceof cerebrovascular, cardiovascular and peripheral vascular diseases is alsoincreasing. Most of people focus on cardiovascular diseases, such as stroke andmyocardial infarction, neglecting the dangers of peripheral vascular occlusivedisease. When the symptoms weresevere, it may cause limb necrosis, low chance of recovery, risk of repeatedamputation,and even death. The quality of patients' s life was greatly affected, andloading on caregivers was also increases.

Purpose: Our study was applying logical thinking and clinical reasoning ability to analysisthe existing problems of the case, learn to recognize defining the cause ofsymptoms, provide appropriate nursing measures, it was a demonstration of therole of advanced practice nurses.

Methods: We use the patient's complaint, case history,physical-examination, lab data and image study to differential diagnosis andstudy out treatment plan by evidence based medicine literature review.

Results: Thepatient underwent approachesto identifying peripheral arterial occlusion disease include taking a case history, quality of the pain and 6P signs,palpation of peripheral circulation, check blood sugar, total cholesterol andlow-density lipoprotein and other related data, perform doppler ultrasound orcontrast angiography to establish the diagnosis, and conduct balloon dilatationor arterial bypass surgery, the most important thing is how to take care of and prevent.

Conclusion/Implementations for practice: We can use posters, outpatient health education, to clarify the cause of peripheral arterialocclusive disease, increase the people's sense of illness, study out a personal treatment plan, providesexercise and medication advice,to achieve theconcept of "holistic health care".

Keyword: Peripheral Arterial Occlusion Disease、Differential Diagnosis、Prevention

A Study on the Factors Affecting the RN-License Examination for Graduate Nursing Students

Yu-Ting Chang[1]
Associate professor Tzu Chi University of Science and Technology[1]

Abstract

Background:

Acquiring an RN license isnot just a mandatory prerequisite for nursing college graduates to embark on anursing career but also acts as proof of their possession of crucial nursingprofessional skills and qualifications.

Purpose:

The objective of this studywas to investigate the factors that impact the RN License examination amongnursing college graduates who have completed a five-year program.

Methods:

This study employs aquantitative survey to gather data from nursing college graduates who took theRN-License examination between 2017 and 2021. Data analysis was carried outusing SPSS 19.0, utilizing descriptive statistics, chi-square tests, andlogistic regression analysis.

Results:

This study was conducted ona sample of 982 individuals who graduated and took the RN-License examination.Among them, 88.6% were female, and 42.6% were indigenous students. The averageacademic grade of the students was 78.7 ± 5.34, and the passing rate of theRN-License examination was 68.6%. The study revealed that male students had ahigher passing rate in the RN-License examination compared to female students(OR=1.79, $p< .05$). Furthermore,students with higher academic grades demonstrated a higher passing rate(OR=1.34, $p< .001$). Those whopassed the practice exam also exhibited a higher passing rate in comparison tothose who did not pass (OR=0.32, $p<.001$). Another interesting finding was that the lower the total number of absencesduring the study period, the higher the passing rate in the RN-Licenseexamination (OR=1.02, $p< .001$).

Conclusion/Implementations for practice:

The acquisition of an RNlicense by graduating nursing students is presently a significant measure ofthe efficacy of nursing programs. The results of this study can serve as apoint of reference for offering guidance and assistance to nursing collegestudents enrolled in five-year programs who are preparing for the RN Licenseexamination.

Keyword:nursing college graduates, Registered Nurse (RN) License exam, license exam preparation method

Nursing experience of a patient with rib fractured undergoing plate fixation

Jia-Jing chen[1] , Pei-Shan Li[2] , Jui-Chen Huang[3]
Nurse KAOHSIUNG CHANG GUNG MEMORIAL HOSPITAL[1] , 護理長/Chief Nurse , KAOHSIUNG CHANG GUNG MEMORIAL HOSPITAL[2] , 護理部督導/Nursing Supervisor , KAOHSIUNG CHANG GUNG MEMORIAL HOSPITAL[3]

Abstract

Background:

This article describes the perioperative nursing experience of a patient who suffered from rib fractured and underwent surgery for fixation with steel plates.

Purpose:

Rib fractured is one of the most common injuries in accidents. The pain caused is lead to muscle between the ribs tighten, restricting chest wall movement and inadequate lung expansion, results in, complications such as pneumonia and pneumothorax. These complications will render patients unable to take self-care activities and significantly impact their quality of life, and is common for patients to experience anxiety and depression.We noted that the patient feel anxiety, which appeared to be a result of inadequate knowledge and understanding about the environment and surgical procedures. The article aims to describe perioperative care during surgery, focusing on assisting the patient in feeling comfortable and safe throughout the entire surgical process. Continuous nursing caring is provided to ensure a smooth hospital discharge and promote prompt recovery, allowing the patient to resume their daily activities.

Methods:

During the nursing period from April 2 to April 15, 2022observation, physical evaluation, listening, interviews, direct caring during perioperative visiting of postoperative and medical chart review.

Results:

The main issue of this patient would be focused on anxiety, potential risk of sugery and pain. Nursing priorities include: care of this patient via pre-operative visit,provide accompany and caring for mental support. We also provided complete surgery related information to alleviate her anxiety. During the operation, we attended the procedures, set adequate surgical position, and and protection to prevent injuries. Proactively providing care and nursing guidance to reduce pain and discomfort in the postoperative period. Assisting the patient in managing postoperative pain and ensuring their well-being. We conducted a postoperative follow-up phone call, and the patient expressed that there were no discomforts regarding the surgical incision and they were able to manage their daily activities independently.

Conclusion/Implementations for practice:

We hope the nursing experience will provide a reference when attending to similar cases.We recommends observing and the needs of patients and providing nursing care based on their unique requirements. expects that will emphasize perioperative care to ensure that all patients receive comprehensive and holistic care.

Keyword: Rib fractured, perioperative nursing experience

The Nursing Care for A Pregnant Woman with Placenta Previa Who Admitted for Tocolysis

Pei-Zhen Wang[1] , Yu- Ching Lin[2] , Ching-Yi Yao[3]
Registered Nurse Kaohsiung Chang Gung Memorial Hospital[1] , Registered Nurse , Kaohsiung Chang Gung Memorial Hospital[2] , Registered Nurse , Kaohsiung Chang Gung Memorial Hospital[3]

Abstract

Background:

When apregnant woman receives tocolysis due to placenta previa combined with earlyantepartum hemorrhage, absolute bedridden and physical discomfort plus thethreat to both the mother and the fetus lives caused by severe bleeding, areall overwhelming stress. A professional obstetrical nurse can use professionalknowledge and skills to detect the problems of the pregnant woman and provideappropriate care to effectively relieve her physical and psychological burden.

Purpose:

This is a female at gestational age of 28 weeks,who was hospitalized for tocolysis due to placenta previa combined with earlyantepartum hemorrhage. The subject looked anxious and was concerned about herphysical discomfort and fetus status for repeated vaginal bleeding. It isexpected for the case to benefit from a comprehensive assessment with anindividualized nursing care plan.

Methods:

The nursing care occurred between June 9-13,2021. We used Gordon's 11 Functional Health Patterns as anassessment tool to complete the assessment and collect data by actual care, company,interviews, observations, and medical record reviews. After analysis, thesubject was confirmed to have health issues such as anxiety and potential injuries.

Results:

Patient education about tocolysis,comfortable positioning, personal hygiene instructions, and medications torelieve uterine cramping and reduce bleeding were all provided to stabilize thesubject. She was also encouraged to actively discuss and work with thephysician to increase comfort and prevent from potential injuries to the fetus.In addition, if the subject demonstrates anxiety about fetus instability, nursingstaffs could give positive support by listening and company, and help thesubject narrative her concerns clearly, so all the questions can be answeredand resolved properly, and therefore improve the quality of lifeduring hospitalization.

Conclusion/Implementations for practice:

Placenta previa is an irreversible diagnosis during pregnancy.Meanwhile, there is no effective measure to prevent from early antepartumhemorrhage. Multidisciplinary healthcare involvements and an one-stop consultationservice for pregnant women are warranted to improve the quality of nursing care.

Keyword: Placenta previa, early bleeding

Nursing Experience of a Patient with Atrial fibrillation Accepted the Left Atrial Appendage Occlusion Therapy

Pao Yu Tseng[1] , Yu-Han Wu[2] , Chih-Yin Liu[3]
Nurse Kaohsiung Medical University Hospital[1] , Nurse , Kaohsiung Medical University Hospital[2] , Nurse , Kaohsiung Medical University Hospital[3]

Abstract

Background: Atrialfibrillation is a common type of arrhythmia that increases significantlythe risk of blood clots in the heart and of stroke. Inthe past, patients were required to take anticoagulants for the remainder oftheir life to regularly the monitor INR ratio of prothrombin time and to avoid possible negative interactions with variousdrugs and foods.In recentyears,left atrial appendage occlusion a novel deviceand technique,was thus developed for Af patients withcontraindications to anticoagulants and a high risk of bleeding,but patients also physical discomfortand anxiety.**Purpose:**Af is one of the major causes of stroke,and the leadingcause of serious disability in the global,which in turn increases family andsocial costs.Although left atrial appendage occlusion a has significantly mortality,morbidity and quality oflife improved,but still has risks due to the complex process,which can leadto patient more anxiety.Therefore,it is more important to let patientsunderstand the disease knowledge,implement own health care,then reduce psychologicalanxiety,and improve the quality of the whole process care.**Methods:** From November 10to17 in 2022,the author collected informationvia interview,observation,physical assessment and listening techniques.Thecase evaluation utilized Gordon's 11 functional health patterns assessment with data gathered through observations,interviews and physical assessments.Then establishedthat the patient has health problems:acute pain,anxiety.Patient has uncertaintytheory about the procedure and outcome which leads to anxiety.The medical teamwas held (nursing, nurse practitioner,cardiologists) before procedure and explainto patient and family ab out the whole process conditions,and provided videoof the left atrial appendage occlusion to relieve their uncertainty andanxiety.Provide non-pharmacological methods,such as:encouraging patientsto express their inner feelings,listening and caring, Aromatherapy,musictherapy,and reducing anxiety by diverting attention.**Results:**The nursing intervention,the patientreceived left atrial appendage occlusion successfully without complications,and acute pain and anxiety were resolved.Before the patient was discharged,hesaid that would continue to pay attention about physical condition and regular follow-upin outpatient clinic.**Conclusion/Implementations for practice:**Thepatient who required to undergo leftatrial appendage occlusiondue to complication of GI bleeding caused by taking anticoagulants and he gotgreat impact.During nursing period,he has physical,mental and spiritualproblems.Through the assistance of the medical team,he was successfully assistthrough this period. eft atrial appendageocclusion is a newtreatment for Af,suggested that set up education videoby multimedia and QR code for reduce the uncertainty and anxietyand more improvethe quality care.

Keyword: Atrial fibrillation; left atrial appendage occlusion; anxiety

The Nursing Experience of Caring a Patient with peripheral arterial disease and diabetic foot

Yi-Lin Di[1] , Shu-Chuan Hsiao[2] , Yu-Han Wu[3]
Nurse Practitioner Kaohsiung Medical University Hospital[1] , Nurse Practitioner , Kaohsiung Medical University Hospital[2] , Nurse , Kaohsiung Medical University Hospital[3]

Abstract

Background:
Diabetic patients often have variety of related complications, including macrovascular diseases such as coronary heart disease, stroke and peripheral arterial vascular disease,as well as microvascular complications such as nephropathy and neuropathy. Microvascular disease and macrovascular disease can easily cause abnormalities in foot sensation, circulation function and structure. These lesions make diabetic feet prone to wounds and infections. If the wound continues to deteriorate, and even develop ulcers and severe necrosis, amputation is even necessary. According to the Diabetes Society of the Republic of China in 2012, there were 700,000 people with diabetes in 2000, and the number had increased to 1.2 million in 2008, and this number is still growing. Diabetes accounts for top 10 causes of death, and prevalence of peripheral vascular disease has increased significantly, and diabetic foot amputation rate has also increased every year.

Purpose:
Through professional nursing care and guidance, patients can acquire the knowledge of preventing diabetes-related complications and the skills of foot maintenance and wound care, and then obtain a good quality of life.

Methods:
During the nursing period, Gordon's eleven health function assessments were used to collect data through observation, interviews, and physical assessments, and it was established that patients had acute pain, infection, and anxiety health problems.

Results:
The patient can tell the knowledge about the diabetes related problems, the foot protection and the signs of wound infection; the wound dressing can correctly reply to the teaching.When foot wound dressing, he can deep with slow breathing was used to relieve tension and appropriate
analgesics were given according to the doctor's advice. The patient said the pain, anxiety were relieved and the wound did not deteriorate.

Conclusion/Implementations for practice:
This is a 56-year-old male patient. he studied hart when learning diabetes-related knowledge and wound care. But he was really easy to forget, so he need to repeat the health education. Therefore, we suggested about in the common project part, simple and easy-to-understand health education videos and QR cords can be produced. Let patients can continue learning and improved the quality of nuring care and satisfaction at the same time.

Keyword: peripheral arterial disease；diabetic foot；wound care； anxiety

Nursing experience of caring for a patient with alcoholism and depression due to life stress

Chun-Tien Yang[1] , [2]
Assistant Professor Tzu Chi University of Science and Technology[1] , Nursing Student , Tzu Chi University of Science and Technology[2]

Abstract

Background: In the 21st century, the three major diseases are cardiovascular disease, depression, and HIV/AIDS. Among the top ten causes of disability in 2020, depression ranked first. The symptoms of depression often manifest as insomnia, social withdrawal, depressed mood, feelings of worthlessness, guilt, and more. Some patients also have co-existing substance abuse as a way to cope with their emotions and stresses, which further exacerbates the condition. Ineffective coping strategies contribute to comorbidity, worsen mental health symptoms, and ultimately lead to a decreased quality of life.

Purpose: This article explored the nursing experience of caring for a 34-year-old client who experienced drinking and depression as a result of long-term family stress and a disordered life.

Methods: During the nursing period from July 13, 2022 to July 29, 2022, data were collected through direct care, observation and interview. Patient also was assessed in five aspects, including physical, emotional, intellectual, social, and spiritual health. It was found that the client had three main health problems: ineffective coping, ineffective health maintenance ability, and insomnia.

Results: During the nursing process, nursing focused on developing a therapeutic relationship built on trust, empathy, and non-judgmental support. Primary nurse encouraged client to join support groups or Alcoholics Anonymous meetings to foster peer support, and assessed the client's stressors and triggers for drinking, collaborated with the client to set achievable goals for reducing alcohol consumption or abstaining altogether moreover, provided education on healthy coping mechanisms, such as stress reduction techniques, mindfulness exercises, engaging in hobbies,exercise and social support. Medical team offered resources and support to client for establishing a healthier lifestyle, including nutrition,exercise, and self-care practices. Primary nurses educated the patient about sleep hygiene techniques to improve their sleep quality.

Conclusion/Implementations for practice: Caring for client struggling with drinking and depression resulting from long-term family stress and disordered life requires a multidimensional nursing approach. Through therapeutic relationships, psycho-education, counseling, the way of releasing stress, coping mechanisms and support group referrals, nurses play a pivotal role in promoting recovery, improving overall quality of life, and overcoming challenges and embark on a path towards holistic healing.

Keyword: Alcoholism, depression,

A study on the motivation of nursing teachers to participate in teachers' professional learning community

Chun-Tien Yang[1]
Assistant Professor Tzu Chi University of Science and Technology[1]

Abstract

Background:

In recent years, the Ministry of Education has encouraged schools to establish"professional learning communities or teaching communities" to enhance teachers' professional development and instructional capabilities. The promotion of teacher communities aims to create an environment for teacher reflection, peer collaboration, and active inquiry, which can contribute to improving teaching practices and student learning outcomes. However, with the rapid advancement of technology, the learning styles of the new generation of students have changed, requiring nursing teachers to seek support from teacher communities to enhance their abilities. The success of community implementation and operation is closely related to teachers' motivation to participate.However, there is currently a lack of research focusing on the participation of university nursing teachers in
professional learning communities.

Purpose:

This research explored the factors influencing the motivation of university nursing teachers to participate in professional learning communities

Methods:

For 10 nursing teachers in the teacher community in a university, semi-structured interviews were used to collect data, and content analysis was used to analyze the data.

Results:

The factors that affect the motivation of teachers to participate in the community are as follows: available in time, interest in community topics, cooperation with school plans, work performance evaluations, hope for inter-professional communication, self-expectation to improve professional ability.

Conclusion/Implementations for practice:

To strengthen the motivation or willingness of teachers to participate in the community, it is necessary to focus on keeping teachers fresh about the professional learning community. Therefore, the planning of community topics should be diversified. Otherwise, cross-field or cross-school communication, professional visits to relevant institutions, practical or expert sharing, and mutual observation of teaching methods can all motivate teachers to continue to participate in professional learning communities.

Keyword:nursing teacher, teachers' professional learning community, motivation of participation

Exploring Supplementation of Omega-3 Fatty Acids to Prevent and Ameliorate Sarcopenia in The Elderly

Xihn-Xuh Chen[1] , Hui-Ping Sun[2]
doctor Tainan Municipal Hospital[1] , Head Nurse , Tainan Municipal Hospital[2]

Abstract

Background: Taiwan has entered an aging society. Muscle mass would gradually decrease with age,and muscle loss would accelerate after the age of 70, to a degree of approximate 15% decrease every ten years. "Sarcopenia" is the culprit of disability in the elderly, which may lead to disabled, decreased quality of life, even inability to take care of oneself, and increased risk of death.Studies have shown that supplementing Omega-3 fatty acids in addition to exercise can effectively prevent and ameliorate sarcopenia in the elderly.

Objective: To explore the prevention and amelioration of sarcopenia by supplementing Omega-3 fatty acids.

Methods: Based on the five steps of evidenced-based practices, the clinically answerable questions using PICO were formed, by using both Chinese and English keywords and synonyms searched in the MeSH database. The search strategy used Boolean logic to combine free and controlled vocabulary, the use of OR to link, and further, to analyze and use PICO to intersect with AND to search for relevant literature in PubMed, Cochrane Library, Clinical Key, Embase, and Airiti Library were investigated until May,2023.The literature pieces were reviewed under Critical Appraisal Skills Program (CASP)and conducted a meta-analysis of published papers using the Review Manager 5.4.1 software.

RESULTS: The 10 studies included a total of 552 adults over 60 years old. The experimental group was supplemented with Omega-3 fatty acids (0.16 to 2.6 g/day of EPA and from 0 to 1.8 g/day of DHA). The results showed muscle mass gain (0.33 kg; 95% CI: 0.05, 0.62,p=0.02); and omega-3 fatty acid supplements at more than 2 g/day may contribute to muscle mass gain (0.67 kg; 95% CI: 0.16, 1.18).

Conclusions/practical implementation: Daily supplementation of 2g of Omega-3 fatty acids can significantly increase muscle mass to prevent and ameliorate sarcopenia. But for those with poor blood coagulation function, the DHA and EPA components in Omega-3 fatty acids may cause a slower blood coagulation. Consultation with a physician or dietitian is advised if to take on Omega-3.

Keyword:elderly, omega-3 fatty acid, sarcopenia

Nursing Experience of Caring a Patient with Heart Failure

Shu-chuan Hsiao[1] , Yi- Lin Di[2] , Pao-Yu Tseng[3]
NP Kaohsiung Medical University Hospital[1] , Division of Nursing Department , Kaohsiung Medical University Hospital[2] , Nurse , Kaohsiung Medical University Hospital[3]

Abstract

Background: This case describes the nursingexperience of a patient with heart failure who was repeatedly admitted to thehospital with lower extremity edema due to poor disease control. Heart failureis characterized by its high mortality, high morbidity, high readmission rates,and high medical expense. The increasing prevalence of heart failure urges theneeds for acute cardiac care. During the nursing period, it was found that thepatient lacked a sense of lilness, no water restriction and exerciseexcessively, which triggered the author's in-depth discussion.
Purpose: Due to heart failure a progressive and irreversible, the patient feels weak in life and causesanxiety. So, it is expected that professiona and timely nursing, cases will be helpto learn self care ability.
Methods: Using physical assessments, interviews andclinical examinations, nursing evaluation was carried out according to Gordon'seleven functional health assessments states.
Results: The evaluation confirmed that the patient hadthree nursing problems: activity intolerance,excessive body fluid volume, and anxiety. Through the nursing intervention, thepatient's breathing and lower extremity edema were improved before discharge,and he was able to receive cardiac rehabilitation exercises. He followed adaily diet with limited water and salt. Eventually, the patient's self-carebehavior was improved and his anxiety was reduced. So he was discharge andfollow-up clinic.
Conclusion/Implementations for practice: The patient withheart failure who was repeatedly admitted to the hospital with lower extremityedema and wheezing due to poor disease control. The author formulates appropriateand individualized care measures to reduce discomfort, due to illness andrelieve anxiety caused by unfamiliar environment. It is recommended that in the future, such a method could be included in thecare team treatment of acute late stage heart failure to provide patients witha more complete care plan while improving the patient's self-care ability andquality of life.

Keyword: heart failure; activity intolerance; anxiety

The Curative Effect and Safety of Incretin for Weight Loss

Ya-Ting Tung[1] , Hui-Ping Sun[2]
Nurse Tainan Municipal Hospital[1] , Head Nurse , Tainan Municipal Hospital[2]

Abstract

背景：With the Westernization of diet trend, high-fat, high-sugar, and high-calorie diets have become the norm, leading to an increase in the obese population. In recent years, Glucagon-like peptide-1 receptor agonist (GLP-1 RAfor short), commonly known as "thin needle",can suppress appetite and control weight, and is regarded as one of the best ways for weight loss.

目的：Using evidence-based methods to explore the efficacy and safety of incretin in weight loss.

方法：Based on the five steps of evidenced-based practices, the clinically answerable questions using PICO were formed, by using both Chinese and English keywords and synonyms searched in the MeSH database. The search strategy used Boolean logic to combine free and controlled vocabulary, the use of OR to link, and further, to analyze and use PICO to intersect with AND to search for relevant literature in PubMed,Cochrane Library, Clinical Key, Embase, and Airiti Library up to April, 2023.The literature pieces were reviewed under Critical Appraisal Skills Program(CASP) and conducted a meta-analysis of published papers using the Review Manager 5.4.1 software.

結果：A total of 11,459 obese and overweight adults without diabetes were included in the collection of 12 studies. The experimental group was given glucagon-like peptide-1 receptor agonists (GLP-1 RA), and the controlled group was given placebo. The results showed that the experimental group with an overall mean difference of −7.1 kg (95% CI −9.2 to −5.0) was significantly better than the controlled group and achieved a significant difference. There were no hypoglycemic events in the study, but adverse reactions such as vomiting, nausea, indigestion, diarrhea, constipation and abdominal pain did take place.

結論/實踐實施：Thin Needle has a significant weight loss effect, but there is a 10% average weight gain after ceasation of the drug. In addition to gastrointestinal side effects such as nausea, vomiting and others, thyroid cancer has been found in animal experiments. Long-term risk of cancer remains to be observed.

Keyword:incretin, weight loss, efficacy, safety

Applying Swanson's Theory of caring to a hopeless case at the end of life in a nursing home

Syu - Syu Chen[1] , Lee, Pi-Yu[2]
Head Nurse Yuan's General Hospital, An Shun Nursing Home [1] , Associate Professor , Department of Gerontological and Long-Term Care Business, Fooyin University [2]

Abstract

Background:

Nursing homes often encounter elderlyindividuals who are functionally impaired and suffer from multiple chronicillnesses. When these individuals reach the end of their lives, facing theuncertainties of life and a lack of purpose, comprehensive person-centered careis crucial to enhance the quality of their final stage of life.

Purpose:

Incorporating Swanson's Theory of Caringinto the nursing process allows for the provision of holistic care, aiming toalleviate the sense of hopelessness and enhance the quality of life of the casein her end-of-life stage.

Methods:

Duringthe care period, from February 1, 2023 to March 25, 2023, the author collecteddata through observation, interviews, physical assessment, medical recordsreview, etc., and adopted the five processes of Swanson's care theory,including understanding, companionship, To do it, to enable him and to maintainhis faith, develop nursing measures to care for the individual.

Results:

The implementation of the nursing modelbased on Swanson's Theory of Caring has resulted in the following outcomes:

1. Establishment of a strongcaregiver-patient and family relationship.

2. Provision of appropriate emotionaloutlets for the individuals.

3. Alleviation of physical discomfort ofthe case and accompanied by the presence of family members.

4. Empowerment of the case to make independentdecisions regarding to the arrangement of end-of-life.

5. Preservation of dignity and beliefs,enabling the case to face her illness and the end-of-life stage with a positivemindset.

Conclusion/Implementations for practice:

Implementing care based on Swanson'sTheory of Caring, with a focus on "caring" and "love," canbe beneficial for both end-of-life patients experiencing a sense ofhopelessness and their families. It is hoped that this experience can serve asa reference for nursing facilities, aiming to enhance the quality of care ofthe residents.

Keyword: end-of-life, theory of caring, hopelessness.

Predictors of nursing employment of nursing graduates in the post-COVID-19 era

Shu-Yuan Weng[1] , Chang-Chiao Hung[2]
Head Nurse; Postgraduate Chiayi Chang Gung Memorial Hospital, Chiayi; Chang Gung University of Science and Technology Chiayi Campus[1] , Ph. D. , Chang Gung University of Science and Technology Chiayi Campus[2]

Abstract

Background:

Nursingmanpower shortage has always been an important issue in global health care.However, since 2019, COVID-19 has hit the global nursing industry hard. Whetherthis affects the willingness of nursing graduates to enter the nursing workplaceis unknown.

Purpose:

This study will explore the influencing factors and predictors of nursing employment intention of nursing graduates in the post-COVID-19 era.

Methods:

A cross-sectional correlation research was designed. Nursing studentswill be estimated at 173 nursing departments after quota and convenientsampling. Data collection for this study from January 2023to February 2023, 162participated in this study. The "Nursing Graduate Employment DemandScale" and the "Nursing Student Professional Commitment Scale"was used for data collection. Data will be analyzed by descriptive statistics,independent sample t test, one-way analysis of variance.

Results:

Physiological needs are significantly related to "whetherto engage in nursing-related work after graduation", "whether I havebeen diagnosed", "willingness to engage in nursing work before theepidemic", "willingness to engage in nursing work after theepidemic", and safety needs have a significant relationship with"gender". Significantly, the need for love and belonging has no significantcorrelation with demographic characteristics. The total score of self-esteemneeds is related to "educational structure", "whether to engagein nursing-related work after graduation", "whether to engage innursing work after the epidemic", "whether the outbreak affects Willingness"is significant, self-realization needs are significantly related to"educational system" and "whether to engage in nursing-related work aftergraduation"; professional commitment is related to "educational system","whether to engage in nursing-related work after graduation", "whetherrelatives and friends have been diagnosed", "Whether you are willing toengage in nursing work before the epidemic" and "Whether you arewilling to engage in nursing work after the epidemic" are significant.

Conclusion/Implementations for practice:

The employment intentions of recent nursing graduates are not affectedby the COVID-19 epidemic, but are related to physiological needs, safety needs,self-esteem needs, self-actualization needs, and professional commitment.

Keyword: post-COVID-19 epidemic era, nursing graduates, nursing employment intention, nursing professional commitment, Maslow's theory of needs.

Experiences of Male Nursing Students in Simulation Pregnancy

Yun-Ruei Tsai[1] , Bao-Kuan Wu[2] , Li-Chun Liu[3] , Hsu-Mei Tsai[4]
助理教授 Chung-Jen Junior College of Nursing, Health Sciences and Management, Taiwan.[1] , Assistant professor , Chung-Jen Junior College of Nursing, Health Sciences and Management, Taiwan.[2] , Lecturer , Chung-Jen Junior College of Nursing, Health Sciences and Management, Taiwan.[3] , Lecturer , Chung-Jen Junior College of Nursing, Health Sciences and Management, Taiwan.[4]

Abstract

Background: A simulated pregnancy is a deliberate attempt to create the impression of pregnancy.

Purpose: The purpose of this study was to explore a pregnancy experience simulating physio-psychological changes in a mother during the last trimester of pregnancy for maternal-newborn nursing in male nursing students in Taiwan.

Methods: This was a qualitative study on male nursing students. The purposive sampling method was adopted, with the research objects being male nursing students in the third year of Health Care Management Junior Colleges in southern Taiwan. A total of 50 male nursing students participated in investigating the effects by using pregnancy profile simulation and exploring the feelings, behavioral responses and maintained practice logs of the students during a maternal-newborn nursing course. For data collection, the content analysis method was used to analyze transcripts of the maintained practice logs word-by-word so as to extract themes representative of pregnancy experiences of male nursing students in the context of simulation pregnancy.

Results: A total of three themes and six sub-themes were extracted and analyzed, including: 1 Connection of professional knowledge (verified psychological changes during pregnancy, using empathy in pregnant women's physio-psychological discomfort); 2 Promotion of the mother-child relationship (experiencing the suffering of mothers during pregnancy, thanking his mother for her upbringing); and 3 Considerations for relationships in a partnership (using contraceptive measures, and doing well in supporting his partner during pregnancy in the future).

Conclusion/Implementations for practice: Through the use of simulation pregnancy,teaching and learning strategies to provide the best possible care will assist in preparing male nursing students for clinical practice with application to maternal-newborn nursing educators considered. Interestingly, it also further promotes family relationships.

Keyword:experience, male nursing students, simulation, pregnancy.

Optimization of cost management of medical special materials - taking "Tw-DRGs case" as an example

Pei-Yu Yin [1] , Chiao-Wei Huang[2] , Mei-Hui Huang[3] , [4] , Shin,Yu-Huan[5]
Kaohsiung Municipal Ta-Tung Hospital[1] , 資訊工程師/Information engineer , Kaohsiung Medical University Chung-Ho Memorial Hospital [2] , 資訊工程師/Information engineer , Kaohsiung Medical University Chung-Ho Memorial Hospital[3] , 組員 , Kaohsiung Municipal Ta-Tung Hospital[4] , 主任 , Kaohsiung Municipal Ta-Tung Hospital[5]

Abstract

Background: Since 2018, the Central HealthInsurance Administration launched the "Regulations on Self-Paid SpecialMaterials Items for Resident Tw-DRGs Cases", and the controlled items haveincreased year by year. The cost of medical special materials for inpatientcases in medical institutions has become more important.

Methods: By examining therelationship between the consumption rate of medical special materials and thestandard of health insurance payment, medical expenses are classified andsorted, clinical use records are recorded, and administrative procedures areplanned.

Results: Take the 2020~2021health insurance declaration file as a template; understand the clinical userecords and the analysis of hospitalization medical expenses. Through thetripartite cooperation of physicians, information engineer and health insurancedeclarers, the program system of "self-funded special material maintenance"is designed, so that the administrative operation process can quickly link theconsumption information of medical special materials.

Conclusion: Through theanalysis of the operation process, the medical expense management of"Tw-DRGs cases" is more efficient, effectively reducing theconsumption of passing paper reports, and achieving the sustainable managementbenefits of the hospital.

Keyword: Sustainable management

The pattern, experiences, and communication of CAM use among patients with diabetes

Hsiao-Yun Chang[1]
Professor Chang Gung University of Science and Technology[1]

Abstract

Background:

Given the reasons of rising popularity ofCAM use, limited data regarding CAM use in diabetes management, and communication gaps between patients and healthcare providers, there was urgent needs to explore the use of CAM in individuals with diabetes, along with understanding their experiences and communication patterns related to CAM use.

Purpose:

This study aimed to explore the pattern, experiences, and communication of CAM use among patients with diabetes

Methods:

A cross-sectional survey study was conducted using a convenience sampling method with 307 patients with diabetes recruited from Oct 2022 to April 2023. The survey questionnaire included personal information and the details of CAM use. The IBM SPSS Statistics version 25.0 was use for data analysis. Permission was gained from the Ethics Committee to undertake the study.

Results:

Participantsreported extensive use of CAM alongside conventional medicines. The nutritionalsupplements had the highest prevalence (89.9%) among CAM therapies in patientswith Type 2 diabetes. However,the disclosure rate of CAM use to healthcare professionals remained low at30.3%, and there was widespread lack of knowledge about CAM among users(60.4%). Participants provided reasons for non-disclosure of CAM use, includinghealthcare professionals not inquiring about CAM, never considering it, feelingsafe using CAM, and having insufficient time to discuss it during clinicalvisits.

Conclusion/Implementations for practice:

People with Type 2 diabetes often rely on unreliable sources of information about CAM, possess limited knowledge about the CAM products they consume, and tend to self-regulate the timing of their medication intake without professional guidance. It is crucial to empower patients with evidence-based information and incorporate CAM modalities into comprehensive self-management programs for chronic diseases. Embracing a holistic model of care will ensure optimal patient well-being in the future.

Keyword: Complementary and Alternative Medicine (CAM), diabetes, usage, communication

Case Report of Successful Treatment of Guillain-Barré Syndrome Associated with Cytomegalovirus Infection through Plasma Exchange

Ching-I Lin [1] , Hsiao-Yun Annie Chang[2]
Graduate Student 1.Graduate Student, Graduate institute of Nursing ,Change Gung University of Science and Technology 2. Taoyuan Armed Forces General Hospital[1] , Professor, Department of Nursing , Chang Gung University of Science and Technology[2]

Abstract

Background:

Guillain-Barré syndrome (GBS) is a rare but severe autoimmune disease characterized by acute inflammation affecting the peripheral nervous systems. Raising awareness of the rare but critical condition of acute inflammatory demyelinating polyradiculoneuropathy is important to healthcare professionals.

Purpose:

The purpose of this case analysis is to describe a 21-year-old male patient who developed rapidly progressive bilateral symmetrical weakness and distal limb numbness, accompanied by bilateral facial muscle paralysis, and difficult swallowing.

Methods:

The care period ranged from December 19,2022, to January 7, 2023. Medical information was collected through history taking, medical record, physical examinations, direct care and observation. After differential diagnosis, treatment was intervened based on evidence-based medicine.

Results:

Based on the patient's symptoms and electroneurophysiologic examination, the diagnosis revealed sensory-motor polyradiculoneuropathy. Cerebrospinal fluid (CSF) analysis showed albuminocytologic dissociation, atypical characteristic of CSF finding in GBS. High titer of anti-CMV IgM antibody indicated of active Cytomegalovirus (CMV) infection. The treatment approach involved: 1) supportive therapy and/or 2) plasma exchange and intravenous immunoglobulin administration. After a month of treatment and coordinated rehabilitation planning, the patient showed improvement in limbs and facial muscle strength, indicating successful treatment.

Conclusion/Implementations for practice:

Healthcare professionals should be alert when patients present with acute progressive weakness and sensory abnormalities. Through medical history inquiries and examinations, such as CSF analysis and nerve conduction velocity testing, should be conducted to establish an early diagnosis and treatment for GBS. This approach helps minimize the impact of neurological deficits caused by the disease.

Keyword: Guillain-Barre syndrome · Cytomegalovirus (CMV) infection · Plasma exchange

Nursing Experience of a Middle-Aged Patient with Acute Myocardial Infarction Complicating Cardiogenic Shock Undergoing Decinion-Making of Withdrawaling Life-Sustaining Treatments

YU-Chien Weng[1] , Ho-Hsuan Lin[2] , Shu-Chen Su[3]
Registered Nurse National Cheng Kung University Hospital.[1] , Registered Nurse , National Cheng Kung University Hospital.[2] , Head Nurse , National Cheng Kung University Hospital.[3]

Abstract

Background: This article describes thenursing experience of caring for a middle-aged clientwith acute myocardial infarction and cardiogenic shock whoseconsciousness remained comatose, causing failure to wean from mechanicalventilation. His family could not accept his sudden butirreversible condition and the fact of imminent death.

Purpose: It is expected that thisindividualized nursing care experience can provide a reference for nurses who takecare of similar cases in the future and provide the most appropriate nursingcare to help families embrace the loss.

Methods: The nursing interventions included stabilizing the cardiac perfusion, arrangingflexible family visit schedules, guiding emotional expression, listening, andmaking a decision on withdrawing the life-sustainingtreatmentwith the family.

Results: Thehospice shared-care team was then consulted, a consensus on withdrawal oflife-sustaining treatments was achieved after the family meeting.

Conclusion/Implementations for practice: Although the car accident did not cause moreharm to this case, due to this incident, in the future, it necessary tostrengthen publicity on the prevention of acute myocardial infarction and howto seek medical treatment when it occurs, so as to aggravating thecondition and delaying treatment. Through this nursing experience, clinicalmedical staff can learn individualized nursing care of anticipatory grief, andprovide reference for nursing when first encountering a case of withdrawal oflife-sustaining treatments.

Keyword:myocardial infarction; cardiogenic shock; anticipatory grieving; withdrawal of life-sustaining treatment

Project to shorten the overtime get off work time of nurses in cardiac intensive care unit

Chia-Chi Chou[1] , Yu-Chien Weng[2] , Ho-Hsuan Lin[3] , Shu-Chen Su [4] , Ming-Chi Hsu[5] , Ya-Shu Chang[6]
Registered Nurse National Cheng Kung University Hospital.[1] , Registered Nurse , National Cheng Kung University Hospital.[2] , Registered Nurse , National Cheng Kung University Hospital.[3] , Head Nurse , National Cheng Kung University Hospital.[4] , Registered Nurse , Department of Nursing, College of Medicine[5] , Registered Nurse , National Cheng Kung University Hospital.[6]

Abstract

Background:

Nurses working overtime is one of the crucial concerns which causes nurseturnover and decreases job satisfaction and quality of care. The cardiac careunit (CCU) is responsible for providing intensive monitoring, physicalassessment, and treatment for patients with severe heart diseases.
Currently,93% of nursing staff in the CCU work overtime, with an average overtimeduration of 83 minutes. After investigation, we identified the causes of workingovertime in the CCU including insufficient emergency management capacity,excessive paperwork, heavy workload on team leaders, lengthy meetings, complexhandover content, and admitting patients or attending the physicians' roundsduring shift changes.

Purpose: The project aimed todecrease the nurses working overtime rate by 50% in CCU.

Methods:

Followingproblem identification, literature review, and project team discussion, theproject included simplifying the content of shift handovers, improving nursingstaff capacity to efficiently address patients' problems, streamlining tasksfor team leaders, simplifying nursing documentation, refining the content ofthe nursing meeting and multidiscipline team meetings, and assigning nurseshandover responsibilities for admitting new patients between shifts changes.

Results:

Afterthe intervention, the average overtime duration was reduced to 37 minutes, effectivelyachieving the objective of decreasing overtime.

Conclusion/Implementations for practice: Implementingthe improvement strategies can alleviate fatigue among nursing staff, enhancepatient safety and improve the quality of care. The project is expected to besustainable within the CCU and has the potential for further implementation inother intensive care units, thereby addressing nursing overtime issues.

Keyword: nursing project, cardiac care unit, working overtime

Survey on the current situation of nursing staff's obstacles to shift work

Chi-Jen Wu[1] , Bih-O Lee[2]
Deputy Director of Nursing Kaohsiung Armed Forces General Hospital Zuoying Branch[1] , Professor, College of Nursing, , Kaohsiung Medical University[2]

Abstract

Background:

Night shift workers are susceptible to 'shift work disorder'. They will feel tired and sleepy when they go to work and their alertness will decrease. Addressing the physical and mental problems caused by shift patterns in nursing staff can effectively reduce the increasingly serious staff turnover and shortages, and improve productivity and quality of care. In addition, nurses are reminded to be aware of their own physical and mental health problems in the shift situation and to adjust their day and night schedules early to deal with possible occupational hazards.

Purpose:

The main aim of this study is to understand the effects of shift work on the quality of sleep, lethargy, fatigue, concentration, and depression of nurses.

Methods:

In this study, convenience sampling was used to recruit 240 nurses from two regional teaching hospitals and one regional hospital in the south of Taiwan in the year 2021. It is estimated that 240 nurses in three clinical shifts will be included. The basic information and sleep quality of the nurses will be collected by self-administered questionnaires (PSQI), sleepiness (KSS), depression (CED-S), fatigue (CBI), and attention (MAAS).

Results:

The sleep quality of nursing shift workers was positively correlated with depression, fatigue, and sleepiness, and negatively correlated with attention. The mediation effect analysis found that sleep quality can indirectly affect the degree of sleepiness through depression, fatigue, and concentration. Sleep quality showed a direct effect on depression, fatigue, and attention, but only fatigue can affect sleep quality through sleepiness, indicating that the sleep quality of nursing staff working in shifts was affected by sleepiness at work due to fatigue.

Conclusion/Implementations for practice:

Our research modeled sleep quality and depression, fatigue, attention, and lethargy in nurses during shift work. It has been confirmed that sleep quality is related to depression, fatigue, concentration, and sleepiness, but sleep quality will influence the degree of fatigue-related sleepiness at work. Reasonable working hours, health education measures, shift work, and at least 3 hours after the night shift must be provided. more than one working day to help adapt to the hazards of shift work.

Keyword: Nursing shift, sleep quality, sleepiness, fatigue, attention, depression

Effects of providing light properties to improve night shift worker alertness, work performance, and melatonin suppression: A systematic review and meta-analysis

Chi-Jen Wu[1] , Bih-O Lee[2]
Deputy Director of Nursing Kaohsiung Armed Forces General Hospital Zuoying Branch[1] , Professor, College of Nursing , Kaohsiung Medical University[2]

Abstract

Background:

More than 20% of the global population works in shifts. In particular, night shifts disrupt the sleep-wake cycle and cause chronic and acute sleep deprivation. Consequently, there is a heightened risk of cerebral dysfunction due to decreased alertness and neurobehavioral capability impairment, as well as increased health risks, injuries, and occupational accidents.

Purpose:

To analyze and synthesize the effects of a light intervention to improve night shift worker alertness, work performance, and melatonin suppression.

Methods:

A systematic review and meta-analysis. Embase, MEDLINE (OVID), Cochrane Library, and CINAHL Plus with full text from 2000 to 2022. Randomized controlled trials and crossover design studies focused on adult night shift worker subjects who accepted nighttime light interventions to improve alertness, performance, and melatonin suppression. The Preferred ReportingItems for Systematic Review and Meta-Analysis guidelines were used to inform the data analysis process. The statistical analysis used comprehensive meta-analysis (CMA) software.

Results:

Sixteen studies with a total of 682 participants were included. The results indicate that light properties improved alertness (Hodges' g = −0.398,95% confidence interval (CI) = −0.583 to −0.213, p =0.0001, I^2 = 53.08%). This study highlights two important findings from the subgroup analysis for the primary outcome. First, color temperatures less than 6000 Kelvin and illuminations greater than 2000 lux were more effective at improving alertness (Hodges' g = −0.417, 95% CI = −0.792 to−0.041, p = 0.0001). Second, color temperature greater than 6000 Kelvin and illumination less than 500 lux were beneficial in improving alertness(Hodges' g = −0.583, 95% CI = −1.784 to −0.089, p = 0.021). For the secondary outcomes, this study found that work performance in reaction time(Hodges' g = −0.396, 95% CI = −0.634 to −0.157, p = 0.001), response lapse (Hodges' g = −0.263, 95% CI = −0.514 to −0.012, p = 0.040), and melatonin suppression (Hodges' g = −0.241, 95% CI = −0.476 to −0.001, p= 0.043) were improved by light properties.

Conclusion/Implementations for practice:

This study offers more objective evidence on using light interventions to effectively ameliorate the shift-related health and occupational hazards experienced by night shift workers.

The paradox of family structure versus well-being during the coronavirus pandemic

Hsiu-Chun Lai[1]
Director of Nursing Kaohsiung Municipal Min-Sheng Hospital[1]

Abstract

Background:

From 2019, the coronavirus disease (COVID-19) continues to raging around the world. People are forced to change their original lifestyles and face great risks of infection and mental health symptoms for families with members with long-termmedical needs.

Purpose:

Thepurpose of this study is to investigate 1) whether the family members ofpatients with severe and persistent mental illness (SPMI) have experienced high mentalstress; 2) under the pressure of the coronavirus disease (COVID-19) pandemicfrom 2019 to 2023, The impact of people's mental health and well-being.

Methods:

There are recruited 111 community members, of which 50 are family members of SPMI who assist in regular outpatient visits or receive home care at home. In addition, 61 people are general community members, and all participants were followed up after six-weeks and filled out 5 short symptom score scales and the Chinese Oxford Happiness Questionnaire.

Results:

Under the COVID-19 pandemic, stress scores, depression, and insomnia worsened over time; family members of SPMI reported lower levels of mental stress and social adjustment compared with the general community Not lowered, but changed over time. It is meaningful to find that as time goes on, under the social restrictions of the epidemic, the psychological well-being of those with partners in the family deteriorates.

Conclusion/Implementations for practice:

Covid-19 is a global biological catastrophe, and in addition to the large and growing number of confirmed cases and deaths, the pandemic has caused many other harms to individuals and families, such as social isolation, misery, anxiety and depression, including Increased time spent on unpaid domestic work (including child care) and reduced hours worked, with severe economic impact.In the past three years, the epidemic has spread amidst uncertainties, and the dynamic changes in harms and benefits need further study. Policymakers should provide urgent and additional assistance to families and at-risk individuals with SPMI cases to reduce inequalities and support research to monitor the impact of the pandemic, including perceived benefits and harms, and to examine causal, mediating, and corrective factors.

Keyword:COVID-19 pandemic, Happiness, Well-being

A Quality Improvement Project for Improving Disease Awareness in Hemodialysis Patients with Hypertension Using Mobile Multimedia Tool.

YANG,MEI-YIN[1] , YU-Yun Wang[2] , Ching -Fen Wu[3] , Tzu-jung Chen[4] , Hsiao-Timg Fan[5] , Yu-Hui Su[6]
Nursing Kaohsiung Municipal Ta-Tung Hospital[1] , Nursing , Kaohsiung Municipal Ta-Tung Hospital[2] , Nursing , Kaohsiung Municipal Ta-Tung Hospital[3] , Nursing , Kaohsiung Municipal Ta-Tung Hospital[4] , Nursing , Kaohsiung Municipal Ta-Tung Hospital[5] , Nursing , Kaohsiung Municipal Ta-Tung Hospital[6]

Abstract

Background: If blood pressure is not properly controlled in patients with end-stage renal disease and hypertension, it will lead to serious cardiovascular diseases and increase their mortality.

Purpose: Nephropathy has ranked ninth among the top ten causes of death in the past five years, so improving patients' disease self-management ability has become an important issue Traditional health education has been difficult to meet the rapid and timely demand. The smart 3C product application is used to allow the elderly to measure blood pressure regularly. This system can add functions such as medication reminders and health records to improve the effectiveness of dialysis patients'self-management capabilities for diseases.

Methods: (1) The task force drafted the "Hypertensive Disease Awareness Questionnaire",which included 15 yes-false questions. The results of the questionnaire survey on 86 hypertensive dialysis patients showed that the correct rate of cognitive hypertension was only 55.73%. The lowest correct rate is that drinking too much water can cause symptoms of pulmonary edema such as coughing and shortness of breath (40.7%) (2) Record health education guidance videos and add a variety of media learning platforms (3) Provide "Smart Hemodialysis" APP and tell how to use it The content includes "Health Education and Diet"and "Medication Records", which can be watched repeatedly to enhance patients' awareness of diseases.

Results: The correct rate of disease cognition of 86 hypertensive dialysis patients increased from 55.7% before implementation to 85.0%, reaching the target value of this project, After watching the health education guidance video and After using the hemodialysis APP, patients will also review their daily habits, which are also potentially helpful for behavioral changes.

Conclusion/implementations for practice: Monitor blood pressure at any time through the mobile phone program, add upper and lower control lines, and the system will issue warning messages if the standard exceeds the standard, and add medication reminders,emergency help and calendars to enhance its usability, provide practical applications for the elderly, and improve dialysis patients Ability toself-manage disease.

Keyword: Hemodialysis, hypertension, mobile multimedia tool.

Using the Job Demands - Resources Model to Job Rotation among Nurses

Wan-Ling,Chang[1] , Feng-Yuan Chang[2]
Nursing Supervisor CHINA MEDICAL UNIVERSITY HU=SINCHU HOSPITAL[1] , Director , CHINA MEDICAL UNIVERSITY HU=SINCHU HOSPITAL[2]

Abstract

Background:

Job Rotation among nurses is stronglyassociated with high job stress. As proposed by the job demand-resource (JD-R)model, working conditions are relatively distinct with specific outcomes forhealth impairments and employee motivation. Stress management strategies mayhave the potential to improve retention rate and preventive healthimpairment.

Purpose:

Identify core antecedents of job stressand job rotation in nurse, and to explore the potential of stress interventionsto improve job rotation.

Methods:

Structural equationmodeling analyses provided partial for related to exhaustioncomponent of burnout and disengagement.

Results:

High strain–isolated configuration reported the highest meanvalue of Job Rotation (M = 3.8, SD = 1.1), this value was not different fromthat obtained by the resourceless profile (M = 3.5, SD = 1.1).

Conclusion/Implementations for practice:

Job rotation problems in nursing might be co-responsive tostress management intervention. Improving the buffering effectiveness ofincreased resilience and of prominent perceived job resource issues areurgently required. Active job on the wardprofile reported the highest level of job rotation, followed by theresourceful profile. Active job on the ward profile is characterized by alower-than-average workload and emotional dissonance, but high levels in twooccupation-specific demands (interaction with patients and physical demands)and high control and social support.

Keyword:ob Demands - Resources Model, Nursing

Immersive Projection Teaching Process for Emergency Situation Drills

Meng-Ling Huang[1]
Nurse Practitioner National Cheng Kung University Hospital, College of Medicine, National Cheng Kung University, Tainan, Taiwan[1]

Abstract

Background:

In clinical settings, medical professionals often face real-life emergency situations with patients. Immersive environments can assist students in applying what they have learned in clinical emergency situations.

Purpose:

To record and analyze the process of nursing students from a university in Southern Taiwan as they observed an emergency situation drill through video playback.

Methods:

Content analysis was used to collect data from 39 students who observed the emergency situation drill in 6 sessions from 2019 to 2022. The reflections of the students were collected and transcribed.

Results:

The students' observations of the emergency situation drill can be summarized into three themes: (1)Impact and Challenge: Due to the differences in emergency situations and the disparity in spatial and cognitive applications, students realized their lack of clinical knowledge and technical experience. They recognized the importance of team cooperation and the need to enhance their clinical knowledge and related technical experience. (2)Self-reflection: Students recognized and reflected on the differences between their school curriculum and the practical experience provided by clinical nursing teachers.(3)Enriching Immersive Experience: Through video playback, students were able to immerse themselves in a realistic medical emergency situation.

Conclusion/Implementations for practice:

The students' observations of the emergency situation drill can be feel the impact of the environment on their minds and bodies, and learn to control their emotions while completing tasks.

Keyword: Immersive Experience, Emergency Situation Drills, Nursing Interns

Evidence-based Nursing for Sleep Disorders in Traumatic Brain Injury (TBI): A Case Study on the Use of Aromatherapy

Wu-Wan Chen[1] , Hsiao-Yun Annie Chang[2]
Graduate Student and Assistant Head Nurse Chang Gung University of Science and Technology and Far Eastern Memorial Hospital[1] , Professor and Adjunct research fellow , Department of Nursing, Chang Gung University of Science and Chang Gung Memorial Hospital, Linkou[2]

Abstract

Background:

Traumatic brain injury (TBI) can occur atany age, and sleep disorders are common sequelae among TBI patients. Theinability to fall asleep at night leads to daytime sleepiness, disruption ofcircadian rhythm, decreased concentration during the day, affectingrehabilitation outcomes, and increasing caregiver burden.

Purpose:

This article aims to use the process ofevidence-based nursing to assess sleep problems in TBI patients and utilizearomatherapy with essential oils to enhance sleep quality in TBI patients.

Methods:

A literature search was conducted usingBoolean logic and keywords in databases such as CINAHL, Medline, PubMed, andCochrane. Four articles were selected, and the Critical Appraisal SkillsProgramme (CASP) was used for literature evaluation. Aromatherapy interventionswith a blend of Ylang Ylang, True Lavender, and Bergamot essential oils wereimplemented for TBI patients with poor sleep quality for one week. Theeffectiveness was assessed using the Pittsburgh Sleep Quality Index (PSQI),Xiaomi wristbands, and Heart Rate Variability (HRV).

Results:

Three cases received aromatherapyinterventions, and their PSQI scores improved. Xiaomi wristbands showed anincrease in total sleep time, rapid eye movement (REM) time, and deep sleeptime for all three cases. HRV measurements showed an increase inparasympathetic nervous system values, while nighttime measurements indicatedan increase in one case and a decrease in the other two cases.

Conclusion/Implementations for practice:

Multiple studies have shown that a blend ofessential oils and lavender essential oil can effectively improve sleepquality. This case study supports these findings and suggests that this careapproach can be applied in clinical settings to improve sleep quality in TBIpatients, assist their successful reintegration into society, and enhance theiroverall quality of life.

Keyword: Traumatic Brain Injury, Sleep Disorders, essential oils

Can lower limb resistance exercise improve the lower limb muscle strength in middle-aged and elderly people ?

Ju-Ping Huang[1] , Chen Pei jun[2] , Lin Yi Ying[3] , Chuang Tzu Hui [4] , SIE Yi Sin[5] , Li Ho Yu[6]
Associate professor Fooyin University[1] , nursing student , Fooyin University[2] , nursing student , Fooyin University[3] , nursing student , Fooyin University[4] , nursing student , Fooyin University[5] , nursing student , Fooyin University[6]

Abstract

Background:

Askan answerable question (PICO)

low muscle mass could be defined as age-related lean tissue mass loss that usually resulted in reduced physical function, muscular strength, and mobility. Lower limb resistance exercise was expected to be of benefit to improve the lower limb muscle strength and even prevent falls.

Using the PICO method (PICO questions: P: Middle-aged and elderly people, I: Lower limb resistance exercise, C: Routine care, O: lower limb muscle strength). for constructing a clinical question, we will structure a question to explore the evidence.

Purpose:

To explore the effectiveness of limb resistance exercise for improving lower limb muscle strength in Middle-aged and elderly people.

Methods:

TheMethod and Analysis of Literature Review

Three databases (Cochrane library, PubMed, CEPS) were used to search for relevant studies published from January 2018 to September 2023. The search terms were used with the Boolean operators “AND” and “OR” in different combinations.

Critical Appraisal

The literature search of the three electronic databases revealed a total of 45 studies. Two studies finally met the inclusion criteria and were included in the review. We appraised these studies using the CASP Systematic Review Checklist to evaluate the validity, importance and applicability (VIP).

Results:

Li et al.(2020): 30 subjects were randomly assigned to an intervention group and a control group. The training protocol consisted of 3 times of resistance training sessions per week, for 10 weeks.. Subjects showed significant improvements in hip flexion of right, knee extension of left and right.

Hu et al.(2021): After 12-week exercise training intervention, the lower limb muscle strength significantly increased in the experimental group compared with the control group.

Conclusion/Implementations for practice:

Lower limb resistance exercise might be a safe and effective method in the Middle-aged and elderly patients. When used within an appropriate range, it can increase the strength of lower limb muscle. Therefore, regular resistance exercise can delay aging and enhance physical condition in the Middle-aged and elderly patients.

Keyword:middle-aged and elderly, lower limb resistanc exercise, lower limb muscle strength

To use the digital management tool to enhance the patients' management and care outcome in Hemophilia Treatment Center

Yu-Ting Tsai[1]
Hemophilia Case Manager Kaohsiung Chang-Gung Memorial Hospital, Kaohsiung Taiwan[1]

Abstract

Background:

Hemophilia is an X-linked recessive genetic disease with blood coagulation abnormalities.Patients need life-long injections of coagulation factors to prevent bleedingevents, especially patients who are diagnosed with the severe type.Prophylactic injections of the coagulation factor can optimize the treatment plan inreducing‐spontaneous bleeding among the severe type hemophilia patients currently.

Purpose:

The digital logbook reminds patients of their injection schedule, and can allow them to upload the pictures of their bleeding episode.Healthcare professionals (HCPs) can then monitor and review the patients'condition in real time, providing a more personalized care based on patients'recordings.

Methods:

Our HTC first launched the digital management logbook in June 2017.

Demonstrationson how to use the app wereheld in patient support groups to encourage and emphasize the advantages of the digital management logbook.
Until now, there are 15 type A hemophilia patients—10 adults and 5 children,

Results:

At our HTC, 15 out of 22 of our severe type Ahemophilia patients are currently using the ZB app regularly. The 15 users areall receiving prophylactic injection treatments. After using the digital logbook for 2-3 months, due to an increase in patients' compliance and morestable plasma coagulation factor levels, the frequency of OPD visits decreased from once in two weeks to once a month. Follow-up callsbefore OPD visits also reduced from 1-2 times every month to zero. Mostimportantly, the annual joint bleeding rate (AJBR) decreased from a total of 26 times amongst 10 patients in the year 2018. In 2022,of 22 patients using the digital logbook, only one patient experienced spontaneousjoint bleeding.

On the other hand, the other 7 severe type A hemophilia patients who are not using the digital logbook, 5 of them are treated by prophylactic injection. However, their AJBR was 15 times in 2022.
In Conclusion, the AJBR of the group whouse traditional method was 3-6 times as high as the group who use digital ZB App.

Conclusion/Implementations for practice:

We believe the digital logbook has potential in the emerging field of personalized healthcare for hemophilia patients to achieve the ultimate goal of "ZeroBleeding".

Keyword: The digital logbook, Hemophilia

Nursing Assessment and Interventions for Geriatric Frailtyin Taiwan: A Review

Wan-Yu Lee[1] , Hsiao-Yun Chang[2] , Shu-Ching Chen[3]
Graduate Student cum Nurse Specialist Chang Gung University of Science and Technology cum Shuang Ho Hospital[1] , Professor, Department of Nursing , Chang Gung University of Science and Technology[2] , Professor, Department of Nursing , Chang Gung University of Science and Technology[3]

Abstract

Background: The elderly population accounts for 20% of the total population, indicating an ultra-aged society. Taiwan isprojected to become an ultra-aged society by 2025. However, aging leads tofrailty, making the body unable to cope with changes due to illness or injury, thereby increasing the risk of falls, hospitalization, disability, and death.

Purpose: This study aims to provide healthcare professionals with an understanding of thenursing assessment and interventions for geriatric frailty through a literaturereview, enabling their skills to utilize clinical assessment, care, and patienteducation .

Methods:A literature review was conducted bysearching the following databases: CEPS, CINAHL, Cochrane Library, and PubMedfor relevant articles from January 2021 to May 2023. Keywords used included"frailty assessment," "clinical," and "Taiwan." Atotal of 83 relevant articles were obtained, and after excluding duplicates andscreening articles based on titles and abstracts, 12 articles met the inclusioncriteria.

Results: The literature review revealed several frailty assessment scales used in Taiwan,including the "Frailty Phenotype," "Clinical FrailtyScale," "Fracture Risk Assessment Tool," "Edmonton FrailScale," and "Comprehensive Geriatric Assessment." Among these, thecomprehensive geriatric assessment provides a multidimensional evaluation ofphysical, cognitive, psychological, and social functioning, allowing forindividualized nursing care goals and plans.

Conclusion/Implementations for practice: Based on the evidence, as theelderly population rapidly increases, health issues and care needs become morediverse and complex. By utilizing frailty assessment tools, healthcareprofessionals can gain a comprehensive understanding of the physical, psychological, social, and functional aspects of aging. Throughmultidisciplinary interventions, the risks of functional decline, hospitalization, and death can be mitigated, ultimately enhancing the qualityof life for both patients and caregivers.

Keyword:frailty assessment,clinical,Taiwan

The Impact of Smartphone Addiction on the Health Status of College Students

Ya-Huei Lin[1] , Pei-Ling Tang[2]
Diabetic Nurse Lee's Endocrinology Clinic Certified Diabetic Nurse Chaochau Branch, Truth, Goodness and Beauty, Taiwan [1] , PhD, Associate Professor , School of Nursing, Fooyin University, Kaohsiung, Taiwan [2]

Abstract

Background:

In modern society, smartphones have become an indispensable tool in the lives of college students. Extended use of smartphones and addiction may threaten the physical and mental health of college students with negative impacts such as inadequate sleep, lack of exercise,and reduced social interaction.

Purpose:

This study primarily investigates the potential impact of smartphone addiction on college students' physical and mental health. We aim to increase awareness of this issue by collecting questionnaires and survey data to understand the students' smartphone usage habits and health-related problems.

Methods:

In this study, a convenience sampling method was used to distribute a google form questionnaire to a university in southern Taiwan, and a total of 113 college students who voluntarily filled out the questionnaire were collected. Research tools include the Suboptimal Health Status questionnaire and the Short-Form of Smartphone Addiction Inventory scale. The questionnaire covered the subjects' demographic information, smartphone usage time, habits, and assessment of health status and smartphone addiction.

Results:

The results showed that the average age of the students was 21±2.4 years, with a higher proportion of female students (84.1%). 70.8% were majoring in nursing, 54.9% did not have part-time jobs, and 56.6% did not have exercise habits. Regarding smartphone use, 38.1% reported an average daily usage of 6-8 hours, and 72.6% frequently used social media apps. 45.1% were classified as having smartphone addiction.The average total score for health status was 23.64±16 points, and 26.5% of subjects were classified as having sub-health status.Further analysis revealed no significant differences between smartphone addiction and gender, employment status, and exercise habits (p = 0.651, 0.812,0.42). However, our results demonstrated a negative impact of smartphone addiction on the sub-health of college students (r = 0.633, p <0.000).

Conclusion/Implementations for practice:

This study confirms the potential impact of smartphone addiction on college students' physical and mental health,emphasizing the need for attention and corresponding measures. Education, awareness campaigns, and appropriate interventions can help students develop healthy smartphone usage habits, improve their physical and mental health, and create a healthier learning and living environment.

Keyword: Smartphone addiction, College students, Health status

An innovative project to create a nursing product to improve the use of hot and cold packs

Ching-Feng Chang[1]
助理教授 Fooyin University[1]

Abstract

Background:

Hot and cold packs are the most commonly used physical therapies. Inadequate implementation of hot and cold was found during ward rounds.

Purpose:

The purpose of this project was to create a nursing product to improve the use of hot and cold packs. The traditional hot and cold packs have four problems:(1) the ice pillow is too hard, poor conduction, easy to leak water,easy to slide; (2) the use of packs is time-consuming; (3) easy to frostbite or scald patients and nurses; (4) cannot be used both hot and cold.

Methods:

The "Multi-functional Hot and Cold Pillow" was designed to improve the difficulties encountered in nursing care. It can be:(1) used as a general pillow; (2) easily replaced with a cold or hot pack; (3) disconnected and placed on limbs that require compresses; (4) used for the limb elevation; (5) used for aromatherapy. This product is innovative and practical after comparing with existing products and patents(SWOT analysis). It has been revised after experts' review and 20-case pilot testing.

Results:

The average score form five clinical experts was 4.7 (5-point Likert Scale) based on safety, comfort,feasibility, practicality and aesthetics of the product. The pilot testing of 20 cases showed satisfaction, safety, and practicality of the pillow. This multifunctional pillow had passed the patent application in Taiwan (No. M576430).

Conclusion/Implementations for practice:

The "Multi-functional Hot and Cold Pillow" improves the difficulties encountered in nursing care. This innovative project serves as a reference for other forms of physical therapies.

Keyword: Hot and cold pillow, physical therapies, patent

Can continuous renal replacement therapy reduce mortality and improve renal function recovery in acute kidney injury?

HSIEH CHIATIEN [1] , Hui-Ping Sun[2]
Doctor Tainan municipal hospital [1] , Head Nurse , Tainan Municipal Hospital[2]

Abstract

Background:

Acute Kidney Injury (AKI) results in a rapid renal function decline. Continuous Renal Replacement Therapy (CRRT) is considered a potential strategy for improving the prognosis in AKI patients.

Purpose:

This study aimed to assess the effectiveness of CRRT in reducing mortality and promoting renal function recovery in AKI patients.

Methods:

The study adhered to the five steps of evidence-based healthcare, and formulated a clinically answerable PICO (Patient, Intervention, Comparison, Outcome) question. A comprehensive search was carried out using Chinese and English keywords, synonyms, and MeSH terms. The strategy combined free vocabulary and controlled vocabulary based on Boolean logic using the OR operator. This was further narrowed down using the AND operator to intersect PICO elements. The search spanned across PubMed, Cochrane, and Airiti databases, filtering out literature relevant to the clinical question up until April 2023. The selected literature, comprised of Systematic Review (SR) and Non-Randomized Controlled Trial (Non-RCT) studies, was assessed separately using the CASP tool and the ROBINS-I.

Results:

Nash et al. (2017)'s systematic review, which included 21 Randomized Controlled Trials (RCTs), studied the differences between CRRT and intermittent renal replacement therapy in the treatment of AKI. The results showed no significant reduction in hospital mortality rate (RR: 1.04, 95% CI: 0.96-1.12) with CRRT compared to intermittent therapy, and no significant difference in renal function recovery. We assessed all the included RCTs using the Cochrane Collaboration's tool, which revealed mostly low risk. However, there were concerns about bias related to blinding and selection. In addition, we included a non-RCT study by Aydın et al. (2021) that encompassed 120 AKI patients, who were split into groups receiving CRRT and intermittent therapy. Although CRRT demonstrated superior hemodynamic stability, it did not result in a reduction in the 30-day mortality rate (Risk Ratio: 1.36, 95% Confidence Interval: 0.85-2.16). The evaluation using the ROBINS-I indicated qualities ranging from low to moderate.

Conclusion/Implementations for practice:

Based on current evidence, CRRT does not reduce mortality or improve renal function recovery in patients with AKI. However, the study points out that CRRT may have an advantage in maintaining patient hemodynamic stability, which warrants further research.

Keyword: Acute Kidney Injury (AKI), Renal Replacement Therapy, Intermittent renal replacement therapy, Continuous Renal Replacement Therapy (CRRT), Mortality Rate, Prognosis, Renal function recovery

Can early renal replacement therapy reduce mortality and improve renal function recovery in acute kidney injury?

HSIEH CHIATIEN [1] , Hui-Ping Sun[2]
Doctor Tainan municipal hospital [1] , Head Nurse , Tainan Municipal Hospital[2]

Abstract

Background:

Acute Kidney Injury (AKI) is a sudden decline in renal function that can lead to severe complications. The mortality rate is as high as 40-60% in patients undergoing renal replacement therapy due to AKI.
Early initiation of renal replacement therapy is considered a potential strategy for improving patient prognosis.

Purpose:

The study aimed to investigate whether early initiation of renal replacement therapy can reduce the mortality rates and improve kidney function recovery in patients suffering from AKI.

Methods:

The study adhered to the five steps of evidence-based healthcare, formulating a clinically answerable PICO question. Searches were conducted using English keywords, synonyms, and MeSH terms. The search strategy involved combining free vocabulary and controlled vocabulary based on Boolean logic using the OR operator, further narrowed down using the AND operator to intersect PICO elements.
Relevant literature from PubMed, Cochrane, and Airiti databases until April 2023 were sourced. Two Systematic Reviews (SRs) that met the clinical question criteria were selected and evaluated using the CASP tool.

Results:

Gaudry et al. (2020)'s SR included 10 Randomized Controlled Trials (RCTs), with 2,143 AKI patients, comparing the 28-day mortality rate between relatively late and early initiation of renal replacement therapy.
The study found no significant difference between the two groups (RR 1.01, 95% CI: 0.91-1.13). The second SR by Fayad et al. (2022) included 12 RCTs with a total of 4,880 AKI patients, comparing early initiation of renal replacement therapy with standard therapy.
The 30-day mortality rate (RR 0.97, 95% CI: 0.87-1.09) and renal function recovery (RR 1.07, 95% CI: 0.94-1.22) showed no significant difference between the two groups. Both RCTs have been assessed for quality using the Cochrane Collaboration's tool, revealing mostly low risks with some concerns.

Conclusion/Implementations for practice:

Current evidence suggests that early initiation of renal replacement therapy cannot reduce mortality rates or enhance renal function recovery in AKI patients.
The research also found that early renal replacement therapy might increase the incidence of adverse events such as hypotension, hypophosphatemia, and arrhythmias.
Unless there is an emergency dialysis situation, early initiation of renal replacement therapy is not recommended in clinical practice.

Keyword: Acute Kidney Injury (AKI), Early Renal Replacement Therapy, Prognosis, Mortality Rate, Renal function recovery

Effects of Manual Therapy in Reducing the Pain of Carpal Tunnel Syndrome

YUN-TING TSAI[1] , I-Chin Tu[2] , Te-Fang Cheng[3] , Hui-Ping Sun[4]
Physical therapy Tainan Municipal Hospital (Managed by Show Chwan Medical Care Coporation)[1] , Physical therapy , Tainan Municipal Hospital (Managed by Show Chwan Medical Care Coporation)[2] , Physical therapy , Tainan Municipal Hospital (Managed by Show Chwan Medical Care Coporation)[3] , Head Nurse , Tainan Municipal Hospital (Managed by Show Chwan Medical Care Coporation)[4]

Abstract

Background: Carpal tunnel syndrome (CTS) is the compression of the median nerve at the wrist level. The most common symptom is numbness and pain in the area dominated by median nerve. Patients often experience numbness, pain, and may even wake up at night due to pain. Non-invasive treatments, such as conventional physical therapy (PT), are typically the preferred option for CTS patients. Manual therapy, a technique implemented by physical therapists, differs from conventional physical therapy.

Purpose: To figure out whether manual therapy has significant effects in reducing the pain of carpal tunnel syndrome under Evidence-Based Medicine.

Methods: Based on the steps of evidenced-based practices,the clinical answerable questions using PICO were formed by using both Chinese and English keywords and synonyms searched in the MeSH database. The search techniques utilized were Boolean logic, which allowed for combining free-text term and controlled vocabulary term and connecting with OR; and further, PICO elements were searched and connected with AND, until May, 2022. The published studies that were available in PubMed, Cochrane library, Clinical Key and Airiti Library were investigated. The literature pieces were reviewed under Critical Appraisal Skills Program (CASP).

Results: In Sandra(2021) SR study, 6 RCTs with a total of 401 CTS cases were included. The experimental group was intervened by manual therapy, and the control group was intervened with placebo.The results showed that comparing to the control group, the experimental group was not only improving in pain SMD -2.13(95%CI-2.39, -1.86), but also had significant differences in motor ($p=0.008$)and sensory ($p<0.00001$) nerve conduction. Muhammad(2022) enrolled 66 patients with mild to moderate CTS, and randomly assigned them to experiment group(additional manual therapy) and control group(conventional PT). The experiment group showed significant effects in relieved pain ($p= 0.034$) and improved disease severity ($p=0.017$) compare to control group.

Conclusion/Implementations for practice: In conclusion, the treatment of manual therapy which last 3 to 10 weeks would significantly improve pain, nerve conduction, and functional movements. Although manual therapy is effective, the techniques are diverse and inconsistent. It is expected that more relevant research will be published in the future for the reference of clinical personnel.

Keyword: Carpal tunnel syndrome、Manual therapy、Pain

Concept analysis of perioperative thirst among fasting patients

Pei-Jung Chen[1] , Shu-Ming Chen [2] , Li-Ting Chen[3]
HEAD NURSE 雲林長庚紀念醫院[1] , Associate Professor , Department of Nursing, Fooyin University[2] , Associate Professor , Department of Nursing, Fooyin University[3]

Abstract

Background:

Perioperative fasting always induces thirst, anxiety, dehydration, electrolyte imbalance,hypotension, and other physical and psychological problems. If not addressed promptly, it may cause stress, fear, and affect the prognosis. It is necessary to improve the clear understanding of perioperative thirst to provide theoretical and practical support in a clinical setting.

Purpose:

The purpose of this study was to analyze the concept of perioperative thirst among fasting patients to develop specific nursing interventions.

Methods:

This analytical study is based on the framework proposed by Walker and Avant (1995) to clarify the antecedents, consequences, and characteristic attributes of the concept of perioperative thirst among fasting patients.

Results:

According to the integrative literature review, (1) perioperative thirst was defined as an individual's uncomfortable perception, with characteristic attributes such as dry mouth, dry lips, thick tongue, thick saliva, dry throat, bad taste in the mouth, and a desire to drink water. (2) The antecedents of perioperative thirst include patient factors, operation factors, and fasting factors. (3) The consequences of perioperative thirst may affect physical and mental well-being.Thus, early identification of these features and providing evidence-based interventions would enhance the postoperative health status.

Conclusion/Implementations for practice:

To evaluate perioperative thirst among fasting patients, clinicians must assess and identify the symptoms early and provide individualized intervention measures to meet the psychological needs of patients. A clearly defined concept of perioperative thirst will enhance cognition in education, help in solving patient problems in practice, contribute to future research and evidence, and improve the quality of care.

Keyword: perioperative thirst, fasting patients, concept analysis

Using root cause analysis to reduce the abnormal rate of blood transfusion process

Bi-Hua Huang[1] , Hsiu-Chun Lai[2]

Deputy director of nurse department Kaohsiung Municipal Min-Shen Hospital[1] , Director of nurse department , Kaohsiung Municipal Min-Shen Hospital[2]

Abstract

Background:

The blood transfusion operation starts from the doctor's order to the completeness of patient's blood transfusion operation.Since the operation involves different units, any failure in any link will cause harm to the patient's health and life.

Purpose:

The purpose of this paper is to analyze the blood transfusion operation process and find out the possible root causes for

Methods:

This study is based on the blood transfusion standard operating procedure, and the research results are obtained after a step-by-step analysis of the SIPOC (Supplier-Input-Process-Output-Customer) diagram.

Results:

The research confirms that the

The improvement measures put forward in this study include: (1. Management process is revised so that the nursing management department can monitor the blood verification and issuance process (2. The appearance of the cold storage bag for blood products shall be marked in color according to the characteristics of the blood, and the shelf life and storage temperature shall be marked. (3. Making the teaching plan of the standard operating procedure of blood verification and issuance (4.Education and training for nursing staff on blood transfusion operations (5. The supervisors should strengthen the audit operation.

Conclusion/Implementations for practice:

In this study, the root causes of the blood transfusion operation error were determined and analyzed in a systematic way,and the improvement measures of blood transfusion process were found. Compared before and after the implementation of the improvement plan, the error rate of the blood transfusion operation process from the nursing staff was reduced from 25% to 10%.

Keyword:root cause, blood transfusion procedure, SIPOC

The effectiveness of foot care for the old people in the community

Yueh-Ying Yang[1] , Yi-Ti Kuo[2] , Tzu-Ching Lee[3] , Shih-Chi Hu[4] , Zhi-Sheng Su[5] , Jhuan- Ting Syu[6]
[1] , Bachelor Student , [2] , Bachelor Student , [3] , Bachelor Student , [4] , Bachelor Student , [5] , Bachelor Student , [6]

Abstract

Background: Foot problems are one of the main causes of mobility impairment anddecreased self-care ability in the old people.Common foot problems includes: peeling, cracking, calluses,corns, thick nails, curly nails, mild nail nails, etc., whichcan cause pain and limit the mobility of the oldpeople. Also, affecting their self-care ability, social functiondecline, and low self-esteem. Therefore, more care is needed to help the old people maintain foot health.

Purpose: To explore the effectiveness of foot care for the old people and enhance their knowledge of foot self-care.

Methods: Theresearch design was a mixed method, a quasi -experimental study combined with aqualitative study. Quantitative data were collected using the demographic questionnaire,the pre and post- test of the foot Health assessment instrument (FHAI), and theinfectious diseases society of American clinical practice guideline for thediagnosis and treatment of diabetic foot infections. One group with pre-testand post- test. Qualitative data collection uses asemi-structured questionnaire to conduct interviews. Convenient samplingwas taken. Foot care intervention were takenfor 2 weeks. skin care was taken with foot soaking, nail trimming and essentialoil lotion, and making health education sheet for foot self-care knowledge andeducation.
Results: The implementation period of this research was from May 1stto June 15th, 2023. Convenience sampling was adopted. A total of 12 participants wereaccepted, and the effective questionnaire rate was 100%. 33.4% of the participants hadskin damage before foot care, decreased to 16.7% after performing foot care;41.6% had cracked foot skin conditions, decreased to16.7% after performing footcare. Qualitative data content analysis: The common foot problems of the oldpeople includes: dryness, skin loss, bleeding when cut, onychomycosis, too hardto cut, thin nails, too brittle nails, thin skin, dry and cracked soles, toolong nails without help to trim. There are foot care needs for the old people,such as onychomycosis treatment, hard nails, skincare, and care for crackedsoles and heels.

Conclusion/Implementations forpractice: This foot care is effective. Afterreceiving foot care, all of 12 old people feel that it is helpful to their foothealth. They also learned how to take care of their feet through this careprocess. It is recommended to continue to promote feet self-care for the oldpeople in the community in the future.

Keyword:foot care, old people, community

Using Blended Learning to Improve the Practical Abilities of Medical-Surgical Nursing Skills of Nursing Students – Taking the course “Medical-Surgical Nursing and Laboratory (I)” as an example

Yi-Chuan Chang[1]
Associate Professor Fooyin University[1]

Abstract

Background:

Blended learning (BL) has become one of the trends in contemporary education and is a commonly used teaching approach in nursing education. BL can be integrated into various teaching strategies to enhance learners' experiences and empower them to take control of their own learning progress. As it fosters the development of integrated cognition and self-regulation, the implementation of this method may prove beneficial to learners' overall learning outcomes.

Purpose:

This study adopted a blended learning teaching model to investigate students' performance in learning common nursing skills in medical and surgical units, as well as its impact on their teamwork and self-efficacy.

Methods:

This study used an experimental research design. Sophomores of a four-year university taking the Medical-Surgical Nursing and Laboratory (I) course were recruited as research subjects, aiming to enhance the teaching design of the laboratory component in this course. A total of 93 students from two classes participated. The effectiveness assessments included skill knowledge tests, team member peer mutual assessments, self-efficacy, and satisfaction with BL.

Results:

The mean score of the research participants' skill knowledge tests was 10 points higher than that of the students in the previous academic year. The self-efficacy mean score showed improvement compared to the pretest following the teaching intervention, but the difference was not statistically significant. The mean score for satisfaction with the performance of medical-surgical nursing skills was 5.74, and the mean score for satisfaction with the learning process of medical-surgical nursing skills was 5.99 (on a scale of 4-6, indicating satisfaction), suggesting that the research subjects were satisfied. Regarding the team member peer mutual assessment, the scores ranged from 42 to 100.

Conclusion/Implementations for practice:

This study found that BL can enhance nursing students' knowledge of medical-surgical nursing skills. The participating students expressed satisfaction with their skill performance and the learning process. The classroom learning atmosphere influenced autonomous learning and teamwork. Furthermore, it was observed that the improvement in self-efficacy required an extended period of observation.The results can serve as a reference for designing nursing skill-oriented practice courses.

Keyword:blended learning; medical-surgical nursing skills; nursing student

The effects of removal compared with retention of asymptomatic impacted third molars

Chen-Ru, Tai[1]
Resident Tainan Municipal Hospital (Managed by Show Chwan Medical Care Coporation) [1]

Abstract

Background:

Impacted third molars (impacted widom teerth) have been associated with several pathologies affecting not only itself but the second molars in long turn. Therefore, it might be necessary to prophylactic remove asymptomatic impacted third molars.

Purpose:

By using evidence-based methods, to prove the effects of removal compared with retention of asymptomatic impacted third molars.

Methods:

Based on the steps of evidenced-based practices, the clinical answerable questionsusing PICO were formed by using both Chinese and English keywords and synonyms searched in the MeSH database. The search techniques utilized were Booleanlogic, which allowed for combining free-text term and controlled vocabulary term and connecting with OR; and further, PICO elements were searched and connected with AND, until June, 2023. The published studies that were available in PubMed, Cochrane library, Clinical Key and Airiti Library were investigated.The Oxford Centre for Evidence-Based Medicine (CEBM) was used for literature review.

Results:

One randomized controlled trial and one prospectivecohort study were included.

The cohort study, included 416 participants, found that in the absence of third molars, the probing depth greater than 4 millimeters at second molars distal-buccal side significantly less than if soft tissue impacted third molars were present (RR 0.15, 95% CI 0.07-0.34). Without third molars, the incidence of alveolar bone loss associated with the distal of the second molars was also significantly less than soft tissue (RR 0.11, 95% CI 0.06- 0.22) or bony impacted third molars (RR 0.32, 95% CI 0.19-0.54) were present. There were no significant differences observed in terms of dental caries.

The randomized controlled trial with 77 participants revealed that removal of asymptomatic impacted third molars have no clinically significant effect of dimension alchanges in the dental arch.

Conclusion/Implementations for practice:

In brief, it suggests that retaining asymptomatic impacted third molars may increase the risk of periodontitis in second molars. Nonetheless, the risks associated with extraction of impacted third molars are lack of research.

Clinical expertise would be suggested to practice shared decision making with people having asymptomatic impacted third moalrs.

Keyword:asymptomatic impacted third molar、retention、extraction、effect

Efficacy of collagen application to third molar extraction sockets for reducing post-operative pain and promoting wound healing

Chen-Ru, Tai[1]
Resident Tainan Municipal Hospital (Managed by Show Chwan Medical Care Coporation) [1]

Abstract

Background:

After third molar extraction, pain and wound healing are the main concerns for patients. Collagen is the main component during extraction wound healing. Thus,the use of collagen may reduce pain and promote wound healing.

Purpose:

This evidence-based discussion aims to explore whether the use of collagen during thirs molars extraction can alleviate post-operative pain and promote wound healing.

Methods:

Based on the steps of evidenced-based practices, the clinical answerable questions using PICO were formed by using both Chinese and English keywords and synonyms searched in the MeSH database. The search techniques utilized were Booleanlogic, which allowed for combining free-text term and controlled vocabulary term and connecting with OR; and further, PICO elements were searched and connected with AND, until June, 2023. The published studies that were available in PubMed, Cochrane library, Clinical Key and Airiti Library were investigated.The Oxford Centre for Evidence-Based Medicine (CEBM) was used for literature review.

Results:

Three randomized controlled trials were included. All of them employed a double-blind, split-mouth design, with collagen being used in one side during third molar extraction (experimental group) and a placebo in the other side (control group).

Tsai (2019) recruiting 14 patients found that the use of collagen could reduce postoperative pain ($p<0.0001$) and had higher bone mineralization ratio of the sockets ($P = 0.0001$).

Kim (2020) included 31 patients and revealed that collagen could alleviate postoperative pain ($P<0.05$) and promote short-term soft tissue healing ($p<0.05$).

Tutus (2022) included 30 patients and found no statistically significant difference between experimental and control group in postoperative pain or soft/hard tissue healing($P>0.05$). However, collagen was found to reduce the probability of dry socket (NNT =10).

Conclusion/Implementations for practice:

Basedon the current evidence, the use of collagen in extraction sockets can help reduce postoperative pain and enhance initial healing of the wound. Moreover, the finding of using collagen might prevent dry socket needs further investigation.

Keyword:collagen、third molar extraction、pain、wound healing

Reducing the Incidence of Catheter-associated Urinary Tract Infection in Long-Term Care Institution

Chun-Jung Chang Chein[1] , Pei-Ling Tang[2]
Registered Nurse Chien-Yu Hospital Affiliated Nursing Home[1] , PhD, RN, Associate Professor , School of Nursing, Fooyin University, Kaohsiung, Taiwan (ROC)[2]

Abstract

Background: As Taiwan enters an "aged society",the demand for long-term care institutionshas gradually increased. Within these institutions,older adults often require medical care, leading to a higher usage rate ofinvasive devices (e.g., nasogastric tubes, tracheostomy tubes, and urinary catheters),making them more susceptible to infections. Infections can burden residents andtheir families, increase unplanned hospitalization rates, impact quality oflife, and even lead to mortality. Our institution experienced a higher densityof infections, particularly urinary tract infections (UTIs), during the firstto third quarters of 2022. To address this issue, we formed a project team toimprove the quality of care for residents and reduce the density of UTIs.

Purpose: The project aims to reduce UTIs and improve carequality using quality control circles.

Methods: Afteranalysis, we identified the reasons for the high infection: inadequatehealthcare knowledge among attendants, lack of UTI knowledge among attendants,absence of an audit system, and inadequate fluid intake by residents. Wediscussed and implemented six interventions: establishing a checklist forself-assessment, designing educational courses on UTI care for foreigncaregivers, utilizing multilingual teaching materials, creating a visual dailymeal graphical for residents, displaying health care guidelines inforeign-language versions, and regularly reviewing the standard procedures ofthe institution.

Results: The total infection density in the fourthquarter of 2022 (Q4) was 0.63‰, representing a decrease of 0.17‰ compared tothe average total infection density in the first three quarters (Q1-Q3) (0.8‰).The UTI rate decreased from 59% to 14%, successfully achieving the project'sobjectives.

Conclusion/Implementations for practice: Theimplementation of this project improved the density of infections in thelong-term care institution, improved caregiver knowledge and skills in infectioncontrol and care, and safeguarded the health and quality of care for residents.In terms of practical applications, this project can provide specificrecommendations and guidance for long-term care institutionsto enhance the prevention and control of related infections, therebyestablishing a safer and more reliable long-term care environment.

Keyword: Elderly, Long-term care institution, Urinary tract infection, Quality control circle

Effects of multiple teaching strategies of OSCE, scenario-based simulation, clinical case analysis in the Medical and Surgical Nursing for the four-year technical university nursing students

Shu-Fen Su[1]
Professor National Taichung University of Science and Technology[1]

Abstract

Background: The four-year nursing students of the technical university come from different vocational high schools, and their foundation knowledge in English, Mathematics, and Biology are relatively weak. Lack of logical thinking ability and nursing skills, and addiction of smartphones,which let the nursing students absent-minded and skip from classes.

Purpose: This study investigated the effects of multiple teaching strategies of OSCE, scenario-based simulation, clinical case analysis in the Medical and Surgical Nursing Curriculum.

Methods: This single-group pre-post experimental study was conducted in the four-year technical university nursing students who took the Medical and Surgical Nursing and Laboratory Curriculum.The intervention was the multiple nursing teaching strategies, including traditional lectures, clinical case analysis, and objective structured clinicalskills assessment (OSCE). Three assessment tools, Clinical Reasoning Readiness Scale for Nursing Students, Self-Evaluated Core Competencies Scale, Social Problem Solving Inventory, were used to measure in week-2 and week-18 for evaluating nursing students' learning effectiveness. Pearson's correlations and paired t-tests were used for data analysis.

Results: Forty nursing students participated in this study,with a mean age of 20.88(SD=1.91) years old. Their daily online internet time was 5.52 hours (SD=2.01). The scores of clinical case report and simulation were 90.38±2.67.The pre-test/post-test of clinical reasoning ability was 60.21±8.98/63.19±11.62(p = .213), of nursing core competencies was 43.42±6.93/49.64±7.41 (p = .000), of critical thinking was 23.33±4.74/28.61±4.02 (p = .000), of problem-solvingability was 41.61±9.23/45.83±8.92 (p = .000).

Conclusion/Implementations for practice: This 18-week multiple teaching strategies of OSCE, scenario-based simulation,clinical case analysis, can significantly improve the nursing student's learning motivation, nursing core competencies, critical thinking, and problem-solving ability. Nursing teachers can apply the multiple teaching strategies in the Medical and Surgical Nursing for increasing students' interests in learning nursing knowledge and skills.

Keyword:user-centered design, multiple teaching strategies, OSCE, scenario-based simulation, medical and surgical nursing

Effects of a combined music rhythm and painting creation among developmental delay people: A preliminary study

Ching-Hsiu Chen[1] , Tseng, Hu-Wen[2] , Wong, Shin-Yung[3] , Feng ,Yueh-Yen[4] , Chen, Shu-Ming[5] , Teng, Hsiu-Lan[6]
Assiocate Professor Fooyin University[1] , instructor , Fooyin University[2] , instructor , Fooyin University[3] , Assiocate Professor , Fooyin University[4] , Assiocate Professor , Fooyin University[5] , Assistant Professor , Fooyin University[6]

Abstract

Background:

The performance of developmental delaypeople which that has the problem ofpremature aging compared with people of the same age. Such as movement, sensoryperception, communication and expression, self-care, interpersonal and socialrelations, and conceptual understanding. It is growing year by year, and italso shows the decline of its physical health and physical poor condition.

Purpose:

The purpose of thisstudy was to investigate the effectiveness of musical curriculums approaches tothe body rhythm combined professional teachers from different nursing fieldsand invite professional sports coaches.

Methods:

The team has enteredthe eighth year of service in this base. During this period, the members havenot changed much. Although the actual age is between 28 and 58 years old, themental age is between 9 and 12 years old, and the cognitive function and finemotor skills are showing degradation. This time, under the principle of 6 weeksof music rhythm course, 2 weeks of painting creation course and 4 weeks ofhandmade DIY course are provided, a total of 12 weeks of learning course activities.A mood thermometer and a self-made satisfaction visual scale were used asevaluation tools.

Results:

The results showed thestudents average age was 40.91 (SD±7.35) years, there were 11 females (55%),and 9 males (45 %). After the leaning programs, there were showed highsatisfaction of this curriculums complementary and alternative therapy. (100%,n=20).

Conclusion/Implementations for practice:

There wereimprovement the learn satisfaction about body rhythm combined musical, paintingcreation, handmade creation, complementary and alternative therapy in thisstudy. Further research is needed, to determine this leaning program how toenhance the effectiveness of student's self- efficacy. Further research studiesare necessary with increasing the times of exercise and may affect the learningoutcomes.

Keyword:music rhythm, painting creation, handmade creation, complementary and alternative therapy

Assessing the Risk of Thrombotic Events in Menopausal Women: A Comparative Study of Hormone Replacement Therapy and Traditional Chinese Medicine

Yuan-Tsung Tseng[1] , Chun-Hsiang Wang[2] , Men-Fong Hsieh[3]
coordinator 台南市立醫院(委託秀傳醫療社團法人經營)[1] , MD , Department of Hepatogastroenterology, Tainan Municipal Hospital[2] , MD , Department of Obstetrics and Gynecology, Tainan Municipal Hospital(Managed By Show Chwan Medical Car[3]

Abstract

Background:

HRT, which is a treatment using estrogen and progesterone to alleviate menopausal symptoms, has been associated with a potential risk of cancer according to several studies conducted over the years in countries where it has been used. However, there is currently insufficient long-term evidence in Taiwan to support its use in assessing the risk of HRT.

Purpose:

In this study, the effect of a standard three-month prescription of HRT was compared to traditional Chinese medicine (TCM) treatment as an alternative therapy in menopausal women to evaluate the risk of deep vein thrombosis (DVT).

Methods:

Menopausal patients diagnosed between 2001 and 2018 were identified from Taiwan's National Health Insurance database. A 1:2 new-user design included 4029 patients prescribed HRT and 8058 patients prescribed non-HRT, all aged 50 or above. TCM formulations used in the study included Bupleurum and Peony Formula, Anemarrhena Phellodendron and Rehmannia Formula, Ginseng and Zizyphus Formula, and Zizyphus Combination. The analysis employed a crude Cox regression model.

Results:

The results indicated that there were no significant differences in outcomes between the two groups. The Cox analysis showed that the TCM group had a lower risk of DVP (HR 0.848, 95% CI 0.49-1.45, P = 0.54) and related complications compared to the HRT group. For diabetes, the HR was
1.53 (0.86-2.647, P = 0.127), for hypertension the was 1.97 (1.26-3.08, P = 0.003), and for hyperlipidemia was 0.74 (0.56-1.50, P = 0.743). If we evaluate the risk of DVP between TCM and HRT based on different treatment durations (90 days, 91-180 days, and 181-360 days), the HR values were as follows: 0.81 (0.42-1.57, P = 0.535), 1.18 (0.43-3.23, P = 0.74), and 1.13 (0.27-4.61, P = 0.864).

Conclusions and Implementations for Practice:

This study compared HRT and TCM in menopausal women. No significant outcome differences were found. TCM showed a lower cardiovascular disease risk, while long-term evidence on HRT's impact on cancer risk in Taiwan was insufficient. Further research is needed to evaluate efficacy and safety of both treatments.

Keyword: Hormone replacement therapy (HRT), Traditional Chinese medicine (TCM), Menopausal women, Deep vein thrombosis (DVT)

Association of Hormone Replacement Therapy and Traditional Chinese Medicine with Breast Cancer Risk in Menopausal Women: A Long-Term Retrospective Study

Yuan-Tsung Tseng[1] , Chun-Hsiang Wang[2] , Men-Fong Hsieh[3]
coordinator 台南市立醫院(委託秀傳醫療社團法人經營)[1] , MD , Department of Hepatogastroenterology, Tainan Municipal Hospital[2] , MD , Department of Obstetrics and Gynecology, Tainan Municipal Hospital(Managed By Show Chwan Medical Car[3]

Abstract

Background:

Due to the extensive research and guidelines provided by the World Health Organization regarding the association between Hormone Replacement Therapy (HRT) and cancer. Taiwan lacks comprehensive long-term evidence to compare the cancer risks of Hormone Replacement Therapy (HRT) with Traditional Chinese Medicine (TCM) as an alternative treatment for menopausal women.

Purpose:

By evaluating the outcomes of patients receiving HRT and TCM, this study aims to provide insights into the risk of developing breast cancer associated with each treatment option.

Methods:

Patients diagnosed with menopause between 2000 and 2018 were identified through Taiwan's NHIRD. The study employed a 1:2 new-user design, including 4029 patients prescribed Hormone Replacement Therapy (HRT) and 8058 patients prescribed non-HRT. All patients were aged 50 or above and were matched for age, Charlson Comorbidity Index, diabetes mellitus, hypertension, and hyperlipidemia. TCM formulations used in the study included Bupleurum and Magnolia and Ginger Formula (MGF), Lycium Chrysanthemum and Rehmannia Formula, Bupleurum and Dragon Bone Combination, Licorice Combination, Rehmannia Six Formula, and Cyathula and Rehmannia Formula.

Results:

The results showed no significant outcome differences between the two groups. Cox analysis indicated that the TCM group had similar risk of breast cancer (HR 0.848, 95% CI 0.49-1.45, P = 0.54) and related complications compared to the HRT group. Regarding hypertension, the HR was
0.96 (0.67-1.36, P = 0.822), DM was 1.14 (0.62-2.10, P = 0.663), and hyperlipidemia was 0.58 (0.37-0.90, P = 0.017). When evaluating breast cancer risk in TCM and HRT based on treatment duration (90 days, 91-180 days, and 181-360 days), the HR values were: 1.32 (0.96-1.81, P = 0.535), 1.11 (0.62-1.97, P = 0.716), and 0.45 (0.14-1.41, P = 0.173).

Conclusion/Implementations for practice:

The risk of breast cancer and related complications did not significantly differ between TCM and HRT. These findings suggest that TCM may be a suitable alternative to HRT for reducing the risk of breast cancer, even in the presence of multiple systemic comorbidities. Further research is needed to validate these results and investigate the long-term effects of TCM in menopausal women.

Keyword: Hormone replacement therapy (HRT), Traditional Chinese medicine (TCM), Menopausal women, breast cancer

Conceptual Analysis of Dysphagia in Patients With Initial Stroke

Chia-Ju Tseng[1] , Ching-Hsiu Chen[2]
Registered Nurse Chi Mei Hospital, Chiali, Tainan[1] , Associate Professor , Department of Nursing, Fooyin University, Kaohsiung, Taiwan[2]

Abstract

Background: Stroke is a major cause of disability, resulting in millions of deaths worldwide each year.Dysphagia, caused by an initial stroke, strongly affects the mental andphysical health of patients. However, few studies have performed a conceptualanalysis of poststroke dysphagia.

Purpose: This study assessed the nature and significance of conceptual analysis of dysphagia in patients withinitial stroke.

Method: The conceptual analysis method of Walker and Avant (2019) was used to explore cause and effect relationships and the defining characteristics of dysphagia in patients with initials troke.

Results: The conceptual analysis of dysphagia due to initial stroke revealed several key points.First,dysphagia occurred within one year of stroke. Second, patients with dysphasia experienced facial nerve paralysis and developed crooked, lopsided lip corners,and drooling. Third, patients aexhibited a delayed swallowing reflex, preventing food from passing from the mouth to the stomach after being swallowed . Third,patients tended to inhale or cough while swallowing.

Conclusion: The results of this conceptual analysis may provide nursing staff with insight into the main features of dysphagia in patients with initial stroke during hospitalization. This study assessed and identified risk factors for dysphagia, and the findings offer nursing staff valuable information that can be used to provide individualized care and improve the swallowing and quality of life of patients with poststroke dysphagia.

Keyword:initial stroke, dysphagia, concept analysis

Sleep quality in heart failure patients：A Concept Analysis

Kai-Ning Chung[1] , Ching-Hsiu Chen[2]
Case Manager Chi Mei Medical Center[1] , Assiocate Professor, Department of Nursing , Fooyin University[2]

Abstract

Background:

The prevalence of heart failure (HF) is high worldwideand is increasing year by year. More than 75 percent of people with HF havesleep problems that interfere with their daytime activities. If not improvedover time, it can affect cognitive function, emotional health, and even immunefunction.

Purpose:

The purpose of this study wasto clarify the significance and nature on the concept of sleep quality patients withHF.

Methods:

The Walker and Avant (2011) concept analysis approachwas applied. The defining to clarify theantecedents, consequences, and the characteristic attributes of the concept of Sleepquality in patients with HF during hospital admissions.

Results:

The defining characteristicattributes are as follows: (1) dyspnea with obvious bilateral lower extremityedema; (2) patient feels that the perceived quality of sleep has deteriorated,and it is difficult to fall asleep; (3) patient feels that the sleep latency islong and increase the number of awakenings during sleep process;(4) patientwakes up feels tired afterwards.

Conclusion/Implementations for practice:

Through concept analysis, we understanding thedefining attributes enhances nurse's staffs to early detection of sleepdisturbances in patients with HF. Through assessment tools, providingappropriate nursing interventions, and improving sleep quality and quality oflife for HF patients.

Keyword: Sleep quality , Sleep disturbances , Heart failure , Concept Analysis

Efficacy of high-dose vitamin D on COVID-19-related inflammatory response

YI LING TAI[1] , WANG, KUEI-YING[2] , HUI- PING SUN[3]
Nurse practitioner head nurse TAINAN MUNICIPAL HOSPITAL [1] , assistant professor , Chang Jung Christian University[2] , HEAD NURSE , TAINAN MUNICIPAL HOSPITAL [3]

Abstract

Background:

The major cause of deaths and critical illness related to COVID-19 is inflammatory response. Some studies have suggested that high-dose vitamin D could alleviate inflammatory response associated with COVID-19

Purpose:

To explore the efficacy of high-dose vitamin D for reducing inflammatory response after COVID-19

Methods:

Chinese and English keywords and synonyms were used to search in the MeSH database. The search techniques utilized were Boolean logic which allowed for combining free-text term and controlled vocabulary term and connecting with OR; and further, PICO elements were searched and connected with AND until May, 2023. The published studies that were available in PubMed, Cochrane library, ClinicalKey and Airiti Library were investigated. A total of two randomized controlled trial were eligible for inclusion.

Results:

The first study showed that a total of 116 hospitalized patients with COVID-19 were enrolled in a randomized controlled trial. The intervention group received single-dose muscular injection of vitamin D; the control group received oral vitamin D 1mg daily. The result revealed that the difference between intervention group and control group was significant in terms of admission to the intensive care unit, oxygen requirement, incidence of atrial fibrillation and occurrence of sepsis($p < 0.05$). The another study showed a total of 254 patients within 72 hours after diagnosis of COVID-19 were randomly allocated to receive single oral high-dose(400000 IU) or standard-dose(50000 IU) vitamin D. The intervention group decreased 14-day mortality compared to the control group and reached statistical significance($p=0.02$)

Conclusion/Implementations for practice:

High-dose vitamin D could reduce inflammatory response in patients with COVID-19, and severe outcome as well as decreasing mortality risk within 14 days of COVID-19. Excess vitamin D increases the risk of hypercalcemia; consequently, serum calcium levels should be monitored more closely.

Keyword:high-dose vitamin D, inflammatory response after COVID-19

Discussion on the current use of assistive devices for transfer in a care institution affiliated to a hospital in Taichung

Chun-Ta Chen [1] , Yi-Feng Pao[2]
postgraduate Foo Ying University [1] , Associate Professor of Department of Health Busine , Foo Ying University [2]

Abstract

Background:

Thisstudy aims to analyze the application of assistive devices for transfer by thenurses' aides of a care institution. Previous studies in Taiwan indicate thatheavy workload and poor working environment can lead to musculoskeletaldisorders, and that the problems of occupational safety and health might be acause of short staffing. Some nurses' aides are apt to transfer manually underthe concern of time and habit, despite that most long- term care centers offer2-3 types of assistive devices for transfer. It is suggested that employeetraining and the aptness of assistive devices should be taken into account, inorder to adapt the devices to the caregivers' various working style and toimprove their acceptance to the aids.

Purpose:

Understanding the usage of transfer aids among care assistants.

Methods:

The participants were selected based on purposivesampling, from a care institution affiliated to a hospital in Taichung. By theend of the survey forty-five sets of questionnaires were sent, and forty-twowere collected, with a response rate of 93%.

Results:

The participated nurses' aides are 76% women,averaging 31 years of age; 48% of whom have 3-5 years of working experience;71% of whom have occupational injuries; 76% of whom wear protective gears toavoid injury; 57% of whom have been educated with knowledge of occupationalsafety and health. This care institution provides four types of assistivedevices for transfer: motorized lifting hoists, transfer belts, and slide boards. While 95% of the caregivers have used the slide boards duringcare, still 11% have never used them, and that 95% of responds point out thatthe waste of time has become the biggest trouble whilst operating the assistivedevices.

Conclusion/Implementations for practice:

The institution should take into consideration oftheir service targets, working environment, work procedure, and servicecontent, in order to offer more suitable assistive devices for transfer and thecorresponded training for employee, and to establish appropriate work rules ofsafety and health. Reducing the risk of musculoskeletal harms from work couldincrease nurses' aides' job longevity, enhancing their efficiency and qualityof work, and to raise their value in the clinic to the most.

Keyword:long-term care institutions, care attendants, lifting aids

Frailty in Older People: A Concept analysis

Meng-Ting Hsieh[1] , HSIU-LAN TENG[2]
Nurse Kaohsiung Veterans General Hospital[1] , Assistant Professor , Fooyin University[2]

Abstract

Background:

Population aging isworldwide problem. Frailty is the most problematic in the ageing.Aging is a breakdown in the maintenance of specific molecular structures and aloss of homeostasis and increase in frailty. However, frailty is a severeimpact on older people's function in daily life. Because getting older may notnecessarily mean someone is becoming frail, but frailty is a disease conditionof reduced function and health in older individuals. Therefore, it is importantto understand the concept of frailty in older people.

Purpose:

The purpose of this paper is to clarify the definitionand conceptual analysis of frailty in older people

Methods:

The paper utilizes the framework outlined by Walker and Avant (1995) forconceptual analysis. The goal of this work is to use the frailty concept tounderpin future research in the care of older people.

Results:

Through extensive literature reviews, the definitionand attributes of frailty are examined. The results confirm frailty antecedentsand consequences. The analysis reveals that frailty in elderly is defined asbeing 65 years or older, with a decline in physical functioning leading toweight loss, fatigue, decreased physical activity, muscle weakness, slowwalking speed, and functional impairment, requiring assistance from others fordaily living and long-term care. The antecedents can be categorized intophysiological, psychological, and social dimensions deterioration, whilethe consequences include the possibility of falls, disability, hospitalization,and even death.

Conclusion/Implementations for practice:

Through this concept analysis, it is expected to enhancethe understanding of the concept of frailty among healthcare teams, clarifysimilar concepts, and enable the clinical assessment of frailty in elderlybased on evidence-based clinical practice. This analysis can serve as areference for future clinical care and integration of information in nursingpractice.

Keyword: Frailty 、Older People、Concept analysis

Using health management to track the nursing experience of an elderly diabetic patient in controlling blood sugar

Shu-Hua Yen[1] , Pei-Ching Wu[2]
Nurse E-Da Healthcare Group E-Da Hospital[1] , Nursing Clinical Teacher , E-Da Healthcare Group E-Da Hospital[2]

Abstract

Background:

Describes a 73-year-old woman who wasaccompanied by her family members for a health checkup at the Health ManagementCenter of our hospital because her physical strength had deterioratedsignificantly over the past six months. The result of the checkup was that shewas suffering from diabetes. The doctor suggested oral hypoglycemic drugs. Andthe lack of understanding of treatment and treatment, unfamiliarity with dailydiabetes care, fear of high and low blood sugar damage to the body, and anxietyand uncertainty.

Purpose:

Using ADCES7 effective diabetes self-management self-care behavior,psychological, social, and spiritual aspects to conduct a holistic assessment,and improve the three main health problems of the case, such as "knowledgeloss", "anxiety", and "readiness to improve healthawareness".

Methods:

In the face of sufferingfrom diabetes and lack of awareness of related diseases and therefore feelinganxious and uneasy, considering the old age of the case, assess the learningprogress and ability during the nursing guidance process, and have the perseveranceto learn and maintain self-health management; during the companionship process,assess The education level of the case, the usual language, slow down thespeaking speed when explaining, clarify whether the case understands, reducethe overload of information, and correct the cognition of the correct diet ofdiabetes; use relaxation techniques and give a space without being disturbed sothat the case can express the current concerns , and provide and clarifyguidance on diabetic foot, encourage family members to accompany them to reduceanxiety; encourage cases to join the unit community and notify relatedoccupations to intervene, so that the care of cases can be more complete andcontinuous.

Results:

Having family support, encouragement and companionship, and a positive attitude to face the patient together and do a good job in disease care and health management will make it easier to control blood sugar, prevent disease progression and deterioration, and achieve the goal of promoting health.

Conclusion/Implementations for practice:

Through the follow-up care and follow-up of health consultation, we will continue to assist patients in regular medical treatment and self-health management in the clinic, and promote the development of high-risk disease groups to establish self-health management capabilities.

Keyword: Health management, advanced diabetes, readiness for enhanced health literacy

Exploring the Application of Self-Regulation Strategies in Reducing Stress among Newly Hired Nurses in the Emergency Department

Yi-Te LEE[1] , Shu-Hsien LEE[2]
RN Kaohsiung Medical University Chung-Ho Memorial Hospital[1] , Lecturer of nursing department , Shu-Zen Junior College of Medicine and Management[2]

Abstract

Background:

Theemergency department is a high-pressure, fast-paced work environment, and newlyhired nurses may experience negative emotions when facing the stress ofemergency work, which can subsequently affect their physical and mental healthas well as job satisfaction.

Purpose:

Thisstudy aims to explore the use of self-regulation strategies to reduce stressamong newly hired nurses in the emergency department through a case studyapproach.

Methods:

Fivenewly hired nurses from the emergency department of a hospital in the southernregion were selected as participants for this qualitative research. Data werecollected through structured questionnaires and semi-structured interviews. Thestructured questionnaire included a stress index scale (12 items) and aself-regulation scale (60 items). The semi-structured interviews focused onidentifying stressors faced at work, the self- regulation strategies used, andthe participants' evaluation of these strategies. The collected data wereanalyzed.

Results:

Thestress questionnaire results for the newly hired nurses ranged from 7 to 9points, and the self-regulation scale scores ranged from 42 to 50 points. Theinterviews revealed that the stressors experienced by the newly hired nurses intheir work included workload, time pressure, communication with patients, andemotional challenges. However, they utilized self-awareness, reflection,self-adjustment, and seeking social support as self- regulation strategies,which enhanced their adaptive capacity and emotional stability in their work.

Conclusion/Implementations for practice:

Self-regulation strategies are effective in reducing work stress among newly hired nurses inthe emergency department. It is recommended to incorporate self-regulationstrategies into the training programs for new nurses to help them better copewith work stress and enhance their job adaptability and emotional stability.

Keyword:newly hired nurses, work stress, Self-regulation

Using multiple integration to intervene in the care experience of sick infants in fragile Families

Wan-Chuan Tseng[1] , Pei-Ching Wu[2]
Nurse E-Da Healthcare Group E-Da Hospital[1] , Nursing Clinical Teacher , E-Da Healthcare Group E-Da Hospital[2]

Abstract

Background:

This article describes thenursing process of a five-month-old baby with hypoxic-ischemic encephalopathy who was repeatedly admitted to the hospital. Because the baby's swallowingreflex was impaired due to hypoxic-ischemic encephalopathy at birth, anasogastric tube was placed for a long time. Sick infants have special careneeds. Assess the primary caregiver for problems related to caregivingdifficulties, lack of resources to seek, and insufficient parenting knowledge.

Purpose:

Using systematic physicalassessment and family function to conduct holistic analysis to help sickinfants and primary caregivers improve the three main health problems such as"Deficient knowledge", "Impaired parenting ", and " Disabled family coping ".

Methods:

During the nursing process, use medicalteaching videos and teaching aids to guide and strengthen the nursing skills ofthe mother; encourage the use of companionship with the sick baby and sensorycontact, so that when the mother faces the sick baby, the parent-childrelationship with the sick baby will be enhanced; in addition, Assess the lackof family finances and care support for sick infants, listen to the source ofstress for the mother, provide channels for relieving emotions, and provideinformation about breathing. After discussing the treatment plan at across-team meeting, a family meeting is held to explain the treatment processand Relevant disease information is linked to continuous integrated care afterreturning home, such as supporting groups and social welfare and other relatedresource arrangements.

Results:

Through individualized care guidance,enhance the care skills of the main caregivers, relieve the pressure on thecare process, strengthen the adaptability of family members in the face of diseases,make the family cohesion more complete, and face the future life together.

Conclusion/Implementations for practice:

Early link hospitalization integrationplan, provide cross-disciplinary team joint care, and family-based assessmentand treatment, so that family members and main caregivers can reduce thepsychological impact and anxiety caused by care, improve the quality ofcohesive care after returning home and reduce repetition Chance of admission.

Keyword: Keywords: Diversity integration, Fragile Families , Disabled family coping

The Concept Analysis of Comfort Concept in Hepatocellular Carcinoma

Lu Yu Ping[1] , Pi-Li Lin [2]
Registered Nurse Kaohsiung Chang Gung Memorial Hospital[1] , Assistant Professor, Department of Nurisng , Fooyin University, Taiwan[2]

Abstract

Background: Complications in patientswith liver cancer affect the physical, psychological social, and quality of life.Comfortis core value of nursing and an important concept

Purpose: The purpose of this studyis to use the concept of comfort to alleviate the discomfort caused by thedisease in patients with liver cancer.

Methods:

Weconduct the method and steps by Walkerand Avant (2005), to clarify the antecedents, consequences,and the characteristic attributes of the concept of Comfort Concept inHepatocellular Carcinoma.

Results:

Antecedentsconsist of comfort include: (1) Demand arises from negative stimuli such asfinancial, cognitive, prognosis, and social support(2) Behavioral responses tonegative stimuli (3) Environmental care of medical institutions (4) Nursingintervention.The defining attributes of comfort include:(1) Physiology: Symptomrelief; (2) Psychology: Carefree and happy; (3) Society: Satisfaction withfamily and external social relationships, and comfortable life; (4)Environment: The atmosphere in the environment feel satisfied.Consequencesconsist of comfort include: (1) Demand mitigation (2) Improvement of painsymptoms (3) Feel happy about the state (4) Reduce the number of days patientsstay in the hospital (5) Reduce the probability of readmission to the hospital(6) Increase the quality of medical services (7) Increase patient satisfaction

Conclusion/Implementations for practice: Through the clarification and analysis of the concept of comfort, theconcept of comfort can be used to enhance the comfort state of patients withliver cancer, improve the quality of life of patients, and obtain a healthystate that satisfies physical, psychological, social, and environmentalaspects.

Keyword:comfort, hepatocellular carcinoma, concept analysis

Vomiting in patients with acute myeloid leukemia during chemotherapy:A Concept Analysis

Yi-Shiuan Huang[1] , Ching-Hsiu Chen[2]
Clinical Research Nurse Kaohsiung Medical University Chung-Ho Memorial Hospital.[1] , Assiocate Professor , Department of Nursing, Fooyin University, Kaohsiung, Taiwan.[2]

Abstract

Background:

Chemotherapy is the most common medicaltreatment for patients with acute myeloid leukemia (AML). However, patientsoften suffer from nausea and vomiting during chemotherapy. These also lead toelectrolyte imbalances and fewer calorie than the body needs, and subsequentdehydration and weakness. If it cannot be improved immediately, patients willfeel fear of treatment, reduce treatment willingness, and affect disease controland prognosis.

Purpose:

The purpose of this study was to clarify thesignificance and nature on the concept of Vomiting in patients with AML duringchemotherapy.

Methods:

The Walker andAvant (2011) concept analysis approach was applied. The defining to clarify theantecedents, consequences, and the characteristic attributes of the concept ofvomiting in patients with AML during chemotherapy.

Results:

The defining characteristic attributes are as follows: (1) Diagnosis ofAML and requirement for chemotherapy treatment; (2) occurred duringchemotherapy; (3) patients felt nausea or other discomfort; (4) oral vomitingoccurred even though anti-nausea or vomiting medications.

Conclusion/Implementations for practice:

Through this conceptual analysis, weenhanced our understanding of the uncomfortable symptoms that AML patientsexperience during chemotherapy. In future clinical practice, we should take anursing intervention at how to prevent this situation, and then improve thepatient's comfort and quality of life.

Keyword:急性骨髓性白血病(acute myeloid leukemia)、化學治療(chemotherapy)、嘔吐(Vomit)、概念分析(Concept Analysis)

Nursing experience of caring for a patient with lower extremity fracture in a car accident

Li-Ying Liu[1] , HSIAO-HUI CHEN[2] , LIU YA CHING[3]
nurse Kaohsiung Municipal Feng Shan Hospital-Under the management of Chang Gung medical foundation[1] , Head Nurse , Kaohsiung Municipal Feng Shan Hospital-Under the management of Chang Gung medical foundation[2] , Superintendent , Kaohsiung Municipal Feng Shan Hospital-Under the management of Chang Gung medical foundation[3]

Abstract

Background:

The case was a19-year-old male who suffered a fracture in right femur and double pelvis dueto a car accident. Acute pain caused anger, sadness, anxiety, and othernegative emotions and behaviors due to his inability to engage in his favoritesports and rehabilitation problems.

Purpose:

Hope to solve the patient's physical activity dysfunction and pain nursing problems, so that the patient can regain self-confidence and independence. Through the sharing of nursing experience in this case, we can provide better nursing care for similar cases, so as to improve the quality of care .

Methods:

We established a good nurse-patient relationship with the patient andfamily members, and also showed solicitude and accompany the patient to facingthe disability impact caused by the double pelvis and right femur fracturecaused by the car accident. In terms of physiology, individual pain caremeasures and relaxation transfer techniques were used to relieve pain. In theward, we provided the video of postoperative wound care instructions forfractures and rehabilitation exercise for orthopedic postoperative patients. Patientcould use the smartphones to scan QR codes when discharge and it can play atanytime and anywhere. Those guidance gave the usage of wheelchairs getting in and out the bed, joint activities, andmuscle strength training.

Results:

use physical pain care measures and relaxation transfer techniques, so that the pain can be improved , assist in guiding rehabilitation exercises, joint activities, muscle strength training, and assist in the execution of passive and active exercises. The author often accompany and accept the negative emotions of the cases, encourage the cases to express their feelings, and provide psychological support after returning home. evaluate the correctness of rehabilitation and the achievement of goals, encourage family members to accompany and support, increase confidence in rehabilitation sports, and improve the goals of self-care and adjustment.

Conclusion/Implementations for practice:

Through thecooperation of physicians, physiotherapist, nursing staff and patient togethercould establish rehabilitation plans early to evaluate the correctness ofrehabilitation to achieve the goals, and encourage family members to accompanyand giving support to patient in advance

Keyword: Acute pain; Physical activity dysfunction; Rehabilitation nursing care; Self-care

Social isolation among patients with head and neck cancer: A concept analysis

Hung-Wen Wang[1] , Ching-Hsiu Chen[2]
[1] , Associate Professor , Department of Nursing, Fooyin University[2]

Abstract

Background: In Taiwan, the number of patients with head and neck cancer (HNC) isincreasing year by year. After receiving medical treatment, the patient willhave difficulty eating, dysarthria, and then reduce interaction with society.At present, there is no clear definition and conceptual analysis for the socialisolation of patients with HNC.

Purpose: The purposeof this study was to clarify the difference between social isolation andloneliness, analysis of the concept of social isolation in patients with HNC.

Methods: We applied the Walker andAvant (2019) concept analysis approach. The defining characteristics of socialisolation, clarify the concept, confirm the antecedents and consequences.

Results: The attributes of social isolation in patientswith HNA as follows: (1) diagnosed with HNC and have received surgery or othertreatment; (2) changes in body image, avoidance of oneself or socializing withothers; (3) negative emotions during treatment; (4) lack of participation orsense of belonging with family members, or interactions in socialrelationships.

Conclusion/Implementations for practice: This analysis finding may improve the ability ofnursing staffs' to identify social isolation in patients with HNC. In furture,we use evidence-based reference tools to screening high risk of socialisolation in patients with HNC, and provide intervention to increase theinteractive between patients and society.

Keyword:head and neck cancer、social isolation、concept analysis

A Project of Elevating the Accuracy Rate of Port-A Implementation for Nursing Staff in The Ward

Chien-Hsiu Hung[1] , Hui-Ping Sun[2]
Nurse Sin-Lau Medical Foundation,the Presbyterian Church [1] , Head Nurse , Tainan Municipal Hospital[2]

Abstract

Background: The Port-A-Cath(

Purpose: To increase the proper care rate of Port-A for nursing staff in the ward to 95%; and the awareness rate of Port-A care to 91%.

Methods: Based on the Cause & Effect Analysis,the task team concluded that the main reasons for the low proper care rate of a Port-A for nursing staff were as follows: insufficient supplies, lack of experience in care of the Port-A, discrepancies in understanding of technical standards, teaching by verbal instruction, lack of auxiliary teaching materials,and no regular comprehensive audits. Improvement measures included setting up Port-A care package and Port-A care cart, conducting on-the-job education on Port-A care, recording teaching videos, holding regular Port-A comprehensive assessment, and establishing Port-A abnormality reporting mechanism and implementation methods.

Results: After the implementation of the project,the proper care rate of a Port-A of the nursing staff increased from78.7% to 98.5%, and the awareness rate of Port-A care increased from 70% to 99.3%, which achieved the goal set by the project.

Conclusion/Implementations for practice: The feature of this project was the successful installation of the Port-A care package and the Port-A care car, reducing the time for stocking up and the wait for the treatment cart, and the use of the props to clearly shooting teaching videos of the positive pressure push-stop, which not only improved knowledge of the nursing staff, but also promoted the patient's Port-A safety.

Keyword: Port-A、Nursing Staff 、Accuracy Rate

Frailty in the Acute Cervical Spine Injury patients: A concept analysis

Yi-Juan Huang[1] , Ching-Hsiu Chen[2]
Registered Nurse Kaohsiung Chang Gung Memorial Hospital[1] , Associate Professor , Department of Nursing, Fooyin University[2]

Abstract

Background:

Acute cervical spine injury (ACSI) resulting in neurologicaldamage is the main cause of frailty, produced multiple andpervasivedisorders, not only affect physical problems, but also continuedpsychological and social deterioration. However, there is no definition the frailty in theacute cervical spine injury for nursing to identify.

Purpose:

Thepurpose of this study was to clarify the significance and nature on the conceptof frailty in the ACSI patients.

Methods:

The Walker and Avant (2011) concept analysisapproach was applied. The defining frailty in the acute cervical spine injury to clarify theantecedents, consequences, and the characteristic attributes of the concept of frailty in the ACSI patients.

Results:

Definition attributes as follows: (1) occurs within 72 hours of ACSI; (2) impairmentof the nervous system control; (3) inability to self-care and dependence on otherpeople; (4) showed the clinical complications; (5) negativeimpact on psychosocial health problems.

Conclusion/Implementations for practice:

This analysis finding may improve the nursingstaffs' to understand and sensitivity of care the frailty in the ACSI patients.And nursing care can be provided as soon as possible to slow down the weaknessand improve the quality of life of patients with ACSI.

Keyword:frailty, cervical spine injury, concept analysis

Nursing experience of applying therapeutic play to a child with burns and scalds

Yun-Chien Hsieh[1] , Pei-Ching Wu[2]
Nurse E-Da Healthcare Group E-Da Hospital[1] , Nursing Clinical Teacher , E-Da Healthcare Group E-Da Hospital[2]

Abstract

Background:

Thechild in this article is a preschool child who was scalded by hot soup andsuffered deep second-degree burns on 7% of the total body surface area of hisright thigh. During the nursing period, due to wound pain, he appeared cryingand resisting, and the father repeatedly showed self-blame and guilt behaviors.The intervention of nursing measures is expected to ease the emotions of sickchildren, make the treatment smoother, and at the same time reduce the negativeand guilt emotions of caregivers.

Purpose:

Use physical, psychological, social, andspiritual assessment frameworks to improve the three main health problems ofchildren, such as "impaired tissue integrity", "acutepain", and "stressed role of caregivers".

Methods:

Usingindividualized nursing measures to play role-playing, drawing, and storytellingin picture books with dolls can improve children's acceptance of treatment,thereby enhancing the trust relationship and interaction between nurses andpatients, and through the tormenting treatment process. Give the case fatherpositive encouragement and knowledge of wound care, and use baby model teachingaids to let the case father actually practice and answer the teaching, andrecord the steps of changing the dressing, so that the home care can go smoothlyand reduce the psychological impact of the case father.

Results:

Use therapeutic play activities forchildren, so that children can cooperate with treatment smoothly. During theprocess, I deeply understand that games are extremely important for children'shealthy development, and they are also inherent instincts. Therefore, nursesshould make good use of therapeutic games to communicate with children. Build agood relationship of trust.

Conclusion/Implementations for practice:

Make use of preschool or school-agechildren's favorite cartoon animations to shoot wound care videos. It can alsobe combined with commonly used teaching aids and short videos of healtheducation in pediatric wards as a health education tool for the special agegroup of the unit. It is expected to be more humane in clinical nursing care.to improve the quality of care.

Keyword:child with burns and scalds, Therapeutic play, Acute pain, Caregiver Role Strain

Experience of caring for a case of hemodialysis with restless legs syndrome in a dialysis unit

Lin-Tzu Chin[1]
Nursing Staff Kaohsiung Minsheng Hospital[1]

Abstract

Background

Taiwan has the highest dialysis rate in the world, and hemodialysis is the most common treatment for patients with chronic kidney disease. The incidence of restless leg syndrome (RLS) in dialysis patients is as high as 67%, which may affect sleep and quality of life, as well as trigger many negative emotions if not properly managed.

Purpose:

This paper will explore how to guide the care of the disease in order to enhance the control of the disease and hope that this nursing experience can be used as a reference for the nursing staff in future care.

Methods:

In this study, nursing staff guide cases to alleviate symptoms of restless legs syndrome by using a number of non-pharmaceutical measures, such as (1) warmth: bathing and soaking feet in warm water before bedtime, or adding clothing to keep legs warm (2) essential oils: using lavender and citrus oils to soothe emotions through aromatherapy (3) massage: promoting blood circulation in the lower extremities by massaging the Yongquan point, Taichong point, and foot-li point, etc. (4) (4) Exercise: We collaborate with the rehabilitation counselor to provide stretching, aerobic, and resistance exercise videos through youtube, and develop individual exercise plans according to the physical condition of the case to cultivate regular exercise habits in patients.

Results:

Through the use of warmth, essential oils, massage, exercise and other non-pharmacological measures, the symptoms of involuntary twitching and numbness of the lower extremities at night were reduced, and the frequency of nighttime sleep increased from 4-5 hours to 6-7 hours without interruption.

Conclusion/Implementations for practice:

Dialysis patients with restless leg syndrome (RLS) may experience involuntary twitching and numbness at night when they are resting and not moving, which may affect their nighttime sleep cycle. Therefore, nursing staff should provide timely knowledge about restless legs syndrome to enhance the patient's self-adjustment ability, and provide non-pharmacological measures and holistic strategies to reduce symptoms, improve sleep, and enhance quality of care.

Keyword: Hemodialysis、Restless Leg Syndrome

Weaning Ventilator Anxiety：A Concept Analysis

Yu-Hua Yu[1] , Cian-Huei Shih[2] , Mei-Fang Chuang[3] , Li-Feng Huang[4]
Registered Nurse Kaohsiung Chang Gung Medical Hospital[1] , Associate Professor , Department of Nursing, Fooyin University[2] , Assistant Hand Nurse , Kaohsiung Chang Gung Medical Hospital[3] , Hand Nurse , Kaohsiung Chang Gung Medical Hospital[4]

Abstract

Background:"WeaningVentilator" refers to a transition process in which critically illpatients recover from mechanical ventilation to spontaneous respiration.Clinically, patients often experience the fear of respiratory failure duringthe process of weaning off the respirator. Therefore, anxiety becomes thepsychological pressure of most patients. "Anxiety" is an emotionalresponse. An individual's psychological state of unknown events is composed offeelings of anxiety and anxiety. When caring for patients, front-line medicalstaff pay more attention to the physiological level, and the psychologicallevel is easily overlooked. Most of the individual discussions on"respirator detachment" and "anxiety" have not yet made asystematic conceptual analysis of "respirator detachment anxiety".

Purpose: Using the method ofconcept analysis, clarify and analyze the concept of "Weaning VentilatorAnxiety"

Methods: Based on the conceptualanalysis steps of Walker and Avant (2005), after integrating relevantliterature, it summarizes the defining characteristics, case introduction,prefactors and results of ventilator anxiety, and proposes relevant empiricalmeasurement indicators, tools, and conceptual research Current status andfuture direction.

Results: Defining features ofventilator exit anxiety: 1. Personal negative emotional manifestations, such asfrustration of exit failure, pain, despair, fear of death, helplessness, lackof control, uncertainty, delirium, depression; 2. Physiological responses : Increasedheart rate, increased blood pressure, accelerated breathing, increased work ofbreathing, and energy consumption leading to dyspnea.

Conclusion/Implementations for practice: With the introduction of" Weaning Ventilator Anxiety：A concept", clinical nurses can immediately get relevant informationon anxiety problems caused by taking care of ventilator patients during thedisengagement process, and provide specific and effective measures.

Keyword: Weaning Ventilator,anxiety,Concept Analysis

The relationship between social support and professional commitment of nurses working in critical and emergency care wards

Yu-Rong Chen[1] , Li Fang[2]
Fooyin University[1] , Associate Professor , Fooyin University[2]

Abstract

Background: Acute and critical care is a stressful field of work, and high professional commitment increases one's willingness to continue working in the acute and critical care field. Social support might have impacts on professional commitment.

Purpose: This study aimed to explore the correlation between social support and professional commitment in acute and critical care nurses, and to identify the predictors of professional commitment.

Methods: This study was a pilot study, using the cross-sectional and correlational research design, recruiting nurses from a regional teaching hospital in south Taiwan as the research participants.A total of 73 questionnaires were distributed, and with a valid response rate of 100%. The study instruments included basic personal information and work characteristics, social support scale and professional commitment scale.

Results: Results showed that social support is significantly correlated with professional commitment. Male sex, participation in support groups, emergency room work, and high social support were predictors of high professional commitment.

Conclusion/Implementations for practice: Hospital administrators are advised to strengthen peer group support in the workplace and organize support group activities regularly to enhance the professional commitment of nursing staff.

Keyword:nurses, social support, professional commitment

Applying Multiple Strategies to Enhance Wound Healing of Pressure Injury

Hsin-Ping Ku[1] , Kuan-Han Lin[2]
Wound Nurse Kaohsiung Municipal Minsheng Hospital[1] , Assistant Professor , Department of Healthcare Administration, Asia University [2]

Abstract

Background:

Pressure injury is a significant issue in global health care, also an essential indicator of the quality of medical care. According to literature statistics. In Taiwan, pressure injury prevalence was 36.8% in hospitalization. Pressure injury causes pain, infection, and death, prolongs the days of hospitalization, and increases the economic cost.

Purpose:

To explore the effectiveness of using multiple strategies to promote pressure injury wound healing.

Methods:

This study used a longitudinal study design. The study subjects were inpatients with grade 3 or above pressure injuries, followed between November 2021 and March 2023. Two-hundred inpatients from a teaching hospital in the southern Taiwan were randomly selected and received multiple strategies to improve wound healing of pressure injury, including interventional measures of: (1) Debridement of the wound (2) Air mattress (3) Far infrared rays (4) Negative pressure wound therapy (5) Dressing, and other multiple strategies. This study used the Pressure Ulcer Scale for The Healing (PUSH) scale and the wound image file to evaluate the effect of healing.

Results:

Among the 200 inpatients, 120 (6%) had surgery and 28 (14%) had no surgery. Thirteen patients (6.5%) had bedside debridement; 39 (19.5%) underwent debridement surgery and performed weekly bedside debridement according to the situation; 51 (25.5%) received air mattress intervention; 8 (4%) received far-infrared intervention; 10 (5%) received negative pressure wound therapy. The type of dressing used for each patient depend on the anatomical and pathophysiological characteristics of the wound. Furthermore, intervention through multiple strategies, this study found that among 200 inpatients, 173 patients (86.5%) had improved wound healing, four patients of which healed utterly, 13 patients (6.5%) maintained wound healing, and 14 patients (7%) had wound deterioration due to worsening condition.

Conclusion/Implementations for practice:

Pressure injury is a common chronic care problem in bedridden patients. Using and strengthening new nursing knowledge through multiple strategies may provide healthcare institutions or systems to promote wound healing and reduce labor and care costs.

Keyword: Multiple strategies, Pressure injury

Nursing experience of using low pressure suction in enterocutaneous fistula with Moisture Associated Skin Damage (MASD).

Hsing-Jung Lin[1] , Chi-Hsuan Yang[2]
[1] , Associate Professor , Department of Nursing, National Taichung University of Science and Technology[2]

Abstract

Background:

We report the case of a 74-year-old female with sigmoid colon adenocarcinoma. The patient underwent low anterior resection, rectovesical fistula repair, and colostomy at a regional hospital. After surgery, poor abdominal wound healing with stoma retraction and enterocutaneous fistula(ECF) were noted. The wound size was 8x11x1.5cm with undermining, the range of sneaking is from 9 o'clock to 12 o'clock of the wound, and the deepest depth is 4 cm. Large amounts of intestinal fluid drained from the ECF caused pain, itching and severe skin erosion, with redness in the range of 5 cm wide.

Purpose:

This case report aimed to describe the nursing experience of enterocutaneous fistula with moisture-associated skin damage (MASD), by controlling exudate, protecting surrounding skin and reducing patient discomfort.

Methods:

First, We used a silicone three-dimensional mesh dressing (SI-mesh) to cover the bottom of the wound, then fill the sponge dressing, then use two 14fr suction tubes connected to negative pressure suction to control the leakage of the fistula. For the surrounding reddened area skin, spray hypochlorous acid water first, then applied Stomahesive protective powder and sting-free skin barrier to protect the skin.

Results:

After a week, the range of infiltration and redness of the skin around the wound was diminished and measured within 3 cm; the patient also reported decreased in pain and itching.

Conclusion/Implementations for practice:

Applying low-pressure suction may effectively control the exudation of the enterocutaneous fistula to help reduce skin erosion and maintain integrity. It can promote patient comfort and reduce the frequency of dressing changes by nursing staff.

Keyword: Enterocutaneous fistula, Moisture Associated Skin Damage, low pressure suction.

Analysis of clinical factors for unplanned return to adult ICU within 48 hours

Su jia-Shuan[1] , Mei-Li Pan[2] , Wu-Chun Kuei[3]
Professional Nurse NatlonelTvenUnversyHopi YunlinBranch[1] , Professional Nurse , NatlonelTvenUnversyHopi YunlinBranch[2] , Deputy director , NatlonelTvenUnversyHopi YunlinBranch[3]

Abstract

Background:

The return rate of intensive care unit reflects the qualityof care, which not only increases medical costs but also prolong the length ofhospital stay. Fewer studies investigated the factors associated with returningto the intensive care unit (ICU) within 48 hours.

Objectives:

Thisretrospective study analyzed the reasons for unplanned return to ICU within 48hours. Determination of these factors would reduce the return rate, decreasethe length of hospital stay and related medical costs

Purpose:

This retrospective study analyzed the reasons for unplanned return to ICU within 48 hours. Determination of these factors would reduce the return rate, decrease the length of hospital stay and related medical costs.

Methods:

From January 2019 to December 2020, participates who were transferred out of the ICU without planning to return back to ICU within 48 hours were enrolled. Clinical characteristics as age, gender, diagnosis, APACHE II, and vital signs were extracted from medical records.

Results:

In the analysis of clinical factors affecting 48-hour ICU return, the elderly, poor conscious level , lower mean systolic blood pressure, higher heart and respiration rate, poor blood oxygenation and higher APACHE II score were closely caused the unplanned return to ICU within 48 hours.

Conclusion/Implementations for practice:

Patients with unplanned return to ICU within 48 hours had higher disease severity and also higher mortality. Advanced clinical alarm system should be established in the future to detect the 48-hour ICU return index.

Keyword:unplanned return, intensive care unit, clinical factors, clinical alarm system

The Intensive Care Experience of applying Interprofessional collaborative practice to a Suspected Aristolochic Acid Nephropathy complicated with Pulmonary edema

Kuan-Yu Lin[1] , Wan-Ju Huang[2] , Pei-Ching Wu[3]
Nurse E-Da Healthcare Group E-Da Hospital[1] , Nurse Leader , E-Da Healthcare Group E-Da Hospital[2] , Nursing Clinical Teacher , E-Da Healthcare Group E-Da Hospital[3]

Abstract

Background:

This article discusses a case of a patientwho took a Chinese herbal medicine suspected to contain aristolochic acid froma traditional Chinese pharmacy, causing acute kidney injury with pulmonaryedema and resulting in respiratory distress. An endotracheal tube was placedurgently for mechanical ventilation, and he was admitted to an intensive careunit and treated with intermittent hemodialysis. Facing the discomfort brought by the diseaseand the rapid deterioration of the disease, the patient was worried and anxiousabout the possible need for lifelong dialysis in the future.

Purpose:

Using Gordon 11 Function Health Patternsand Interprofessional collaborative practice to help improve the three mainhealth problems of "excess fluid volume", "Impaired Gas Exchange"and "Anxiety" in the case.

Methods:

Use Interprofessional collaborativepractice, closely monitor vital signs and laboratory data, record nutrition,output and output, and body weight, as a discussion and adjustment of treatmentguidelines, strengthen peripheral circulation, improve fluid load and edema,and perform thoracic physical therapy and rehabilitation. Jian successfully gotout of the respirator, provided active care and effective communication, guidedpositive thinking and provided a shared decision-making method between doctorsand patients, so that patients can actively participate in the rehabilitationplan, and taught relaxation techniques, thereby reducing anxiety and improvingself-care ability.

Results:

Throughstrict monitoring of the physiological data of the treatment process, athoracic rehabilitation plan is carried out to improve the excess body fluidvolume of the case, so that it can successfully get out of the respirator,provide a shared decision-making method between doctors and patients, guide thecase to choose appropriate coping behaviors, and support the case together withfamily members, The patient adopts a positive attitude to participate in the project, and then completes the self-care ability.

Conclusion/Implementations for practice:

Measure the prognosis of the disease andpersonal wishes, and support the case to make medical decisions that suit theirpreferences, so that they can take a positive attitude to participate in theplan, increasing the confidence of the case in the early stage of the careplan; Provide resources for cases to prevent progression to chronic renalfailure, integrating Interprofessional collaborative practice, assisting casesto overcome physiological crises, and guiding the exploration of self-worth toreturn to the results of daily life.

Keyword: Aristolochic Acid Kidney Injury, Thoracic Rehabilitation, Interprofessional collaborative practice

Nursing experience in caring for a patient with chronic obstructive pulmonary disease receiving pulmonary rehabilitation training

Tsai, Wen Chi [1] , Chen, Yi Chun[2]
nurse National taiwan university hospital[1] , nurse head , National taiwan university hospital[2]

Abstract

Background:

A patient with chronic obstructive pulmonary disease was able to take care of himself in his daily life before hospitalization. This time, the acute exacerbation caused dyspnea. The exacerbation of chronic obstructive pulmonary disease due to activity tolerance reduced. As the condition changes, it leads to inability to take care of himself in his daily life and unpredictable prognosis, result powerlessness.

Purpose:

Using pulmonary rehabilitation training to reduce exacerbation symptoms of chronic obstructive pulmonary disease

Methods:

During the care period from February 19, 2021 to March 8. Gordon's functional health pattern was used for evaluation guidance. Appropriate oxygen support,pulmonary rehabilitation training and accompany can help relieve dyspnea, increase activity tolerance , and improve emotional.

Results:

The nursing care plan included were ineffective breathing pattern, activity intolerance, helplessness, self-care deficit, and alteration in nutrition. Gived correct disease awareness,including the use of oxygen and inhaled medicine, improving symptoms and discomfort in the acute stage, and exercise plan with the pulmonary rehabilitation team to improve dyspnea, increase activity tolerance and daily life.

Conclusion/Implementations for practice:

Suggested take pulmonary rehabilitation videos that patients and family members can review exercise, and family can record the exercise process, so that medical staff can evaluate the results. Respiratory therapists and physical therapistsIt is possible to arrange an average time with the nurse to visit and accompany the patient during exercise. For example, the respiratory therapist and physical therapist come every two days on weekdays, and the nurse is accompanied on holidays. In this way, the patient can feel the medical team support and increase the patient's willingness to exercise to achieve positive results.

Keyword: Pulmonary rehabilitation, Chronic obstructive pulmonary disease, Ineffective breathing pattern, Activity intolerance, Helplessness

The Intensive Care Experience of applying Pulmonary Rehabilitation to care of a Pneumonia

Tzu-Ling Lan[1] , Yu-Chuan Lin[2] , Wan-Ju Huang[3]
Nurse E-Da Healthcare Group E-Da Hospital[1] , Nurse , E-Da Healthcare Group E-Da Hospital[2] , Nurse Leader , E-Da Healthcare Group E-Da Hospital[3]

Abstract

Background:

Discuss the case of asthma and fever,diagnosed as bacterial pneumonia combined with respiratory failure, receivedendotracheal tube placement and respirator in intensive care unit care, due tochanges in the progress of the case's lung disease, and the initialendotracheal tube indwelling, worried that it would not be possible Successfuldisengagement from the respirator will affect the family members, face theimpact of the disease, and cause anxiety problems.

Purpose:

Use Gordon 11 Function Health Patterns andchest rehabilitation plan to help improve the three major health problems of"Impaired Spontaneous Ventilation", "Hyperthermia" and"Anxiety".

Methods:

Provide individual, inter-professional andholistic chest rehabilitation plans, use multimedia tools such as telephone, film,and video as communication bridges, or create health education manuals relatedto diseases and care content, and provide more Actively participate in theprocess of disease progression and care plan, closely monitor vital signs,establish and implement progressive breathing training to improve lung muscleendurance and ventilation, so as to improve spontaneous ventilation disorders;guide nursing to relieve discomfort caused by hyperthermia measures, and assistthe use of antipyretic and analgesic agents to promote the physical comfort ofthe case; teach relaxation therapy and cooperate with the care and support offamily members to reduce the anxiety of the case.

Results:

The case was indwelling the endotrachealtube for the first time. Through paper-and-pencil communication, a trusting nurse-patientrelationship was established with the case, and a Interprofessionalcollaborative practice discussed together to formulate individual and integratedrespirator weaning plans and chest rehabilitation exercises, and Teachrelaxation therapy according to their interests, reduce their dyspnea,discomfort and anxiety caused by hyperthermia, and successfully help patientsget off the respirator.

Conclusion/Implementations for practice:

The medical team attaches great importanceto the early implementation of the ventilator release plan for the case,combining professional and holistic care, providing the case, the maincaregiver or family members with more active participation in the diseaseprogression process and care plan, and learning the precautions for follow-upcare, and Extend in parallel until the unit continues to implement the samecase to achieve a better and more complete quality of care.

Keyword: Pneumonia, Thoracic rehabilitation, Anxiety

Exploring the Physiological Benefits of Green and Illuminated Environments for Hemodialysis Patients

Hui-Ting Chung[1] , Ke-Hsin Chueh[2] , Chung-Heng Hsieh[3]
superintendent Fu Jen Catholic University Hospital[1] , PhD, RN, Associate Professor, Department of Nursin , Fu Jen Catholic University[2] , PhD, Associate Professor, , Fu Jen Catholic University[3]

Abstract

Background:

Hemodialysispatients often experience depression during treatment, negatively impactingtheir physiological functioning and dialysis experience, compromising patientsafety. Greenery in healthcare settings and different colored lights have beenassociated with attention restoration and positive emotional effects, offeringpotential benefits in regulating depression among chronic patients.

Purpose:

This studyinvestigates the physiological benefits of interventions involving lighting andindoor greenery for hemodialysis patients.

Methods:

Thirtyhemodialysis patients without major complications, treated at a regionalhospital for over three months, were randomly assigned to an experimental(n=15) or control group (n=15). Psychological assessments (Beck DepressionInventory [BDI], Pleasure, Arousal, and Dominance [PAD], Pittsburgh SleepQuality Index [PSQI]) and physiological measurements (heart rate variability [HRV],salivary cortisol [SC]) were utilized. The experimental group received a four-weekintervention, three times a week for four hours per session. The interventionincluded setting up green fences and lighting in the experimental group'sdialysis area. Saliva samples were collected before, during, and after dialysisusing the "BeneGear physiological monitoring device." Landscapedecorations and monitoring devices were removed at the study's conclusion.

Results:

BDIscores significantly improved, with the average decreasing from 22 (moderatedepression) to 16 (mild depression). The PAD scores indicated positiveresponses across all dimensions, with pleasure (3.83) and arousal (3.64)exhibiting significant improvement. PSQI scores did not significantly change. HRVimproved, indicating enhanced sympathetic nervous system regulation. SC levelsdecreased significantly after the intervention, reducing stress and stabilizingemotions.

Conclusion/Implementations for practice:

Interventionsinvolving lighting and indoor greenery alleviate emotional distress, activatethe autonomic nervous system, and promote balance and stress reduction amonghemodialysis patients. These findings offer guidance to enhance patient care inother dialysis centers.

Keyword: Hemodialysis, Illuminated Environment, Physiological Benefits.

Evidence-based clinical application of low-carbohydrate diets for weight loss.

Shu -Li CHEN[1] , Yi -Wen SHEN[2] , Ting-Jhen JHANG[3] , Ying-Hsun WU[4]
NURSE CHANGHUA CHRISTIAN HOSPITAL.[1] , NURSE , CHANGHUA CHRISTIAN HOSPITAL.[2] , NURSE , CHANGHUA CHRISTIAN HOSPITAL.[3] , NURSE , CHANGHUA CHRISTIAN HOSPITAL.[4]

Abstract

Background:

Obesity related to eight of the top ten causes of death in Taiwan in 2020, Through this Evidence-based Clinical study, it was found that Low CHO diet combined with exercise can reduce weight and improve blood lipids.However, adopting a low-CHO (20% of total calories) and high-fat (60% of total calories) diet originated from Europe and the United States, which is different from Taiwan's concept of healthy eating habits.

Purpose:

In this case, a low-CHO, low-fat diet and exercise intervention were used to verify the effectiveness of weight loss.

Methods:

This research is an experimental study and enrolled 13 medical staffs by convenient sampling, who received a low-CHO (30% of total calories), low fat (35%of total calories), and protein (35% of total calories) diet and with the exercise plan for 6 weeks to verify the effectiveness of weight loss. The outcome indicators were body weight, body fat percentage, blood sugar and blood lipids for the comparisons of pre-test and post-test.

Results:

The result indicated that the average age of 43.15 of females, and the average body weight decreased was 1.75 ± 0.81 Kg, the average decrease in fasting blood glucose was -8.17 ± 7.96 mg/dL, and the average decrease in Triglyceride was -38.00 ± 42.04 mg/dL, which were significantly different ($p<0.05$). However, the decreasing of body fat percentage and other blood lipids, and the increasing of high-density lipoprotein did not reach significant differences that might due to the short-term time limit.

Conclusion/Implementations for practice:

This research aims to design a plan of low-CHO, low-fat diet and exercise intervention for weight loss by cooperating with physicians and nutritionists. After 6 months of implementation, the recommended outcome indicators: body weight, blood glucose,blood lipids etc. will decrease significantly and we expect the participants will effectively lose weight, lower blood lipids, and reduce the risk of cardiovascular complications.

Keyword:overweight; obesity; low carbohydrate diet; weight loss

Preliminary Exploration of the Experiences of Family Caregivers of Disabled Elderly Individuals in Using Long-Term Care Resources

Ya-Lin Chung[1] , Chun-Yuan Cheng[2]
director [1] , assistant professor , Department of Gerontological and Long-Term Care Business, Fooyin University[2]

Abstract

Background:

Based on data from the Taiwan Association of FamilyCaregivers, there are currently approximately 760,000 disabled, cognitivelyimpaired, and mentally challenged individuals in Taiwan. Around 20% of themutilize government long-term care resources, while nearly 30% hire foreigncaregivers, and over 50% rely solely on family care. Family caregiversexperience significant stress and burden due to their caregivingresponsibilities.

Purpose:

The purpose of this study is to explore the caregivingexperiences, roles, and differences in caregiving after the intervention of long-termcare resources for family caregivers taking care of disabled parents.

Methods:

Qualitative individual interviews wereconducted to gather insights from disabled individuals, the wives of thedisabled individuals, and the primary caregivers within the family (the son ofthe disabled individual). The interviews focused on exploring their caregivingroles, experiences with utilizing long-term care resources, as well as thechallenges and difficulties they encountered in their caregiving journey.

Results:

Through content analysis of the interviews, the primarycaregivers presented their personal caregiving experiences and highlighted fivemain issues:

1.Disruption of existing work leading to reduced familyincome.

2.Inability to take breaks from caregiving tasks.

3.Unequal caregiving responsibilities.

4.Insufficient substitute caregivers.

5.Heavy burden of traditional caregiving obligations.

After 9 months of long-term care resource intervention andactual caregiving, the caregiver's stress level decreased from 39 to 35 on thecaregiver stress self-assessment scale.

Conclusion/Implementations for practice:

Family caregivers face physical, psychological, and socialcaregiving burdens, including fatigue, frustration, financial difficulties, anddisharmony in family relationships.

The key point to address these issues is to provide formal andinformal resources to assist caregivers. However, even with the intervention oflong- term care resources, caregivers still bear a considerable burden,indicating that the current intervention is not meeting caregivers' needs.

Expectations for future improvement:

1. Government Long-Term Care Resources:

Increase the allowance amount for individual cases and use itmore flexibly.

Implement supportive services for family caregivers.

2. Family Members:

Encourage the participation of other family members incaregiving responsibilities.

Keyword:disabled elderly, family caregivers, long-term care

Nursing care experience of a young congenital triple atrial disease by using shared decision-making.

Tsui-Ping Li[1] , Chan Chuan Yu[2]
[1] , , [2]

Abstract

Background:

Congenital heart disease (CHD) is the most common congenital abnormality clinically. Statistics published in Taiwan show that the incidence of congenital heart disease in newborns in Taiwan is 13 per thousand live births on average (Qian et al., 2019). Triatrial disease accounts for 0.1% to 0.4% of congenital heart disease and surgery is the treatment of choice (Isik et al., 2016).

Purpose:

Using shared decision-making steps between doctors and patients to assist patients in deciding the direction of treatment

Methods:

Collect data by means of listening, interviewing, observation, and self-assessment, and conduct evaluations on four levels: physical, psychological, social, and spiritual

Results:

The confirmed cases have health problems such as "low-efficiency breathing patterns/related to insufficient oxygen concentration caused by hydrops in the lungs", "activity intolerance/related to insufficient oxygen supply to the heart", "anxiety/related to the threat of disease".

Conclusion/Implementations for practice:

The medical team invites the case and the sister to participate in the treatment plan options, and uses the shared decision-making steps with an open attitude to help the case decide to go to another hospital for a second evaluation. It is also convenient for the sister to take care of the patient and complete the treatment with a positive attitude.

Keyword: Shared decision-making ; congenital heart disease; triple atrial syndrome

Project of Using Therapeutic Play to Improve the Accuracy Rate of Intravenous Administration Flow in Sick Children

Tsui-Ping Li[1] , Hsiao-Ling Fan[2] , Shen-Ling Huang[3]
[1] , , [2] , , [3]

Abstract

Background:

Thecorrect flow rate of intravenous administration affects the circulatory loadand the safety of medication in sick children.Morethan 95% of patients require intravenous administration treatment in this unit.In 2019, the correct rate of intravenous administration flow rate was only52.3%.

Purpose:

increasethe accuracy of intravenous administration flow rate to more than 80% in sickchildren

Methods:

Theproject strategies include the recording of intravenous administration safe ocean story videos linkedby QR-code, designingcare guide leaflets and posters , creating therapeuticplaying aids, intravenousadministration safety coloring contest, warning stickers, etc.

Results:

thecorrect flow rate of intravenous administration increased from 52.3% to 96.2% as expected.

Conclusion/Implementations for practice:

Theproject improved the completion rate of intravenous administration flow thus can provide references for other pediatricunits to improve the safety ofintravenous infusion for sick children.

Keyword: Therapeutic Play、Intravenous Administration

Positive Emotions：A Concept Analysis

IUAN TZ LI[1] , Chia Yun Fu[2] , Ya Ping Chen[3]
Nurse YUAN'S GENERAL HOSPITAL[1] , Assistant professor , Nursing school of Fooyin University[2] , Assistant Nursing Officer , YUAN'S GENERAL HOSPITAL[3]

Abstract

Background:

"Positive emotion"has been noted by psychologists since the early 20th century. It's believed that these researches should not be limited to mentaldisorders only. The results are inconclusive even though there are literatures aboutthe intervention of positive emotion.

Purpose:

To understand theconcepts of positive emotion among nurses.

Methods:

The concept analysis for positive emotionapproached by Walker & Avant(2019).

Results:

In this study we defined this concept (1)optimisticand breaking negative thoughts(2)solving problems with open-mind(3) adjustingmentality.

The predisposing factors were (1)empathy(2)positive interaction withothers(3)satisfaction from workspace.

Conclusion/Implementations for practice:

The consequences of positive emotion were (1) reduced negativeemotion(2)increased satisfaction from working(3)improving nurse-patientrelationship. With the idea of positive emotion, it is the basis for thefuture intervention to improve teamwork, satisfaction & happiness, andhealthcare quality.

Keyword: Positive emotion, conceptual analysis, nursing

Enhancing the effectiveness of healthcare knowledge cognition among patients by integrating informational QR code educational leaflet

Wei Chun Hsueh[1] , Bi -Chun Chen[2]
nurse Department of outpatient ,Kaohsiung Municipal United Hospital[1] , Chief Nurse , Department of outpatient ,Kaohsiung Municipal United Hospital[2]

Abstract

Background:

In recent years, with the continuous advancement of technology, the application of QR codes has become increasingly widespread. In the healthcare field, the use of QR codes to link hospital health education leaflets has become a new trend in enhancing public awareness of health knowledge and improving patients' understanding.

Purpose:

Using QRcode-linked health education leaflets to enhance healthcare knowledge and cognition among patients.

Methods:

1. Each new or revised health education leaflet is modified according to the "Procedure for Making Health Education Leaflet", so that the leaflet is not only just text but also rich in pictures.

2. To invite experts and scholars to the hospital to guide the production of health education leaflets, and then randomly ask the public to read the newly added or revised health education leaflets to discuss whether the content is easy toread and understand.

3. The modified education leaflet were converted into QR codes and made available on the hospital's website,outpatient, and wards. Patients can easily scan the QR codes with their mobile phones to Links to content of health education leaflets. Finally through information system statistics satisfaction.

4. The study targeted medical public individuals and evaluated the effectiveness of using QR code health education leaflet links through a questionnaire survey.The study lasted for six months and involved distributing 300 questionnaires,of which 290 were effectively collected, resulting in a response rate of 96%.

Results:

Using QR code health education leaflet links in health promotion activities has shown significant effectiveness in enhancing health knowledge cognition among patients. The research findings indicate that the improvement in participants' health knowledge cognition increased from 89% to 95.5%, with an overall satisfaction rate of 95.7%. The utilization rate of QR codes reached 97%.

Conclusion/Implementations for practice:

The results of this study can provide guidance for nursing personnel by advocating the scanning of QR code health education leaflet links on hospital websites, increasing the convenience of at home. contributes to enhancing health knowledge cognition, improving the effectiveness of health education, and self-care, leading to an improvement in patients' health conditions. with to reduce paper usage, save energy and go paperless.

Keyword:QR code,educational leaflet, healthcare

The Empowerment of patients with Chronic Obstructive Pulmonary Disease: A concept analysis

Kai-Ting Yang[1] , Ching-Hsiu Chen[2]
Register nurse Chi Mei hospital[1] , Assiocate Professor , Department of Nursing, Fooyin University, Kaohsiung, Taiwan. No. 151, Jinxue Rd., Daliao Dist., Kaoh[2]

Abstract

Background:

Chronic obstructive pulmonary disease (COPD) is an irreversiblerespiratory disease and the third leading cause of death worldwide. Repeatadmissions for illness, dyspnea, activity intolerance, and anxiety are commonin such cases.

Purpose:

The purpose of thisstudy was to clarify the meaning and nature on the concept of empowerment in patients with COPD.

Methods:

The Walker and Avant (2011) concept analysisapproach was applied. The defining empowerment to clarify the antecedents,consequences, and the characteristic attributes of the concept of empowermentin patients with COPD.

Results:

Definition characteristic attributes as follows: (1)individual-centered, self-awareness process through listening, dialogue,reflection and action; (2) mutual participation of the COPD patients and themedical members; (3) shared the resources in the process of mutualparticipation; (4) have the ability and opportunity to make self-decisions; (5)can control the process and results of life through self-determination.

Conclusion/Implementations for practice:

This analysis finding may improve the ability of nursing staffs to identifyempowerment in patients with COPD and to increase patients' ability toself-care. Therefore, it is necessary to use empowerment to guide patients toself-aware of the disease, self-decisions, and reduce recurrent hospitaladmissions.

Intensive care experience of nursing a postoperative oral cancer patient with comfort theory

Hsiao-Ching Chen[1] , Pei-Ching Wu[2]
Nurse Leader E-Da Healthcare Group E-Da Hospital[1] , Nursing Clinical Teacher , E-Da Healthcare Group E-Da Hospital[2]

Abstract

Background:

This article is about a 53-year-old man whowas in the ICU after suffering from oral cancer. He felt anxious and insecureabout the treatment process of his own disease and the postoperative admissionto the ICU because of the unfamiliarity and pressure of the external environment.Due to the COVID19 epidemic, the case was psychologically affected during thenursing period.

Purpose:

Using Gordon 11 FunctionHealth Patterns as a framework, thepatient has “Impaired Comfort” , “Impaired Tissue Integrity, and” “Anxiety”.Appropriate nursing care measures are used to solve these three healthproblems.

Methods:

When changing the lying position every twohours, reduce muscle stiffness and discomfort caused by maintaining the sameposition and back stuffiness. Pay attention to the water temperature and roomtemperature when bathing on the bed to avoid the difference between hot andcold temperatures. Use baby oil before going to bed with massage and kneadingmethods. Back care can relax the muscles; use a baby latex pillow with athickness of about 5 cm to reduce wound swelling and discomfort caused bylong-term bed rest and blood circulation after head and neck surgery. It canalso keep the pillow and shoulders level to avoid excessive neck extension and flexion; due to the COCID19 epidemic, assisting the case to use remote video to communicate with family members, and using the Ministry of Health website to share videos with patients so that the case can understand the follow-up rehabilitation plan.

Results:

Use the comfort theory to assess patients'needs for medical treatment and care, provide complete and comfortable care,solve the health problems of physical and mental discomfort and anxiety causedby cases during the COVID-19 epidemic, and improve the comfort of patients inthe intensive care unit quality of care.

Conclusion/Implementations for practice:

During the epidemic period, the case hadmany physical and psychological problems. When the family members were unableto accompany and participate in the follow-up care, the pre-operative healtheducation video was used to understand and familiarize themselves with the careprocess of admission to the intensive care unit as soon as possible, so as toimprove the quality of medical care.

Keyword: Oral cancer,Ccomfort theory, Impaired comfort

The Impact of Co-administration of Statins on the Efficacy of Immune Checkpoint Inhibitor Therapy in advanced cancer patients: systematic review and meta-analysis

Chun-Liang Hu[1] , Hui-Ping Sun[2] , Xihn-Xuh Chen [3]
Leader Tainan Municipal Hospital (Managed by Show Chwan Medical Corporation)[1] , Head Nurse , Tainan Municipal Hospital (Managed by Show Chwan Medical Corporation)[2] , Doctor , Tainan Municipal Hospital (Managed by Show Chwan Medical Corporation)[3]

Abstract

Background:

Immune checkpoint inhibitors (ICIs) play a crucial role in the treatment of advanced cancer, such as melanoma, non-small cell lung cancer (NSCLC), and renal cell carcinoma (RCC), and provide significant survival benefits. Due to the limited therapeutic benefits in some cancer patients, current research focuses on combining additional medications to improve treatment efficacy. Recently, Statins demonstrated immunomodulatory effects on components of the tumor microenvironment and can enhance the efficacy of ICIs in preclinical studies.

Purpose:

Whether the co-administration of Statins in cancer patients receiving ICIs therapy can yield optimal treatment outcomes?

Methods:

We conducted a systematic search of relevant articles through PubMed, Embase, and the Cochrane Library from inception to 15th March 2023. We determined inclusion criteria based on the "PICOS" principle: P – advanced cancer patients, I - combination therapy of Statins and ICIs, C – ICIs alone, O -overall survival (OS), progression-free survival (PFS), S – randomized control trial or cohort studies. To evaluate the quality of the selected papers, we employed the Cochrane risk-of-bias 2 (RoB 2.0) tool for randomized trials and the Newcastle-Ottawa Scale (NOS) for retrospective studies and conducted a meta-analysis of published papers using the Review Manager 5.4.1 software.

Results:

We retrieved 539 papers and excluded duplicates and those that did not meet the inclusion criteria. Fourteen retrospective studies containing seventeen results were included in our meta-analysis. There are no major biases in the quality of these studies. The combination of Statins and ICIs was associated with beneficial OS and PFS in RCC and malignant pleural mesothelioma (MPM) (RCC, OS: HR 0.64, 95% CI 0.46-0.88; PFS: HR 0.63, 95% CI 0.42-0.94; MPM, OS: HR 0.27, 95% CI 0.10-0.73; PFS: HR 0.36 95% CI 0.16-0.81), but no associated benefits were observed in other cancer patients.

Conclusions:

The concurrent use of Statins during ICIs treatment in RCC and MPM patients showed an excellent impact on therapeutic efficacy. However, all studies included in this research were retrospective design, thus prospective or randomized controlled trials are needed to validate these findings.

Keyword: Immune checkpoint inhibitors, Statins

Improving smokers' awareness of smoking cessation through public-funded lung cancer screening and analysis of its effectiveness

Hsieh Hsiu Ling[1] , Chen Bi Chun[2]
[1] , headnurse , Kaohsiung Municipal United Hospital[2]

Abstract

Background:

On July 1, 2022, the National Health Service launched a lung cancer early detection program - public lung cancer screening - low-dose computed tomography (LDCT). LDCT is currently the only screening tool with international evidence that can detect lung cancer early. To reduce the mortality rate of lung cancer among heavy smokers by 20%,it is necessary to let the public know about smoking cessation through the referral of smoking cessation health education for public lung cancer screening in the early detection program of lung cancer.

Purpose:

To explore the effect of low-dose computed tomography (LDCT), a public-funded lung cancer screening, on improving smokers' awareness of smoking cessation.

Methods:

1.Expand the publicity of our hospital's public-funded lung cancer screening - low-dose computed tomography(LDCT) activities.

2.Implement smoking cessation health education to screen heavy smokers for qualification and refer them to LDCT according to their

wishes.

3. Cross-team cooperation to establish a referral process for public-funded lung cancer screening and smoking cessation, and mutual referral of smoking cessation education and public-funded lung cancer screening with the responsible units for the early detection of lung cancer program.

4. Implement lung age testing for smokers.

5. Complete health education case acceptance and follow-up calls.

Results:

Since November 9, 2022, our hospital has launched office-expensive lung cancer screening - low-dose computed tomography (LDCT). As of May 31, 2023, a total of 935 people have been educated about smoking cessation, and 565 of them are heavy smokers. Among heavy smokers, 398 (70%) were willing to refer to LDCT, and 323 (81%) changed their awareness of smoking cessation due to participating in public lung cancer screening. The success rate of smoking cessation for 3 months and 6 months is 43%, 36%. The smoking cessation satisfaction rate was 95%.

Conclusion/Implementations for practice:

The smoking cessation awareness and success rate of smokers are highly related to whether to use public lung cancer screening. Medical institutions should expand publicity and encourage heavy smokers to perform screening, and actively persuade smokers to quit smoking, which can effectively improve smoking cessation awareness and behavior.

Keyword: Publicly funded lung cancer screening, low-dose computed tomography, smoking cessation

Practical Sharing of Telecare for Patients Diagnosed with COVID-19 in Home Isolation.

Shiuan-Er SU[1] , Shu-Nuan CHEN[2] , Ying-Hsun WU[3]
Nurse CHANGHUA CHRISTIAN HOSPITAL[1] , NURSE , CHANGHUA CHRISTIAN HOSPITAL[2] , NURSE , CHANGHUA CHRISTIAN HOSPITAL[3]

Abstract

Background:

In mid-March 2022, the Ministry of Health and Welfare initiated home isolation for asymptomatic or mildly of COVID-19 patients, and provide outpatient Telemedicine for home isolated patients, then our unit take care for them. However, the government's epidemic prevention and medical policies continue to change, making the patients and their families feel fearful, anxious when their physical symptoms intensify during home isolation.

Purpose:

The purpose of this study is to confirm the main physical and mental health problems and corresponding care measures through analysis of the home isolation records of patients.

Methods:

Using the transcript of the telecare interview process and focus meetings at least twice a week, the qualitative research data was used to the physical and mental health problems and care plan of the patients and their families.

Results:

A total of 15,698 cases. It was found that the physical health problems included: inexperienced caregivers and difficulties in seeking medical treatment, doubts about taking anti-COVID-19 drugs, Compliance and side effects issues. The nursing guidance includes: teaching the caregivers the keypoints of disease and symptom observation and treatment, help for those who needs medical treatment, prescribing antiviraldrugs with high risk factors and clearing the crown keypoints of guidance for patients.

The psychological distress includes: unspecific and uncontrollable fear, pervasive anxiety, frustration and boredom, feeling alone, overload. Psychological care guidance includes: listening with empathy, collecting information on the development of the epidemic and epidemicprevention regulations, so that all nurses can provide correct and consistent information, provide 24-hour hotlines for support for anxious patients, and encourage patients do activities that can divert attention and relieve stress, use multiple long-distance communication media to get intouch with relatives and friends, and provide information on applying for subsidies for those who are under financial pressure according to their circumstances, soas to reduce their psychological pressure.

Conclusion/Implementations for practice:

Many patients and their family members had their doubts resolved, and when their symptoms changed inappropriately, they were assisted obtain appropriate medical treatment and get medicines smoothly, persist in the recovery process.

Keyword:COVID-19; home isolation; Telecare

Does taking Lactobacillus-like probiotics reduce the duration of diarrhea in young children with gastroenteritis

BI-CHUN CHEN[1]
Head Nurse [1]

Abstract

Background:

Hospitalization of acute gastroenteritis, physiciansoften use the probiotic Lactobacillus to relieve diarrhea symptoms, but thesymptoms do not improve after taking probiotics for the duration of diarrhea.

Purpose:

To explore whether oral Lactobacillus probiotics canimprove the duration of diarrhea in gastroenteritis.

Methods:

Use PICO to search, P: Gastroenteritis child, I:Probiotics, Lactobacillus, C: Placebo, O: diarrhea duration, search in PubMed,Cochrane and Embase databases, so select SR, meta-analysis and RCT articles,according to the empirical medicine of Oxford University The central evidencescale assesses the level of evidence as level 1.

Results:

The study age ranged from 3 months to 5 years. Afterthe experimental group took probiotics, the duration of diarrhea was shorterthan that of children who took placebo or did not take probiotics (MD-0.87, 95%CI-1.43~-0.31 , I2=72%), the length of hospital stay was shortened (MD-0.54,95%CI-1.09~1.7, I2 = 83%), and the cure rate of diarrhea in the first twodays was significantly improved.

Conclusion/Implementations for practice:

Empirical evidence supports the proposal thatLactobacillus reuteriDSM 17938, a bacterium derived from Lactobacillus, caneffectively shorten the duration of acute diarrhea and the length ofhospitalization in young children with acute gastroenteritis. Evidence fromrandomized clinical trials.

Keyword: Lactobacillus-like probiotics、children with gastroenteritis、 duration of diarrhea

Discuss whether the second site fixed catheter position can improve the effect of catheter-related lower urinary tract symptoms in long-term indwelling in long-term indwelling catheter cases: a systematic review

WU YAO CHUN[1] , Lui Yu Yen[2]
Wellbeing Home-care nursing agency[1] , Director , Wellbeing Home-care nursing agency[2]

Abstract

Background:

The clients with spinal cord injury, long-term bedridden, tumor or prostate hypertrophy still need long-term indwelling catheter after leaving the hospital and returning home or in an institution. Due to insufficient muscle endurance or insufficient mobility, the clients were considered that the catheter wouldn't be pull, and not be fixed the second site, which will lead to the occurrence of catheter associated lower urinary tract symptom, CALUTS. Therefore, the second site of fixed position in the long-term indwelling urinary catheter clients lacks a systematic literature review to explore its effectiveness.

Purpose:

For client with long-term indwelling catheters, whether fixed catheters at the second site can improve the incidence of catheter associated lower urinary tract symptoms.

Methods:

We used PICO keywords, initially set the language as Chinese and English, and search the database for published and unpublished research literature until May 31, 2023. We researched total 9 databases. Using Bollinger logic search, no limit the keywords appearing every field, and 9 documents were searched. We set inclusion and exclusion criteria, and only one article was included.

Results:

This article included 1 randomized controlled trial literature. There are 450 cases, the intervention group is divided into 150 people in group A (fixed on the thigh), 150 people in group B (fixed on the lower abdomen) and 150 people in the control group (unfixed). The results was found that the incidence of tubing involvement in group A and group B was significantly lower than the control group ($p<0.05$), but there was no difference between group A and group B ($p>0.05$).The CALUTS about urethral pain, urethral infiltration and urgency urinate in groups A and B were significantly lower than the control group ($p<0.05$). It was further found that the incidence of urethral swelling in group A was significantly lower than group B($p<0.05$); the urethral secretion in group A was significantly less than group B ($p<0.05$).

Conclusion/Implementations for practice:

Proper fixation of the urinary catheter not only reduces the pulling sensation of the urinary catheter, but also reduces the occurrence of CALUTS. However, the current research literature is insufficient, and we look forward to more studies in the future.

Keyword: Indwelling long-term catheter、Catheter associated lower urinary tract symptom

Exploring the Professional Competence of Organ Procurement Coordinators Using Modified Delphi Method

YUN-LUN LUO[1] , Li-Fen, Chao[2]
Organ Procurement Coordinator Kaohsiung Chang Gung Memorial Hospital[1] , Deputy Director of Nursing , CHANG GUNG UNIVERSITY OF SCIENCE AND TECHNOLOGY[2]

Abstract

Background: Organ procurement coordinators are an extension ofthe nursing profession, who is playing a important role in organ donationservices, and providing continuity and conformability in the process. In 2005,National Taiwan University Hospital was the first one who separated organdonation and organ transplantation. By starting up organ transplant team, they hired organ procurement coordinatorsand organ transplant coordinators. For the safety and efficacy of all theprocess, organ procurement coordinators become key person. Because of theirprofessional ability is which the medical care team concerned. However, thereis no method of evaluation for organ procurement coordinators.

Purpose: This research aims to use the expert consensus methodto build a list of the basic ability indicators that organ procurementcoordinators need to have, which can be used as a reference for the evaluation,selection and training, and provide those who will participate in organdonation as a organ procurement coordinator.

Methods: Using the " Modified Delphi Method ", 30experts in related fields were selected by purposive sampling and snowballsampling, and two- round anonymous questionnaire and consultations wereconducted for the proposed " the ability that organ procurementcoordinator should have". The rate of recovery of valid questionnairereached 100%.

Results: The average age of the experts is 43.8 years old (SD=6.29), allof them have work experience in organ donation. The average length of Job tenure is 14 years. All experts screened outthe most important professional ability that organ procurement coordinatorsneed to have including 24 items in six major areas. (7 items of professionalknowledge ability related to organ donation, 4 items of communication andcaring ability, 2 items of passion and stress resistance ability, 5 items itemsof administrative management ability, 3 items of teamwork ability, and 3 itemsof ethics and legal literacy ability.)

Conclusion/Implementations for practice: This study uses the expert consensusmethod of "Modified Delphi Method" to construct specific ways thatorgan procurement coordinators who need to have appropriate practicalcompetencies, which will help nurses to have a better understanding on organdonation, and be committed to organ donation. Furthermore, to construct thefield of organ coordinators is necessary for talent cultivation, so thathospitals can find suitable professionals to conform to the needs of clinicalpractice.

Keyword:organ procurement coordinators, Core Competencies, Modified Delphi Method

Outcome of employ Sharing decision-making for Low-Dose computed tomograpy screening lung cancer

YA-FEN YANG[1]
NURSE NURSING[1]

Abstract

Background:

Lung cancer examination is cumbersome andthe radiation dose is high, which can easily lead to a decline in thewillingness of the screener. When symptoms appear and then seek medicaltreatment, it is usually the end stage of lung cancer. Recently, the medicalcommunity has promoted shared decision-making between doctors and patients,using the latest empirical medical evidence to explain in a way that patientscan understand, allowing medical staff and patients to make joint medicaldecisions, increasing the willingness of individual cases to be tested, andenabling early detection and early treatment.

Purpose:

Use medical decision-making to share lungcancer LDCT service process, improve the possibility of lung cancer screening,achieve early detection of cancer therapy and improve the cure rate.

Methods:

Set up a medical-disease sharingdecision-making promotion team across teams, design LDCT decision-making aids,and create a doctor-disease sharing decision-making aid (PDA). "Whichexamination can help diagnose lung cancer?" To implement SDM in outpatientclinics, doctors and personal managers make decisions after discussing with individualcases, and conduct statistical analysis on the data.

Results:

Statistical analysis From 2018 to 2020,69.6% of lung cancer patients were diagnosed with LDCT-SDM for cancerscreening. After analysis and diagnosis, 62.5% of the cases have receivedtreatment and continued follow-up; 37.5% of the cases died at the end of thediagnosis.

Conclusion/Implementations for practice:

Through SDM, the willingness of patients toreceive screening can be effectively improved, and patients can have a conceptof LDCT and independent medical decision-making power, and can effectivelydetect lung cancer early and receive treatment. .

Keyword: Shared decision making, LDCT (Low-Dose computed tomography), Lung cancer

The Nursing Experience of a Renal Cancer Postoperative Patient Using Forest Therapy

LU CHIN YI[1] , Tsou Yi Chin[2]
Nurse Kaohsiung Municipal Fengshan Hospital[1] , Nurse , Kaohsiung Municipal Fengshan Hospital[2]

Abstract

Background:

This article discussed a 66-year-old renal cancer patient who underwent a total right nephrectomy, he was not only facing the impact of cancer but also worried about recurrence after surgery. During the nursing period, from November 4th to November 9th, 2021, we used Gordon's eleven functional health type assessments to collect data through physical assessment, observation, family member interviews, medical records review, and clinic care, etc., to confirm that he had healthy care issues of anxiety, acute pain, and potentially dangerous infection.

Purpose:

For patients who are worried about cancer recurrence,forest therapy is used to improve anxiety; listening to music, acupoint massage and nursing measures relieve wound pain.

Methods:

Use forest therapy to place natural plant essential oils, encourage deep breathing, enjoy phytoncine to enhance immunity, use pictures of flowers and plants, insects and birds to relax and improve anxiety; use nursing measures such as acupoint massage and listening to music to relieve pain.

Results:

After being discharged from the hospital, the patient expressed that he would go for a walk in the park to inhale phytoncine to relax his mind. And prevent cancer recurrence through diet management, so as to relieve anxiety.

Conclusion/Implementations for practice:

Cancer patients have a lot of uncertainty and worry about cancer recurrence. Immunity can be improved through forest therapy and the experience sharing of relevant successful cases can be used to help patients maintain positive thoughts and strengthen recovery motivation, helping to restore the quality of life.

Keyword: Renal Cancer; Partial nephrectomy; Forest Therapy

Enhancing the Willingness of Inpatient Psychiatric Patients to Wear Identification Bracelets using Innovative Thinking: The "Slap Bracelet "

Jia-Rong Li[1] , Jia-Yin Syu[2] , Rong-Ci Hsiao[3] , Yu-Ling Shi[4]
[1] , , [2] , , [3] , , [4]

Abstract

Background:

Patient identification is an essential component ofhealthcare operations, especially when integrated with medical systemdigitization. In psychiatric settings, a majority of patients are involuntaryadmissions who lack illness awareness and do not identify themselves aspatients. Furthermore, they often complain about the hardness of the plasticwristbands, which cause discomfort, itching, and lead to self-removal. Thisposes challenges for psychiatric nurses in accurately identifying patients.However, slap bracelets made of flexible metal offer a solution. They can beeasily worn by lightly tapping them on the wrist, providing a comfortable,seamless, and aesthetically pleasing experience. Recognizing this potential, wecollaborated with colleagues to brainstorm and innovate, resulting in thedecision to improve wristbands using the concept of "slap bracelets."

Purpose:

The aim of this study is to enhance the willingness ofpsychiatric patients to wear wristbands by modifying them into slap bracelets.

Methods:

By employing innovative design principles, we selectedflexible metal material measuring 22 cm x 3 cm as the base for slap bracelets.Patient barcode stickers were applied to the slap bracelets. Patientsatisfaction and wearing rates associated with using slap bracelets wereanalyzed.

Results:

The wearing rate of slap bracelets among patients was100%, with a satisfaction rate of 92%. This indicates that slap bracelets canincrease the willingness of psychiatric inpatients to wear identificationbands. Slap bracelets, characterized by their flexible material, offerexcellent comfort and can be adjusted to fit different wrist sizes. Theyminimize the risk of skin abrasion, and the patient barcode information on thewristband is easily recognizable, improving patient identification accuracy.Slap bracelets are environmentally friendly, reusable after disinfection, andcost-effective.

Conclusion/Implementations for practice:

Slap bracelets provide patients with an attractive,comfortable, and convenient alternative to traditional wristbands. They savetime and reduce incidents for nurses, thereby enhancing their satisfaction.Moreover, they foster a positive therapeutic relationship between patients andnurses, creating a win-win situation for both parties. Slap bracelets holdpractical value for implementation in clinical settings. Furthermore, futuredevelopments could involve incorporating electronic sensing devices into thewristbands. This would allow for precise patient localization and timelynotification to healthcare professionals in case of detachment, furtherenhancing patient identification.

Keyword:patient identification, wristband, slap bracelet, psychiatric patients

A Nursing Experience in a Heart Failure Patient with Implantable Cardioverter Defibrillator

Kai-Ning Chung[1] , Ching-Ju Chen [2] , Fang-Hsiu Kuo[3]
Case Manager Chi Mei Medical Center[1] , Assistant professor, Nursing department , Fooyin University [2] , Case Manager , Chi Mei Medical Center[3]

Abstract

Background: Heart disease is the second leading cause of death for Taiwanese people. It also has a higher readmission rate as 30% during a three-month and a five-year mortality rate as 50%. There is a number of comorbidities in patients with heart failure. For example, arrhythmia occurs in patient with heart failure is not only rise mortality rate but also increase stroke risk. Therefore, it is an important issue to take care patient with heart failure, especially the patient implants a cardioverter defibrillator. For this patient, heart failure was diagnosed first time. His physiological symptoms were apparently and critical, and these discomfort symptoms influenced his quality of life. Thus, the author plan to undertake an effective nursing to the patient.

Purpose: This is a case report to explore a nursing experience for a heart failure patient with an implantable cardioverter defibrillator (ICD).

Methods: The nursing care provided to the patient from April 8 to April 18, 2023, was assessed using Gordon's 11 functional health patterns and the Pittsburgh Sleep Quality Index(PSQI). Four nursing diagnoses were identified: decreased cardiac output,impaired sleep quality, anxiety, and potential risk of infection.

Results: During the nursing period, individual and comprehensive nursing care was provided, containing intensive monitoring of vital signs, body weight, and fluid balance; fix the catheter suitably and safety; health education of illness-related information; self-regulation skills of ICD-related stress; maintaining of suitable sleep environment; application of therapeutic relationship and specific patient supporting groups.Successfully, patient was discharged on April 18 in 2023.

Conclusion/Implementations for practice: This nursing experience make the authors understand how difficult of psychological aspect for patients with ICD when illness is severe. Thus, we recommended that a specific supporting group have to establish, in order to share similar experiences and gain better understanding and self-care to those patients. It also hopes that the nursing experience can assist clinical healthcare professionals to take care similar patients in the future.

Keyword:heart failure、nursing experience、implantable cardioverter-defibrillator (ICD)

A project to improve the completeness rate of writing nursing recording

CHIU YA HUANG[1]
1

Abstract

Background: As a multiple medical ward, we have high complexity of patient care, numerous patient hospitalized and discharged, and a number of registered professional nurse resigned. With a view to keep high quality of medical care for patients, the nursing department provides four professional nurses to support us from September,2021. However,we found that we only got 77.6% of nursing records by the results of nursing records test from quality group at September 2021 and October 2021, it shows that we couldn't catch the threshold(≧94.0%) set by nursing department. With this, we look forward to improve the completeness of writing nursing recording within popularize this project.

Purpose: promoting the completeness of our writing nursing recording from 77.6% to over 94%.

Methods:we put forward any kinds of possible alternatives according to decision matrix, and we set up score 1 to 5 as the scoring criteria. the total scores is 60, above score 48 will be judged as execution strategy. The higher the scores, the higher the feasibility.

Results: According to the data, it shows that the completeness of our nursing records has been significantly improved with this project from 77.6% to 94.9%. As a result, we can see that the most ideal countermeasures are making reminder slogans, reminding each other of nursing personnel, setting up guest books, taking correct and incorrect photos,writing and recording photos, included in new recruits' education and training,holding on-the-job education, and a reward and punishment criterion .

Conclusion/Implementations for practice: At the beginning of promoting,we have met some difficulties such as the multiple situation of patients during the COVID-19 epidemic. with this, we face a lot of discourage and opposition by the pressures they have in work. However,head nurse still keep communicating and explaining patiently, and lead us to have a discussion of legal Issues of Medical Malpractice. In conclusion, we recommend that it could be promoting to whole hospital that it could ensure the safety of patients and reduce medical disputes, thereby reducing unnecessary expenses of hospitals and improving the overall quality of professional care by promoting the completeness of nursing records.

Keyword: Medical nursing recording, registered professional nurse, completeness rate

To explore the effect of interventional health education on HbA1C in diabetic patients after liver C screening

Chin-Yun Chen[1] , Bi-Chun Chen[2]
nurse Kaohsiung Municipal United Hospital[1] , Chief Nursing , Kaohsiung Municipal United Hospital[2]

Abstract

Background: Studies have shown that diabetes and hepatitis C interact with each other, and the risk of liver cancer is more than 6 times that of general diabetes. Patients should pay attention to liver C screening and treatment to achieve stable blood sugar control.

Purpose: To explore the impact of diabetes patients through liver C screening,interventional treatment and health education on HbA1C for patients with positive liver C.

Methods: Cooperate with the BC Hepatitis Screening Subsidy Program of the National Health Department of the Ministry of Health and Welfare, Cross-team cooperation to build C liver referral screening informatization,C liver positive patients are referred to hepatitis patient managers for treatment and health education,Statistics Analyze blood glucose data six months after treatment.

Results:

Among outpatients with diabetes mellitus who tested positive for hepatitis C, six months after receiving treatment and health education, 70% of the patients' pre-meal blood glucose dropped from 149.9 mg/dl to 125.1 mg/dl, a decrease of 24.4 mg/dl; 52.9% of thepatients' HbA1C decreased from 7.5% fell to 6.8%, down 0.7%. The results show that the patients with diabetes mellitus and hepatitis C who receive health education and treatment are helpful to blood sugar control.

Conclusion/Implementations for practice:

The study found that providing treatment and health education through cross-team cooperation, building up the awareness of diabetes and liver C disease in patients, and early detection and treatment are effective for stabilizing blood sugar. Diabetic friends are urgedto do liver C screening as soon as possible. In the liver C group, find out other ways to control diabetes and reduce the occurrence of liver cancer.

Keyword:diabetes,hepatitis C, blood sugar

Nursing experience in caring for a patient with chronic obstructive pulmonary disease

Mei-Hui Li [1] , Yi-Syunan Li[2]
HN Hanming Christian Hospital[1] , 護理師-Nurse , Changhua Christian Hospital[2]

Abstract

Nursing experience in caring for a patient with chronic obstructive pulmonary disease

Mei-Hui Li[1], Yi-Syuan Li[2]

Taiwan(Department of Nursing, Hanming Christian Hospital, Changhua, Taiwan), Hanming Christian Hospital Medicine and surgery Ward Chief Nursing[1], Student,Department of Nursing, HungKuang University[2], Taiwan (Department of Nursing, Changhua Christian Hospital, Changhua, Taiwan) [2]

Abstract

Background:

The purpose of this article is to nursing experience in caring for a patient with chronic obstructive pulmonary disease.

Goals and Objectives:

Discuss a male patient with chronic obstructive pulmonary disease, provide the patient with physical and mental care and home health education, focusing on how to implement health education for the psychological anxiety of the patient and family members, build the patient's own confidence and trust with the patient and family members Feeling, giving spiritual support to patients or comforting movements in physical contact, and considerate service are all good medicine for healing and the ultimate goal of nursing staff

Methods:

During the nursing period from 2007/2/8 to 2007/2/17, Gordon's 11-item health function assessment was used to observe, talk, collect data and analyze subjective and objective data to facilitate information collection.

Results/Outcomes:

Nursing problems include inefficient breathing patterns, failure of airway clearance,activity intolerance, and anxiety, nursing service objects are not only patients themselves, but also family members, body, mind, and spirit. They should provide self-training for daily life, arrange progressive activities,increase activity tolerance, and teach patients and their wives to effectively eliminate the respiratory tract sputum, so that the patient can regain some confidence in life and reduce depression

Conclusion/Implementations for practice:

Due to time constraints, it is not possible to continuously track the self-care of cases at home. But after he was discharged from the hospital, he still conducted multiple phone interviews. According to the case, breathing training was of great help to him, he could effectively cough up sputum, and he was not re-admitted to the hospital due to asthma. Education to build confidence in patients themselves and a sense of trust between patients and their families

Keyword: Chronic Obstructive Pulmonary Diseases,nursing

Reducing the incidence of acute delirium in elderly Patients in the intensive care unit

Chang Shu Min[1] , Ju-Hsuan Hsu[2] , Hsiu Li-Cheng[3] , Yi-Chen Chang[4] , Wen-Shan Tsai[5] , Shih-Shing Chen[6]
Head nurse Hsinchu Cathay General Hospital [1] , 護理師/Nurse , Hsinchu Cathay General Hospital[2] , 督導/Nursing Supervisor , 新竹國泰綜合醫院 Department of Nursing, Hsinchu Cathay General Hospital, Hsinchu, Taiwan, ROC. [3] , 護理師/Nurse , 新竹國泰綜合醫院 Department of Nursing, Hsinchu Cathay General Hospital, Hsinchu, Taiwan, ROC. [4] , 護理師/Nurse , 新竹國泰綜合醫院 Department of Nursing, Hsinchu Cathay General Hospital, Hsinchu, Taiwan, ROC. [5] , 專科護理師/Nurse Practitioner , 新竹國泰綜合醫院 Department of Nursing, Hsinchu Cathay General Hospital, Hsinchu, Taiwan, ROC. [6]

Abstract

Background:

Acute delirium is a common problem in the intensive care unit. The occurrence of delirium will prolong the length of hospital stay and the cost of medical expenses. According to literature surveys, the incidence of acute delirium in the intensive care unit , inpatients over 65 years old nearly Thirty percent of patients will experience delirium, which not only easily leads to unplanned extubation, and the mortality rate is more than the general population.Therefore, improving acute delirium in the elderly is a topic that cannot be ignored in the intensive care unit. Our unit will arrive on May 1, 2022. On June 30, a current situation analysis was conducted, and it was found that the incidence of acute delirium in the elderly was 29.4%, and the average accuracy rate of nurses for acute delirium care was 75%, and the unit lacked nursing-related assistive devices and acute delirium care procedures.

Purpose:

The purpose of this project is to reduce the incidence of acute delirium in the elderly and improve nursing awareness of nursing staff, and construct a nursing model in the field of acute delirium, discuss and participate in the field of acute delirium in the elderly, provide high-quality nursing care.

Methods:

Through the formation of a quality control circle, Methods include (1) formulates cross-disciplinary care models, such as: rehabilitation department, pharmacist,etc. Discuss and participate together to provide high-quality care; (2) keep relevant equipment and assistive devices such as hearing aids (3) Build multiple health education tools (4) Establishing a nursing process for acute delirium (5) Conducting education and training related to acute delirium.

Results:

The incidence of acute delirium among the elderly in the unit dropped from 29.4% to 14.8%,The accuracy rate of nurses' acute delirium care cognition has improved from 75% to 95.8%.

Conclusion/Implementations for practice:

This project uses quality control methods to construct a care mode lin the field of acute delirium for the elderly, which not only achieves the purpose of the project, but also improves the quality of care, which is worthy of widespread promotion and application.

Keyword: Acute delirium . Intensive care unit

The effect of using SDM to select priority surgery or adjuvant chemotherapy in breast cancer cases

Yi-Wen Cheng[1]
1

Abstract

Background:

With the change of life style, the incidence rate of breast cancer is in creasing year by year and the age has a downward trend. For the changes in the appearance of the body mental image and the fear of treatment due to the adverse reactions caused by adjuvant chemotherapy, choose according to the patient's cognition and values, and share it with doctors and patients. Effective communication between decision-making and patients, and selection of treatment strategies suitable for patients.

Purpose:

Discuss breast cancer patients using doctor-patient shared decision-making to choose the treatment method of priority surgery or adjuvant chemotherapy, and reach a consensus with the patient to improve the survival rate.

Methods:

Abreast cancer cross-team medical-patient sharing decision-making group was established to design mastectomy or chemotherapy for medical-patient sharing decision-making projects. After making treatment decisions, the post-treatment results were collected and statistics were made.

Results:

The results of breast cancer patients sharing decision-making through doctors and patients show that 53.57% of patients choose surgery before chemotherapy;32.15% choose chemotherapy before surgery, and 14.28% choose other treatments. After treatment, the survival rate of patients was tracked. It showed that the survival rate of patients who received surgery first and then chemotherapy was80%, and the survival rate of patients who received chemotherapy first and then surgery was 77%. There was no significant difference in the statistical results. It is 97.27%, the main factor is consciously improving the quality of life.

Conclusion/Implementations for practice:

Breast cancer patients are mostly middle-aged women. Facing the changes in body image and the impact of cancer, patients and their families can make the most appropriate medical decisions with the support of the cancer multi-specialty and cross-team medical and disease sharing decision- making group. Patients face positively and do not give up together, improving the quality of life of breast cancer patients and affirming their own value.

Keyword:breast cancer, adjuvant chemotherapy, medical-patient sharing

The effectiveness of multiple health education strategies in improving the knowledge of dementia prevention among the elders in the community

Hui Ling Wang[1] , Yu-Man Huang[2] , Ci-Hui Hong[3] , Shih-Chi Lin[4] , Bo-Yan Lin[5] , Jia-Yun Xu[6] [1] , , [2] , , [3] , , [4] , , [5] , , [6]

Abstract

Background:

The global population of dementia is increasing rapidly, therefore, it would be necessary to improve the knowledge about dementia prevention among the elderly in the community.

Purpose:

To understand the effect of multiple health education strategies for improving community elders' the knowledge of dementia prevention.

Methods:

We conducted a 60-minute health education for 21 elders from a community development association in Kaohsiung. The posters, role-playing,teach back and prized-quiz methods are used for health education, and the evaluation of health education is carried out with pre- and post-test questionnaires.

Results:

Overall, the average score of health education increased from 22.81 of the pre-test to 24.05 of the post-test. After further analyzing the scores of each question, it was found that there were four questions with statistically significant differences, namely question 7th (Z = -2.236, p =.025), question 13th (Z = -2.714, p = . 007), question 15th (Z= -2.309, p = .021), and question 16th (Z = -2.236, p =.025).

Conclusion/Implementations for practice:

Through health education, it is indeed effective to improve the knowledge of community elders on dementia prevention. The research results can provide the direction for professionals to work on health education in the future.

Keyword:health education, dementia, elderly

Effect of ε-viniferin on the wound healing of scratch model in C2C12 cells

Ching-Wen Chang[1] , Tsz-En Hsu[2] , Lung-Yen Tseng[3] , Yu-Siou Chen[4] , Yu-Chin Lin[5]
MacKay Junior College of Medicine, Nursing, and Management[1] , , Department of Medicinal Botanicals and Foods on Health Applications, Da-Yeh University.[2] , , Department of Medicinal Botanicals and Foods on Health Applications, Da-Yeh University.[3] , , Department of Medicinal Botanicals and Foods on Health Applications, Da-Yeh University.[4] , , Department of Medicinal Botanicals and Foods on Health Applications, Da-Yeh University.[5]

Abstract

Background: Sarcopenia has become a major geriatric disorder in the world. By 2050, the number of people with sarcopenia worldwide could be as high as 2 billion. Muscle fibrosis,myosteatosis and muscle atrophy are main histopathological changes ofaging-related sarcopenia. The curative effect of current clinical treatment drugs is not ideal. Our Lab had first published the anti-inflammatory and analgesic effects of *Vitis thunbergiivar. taiwaniana* (CJP 60 (4) 242-252, 2017) and took new invention patent(No. I528967, ROC). During this period, other scholars have reported that this plant also has anti-aging effect, such as anti-degenerative neurological diseases. Its main active ingredient "ε-viniferin" has not yet shown meaningful anti-aging effects, such as anti-muscle fibrosis, etc. Therefore,this study used this component to carry out related experiments.

Purpose: This study aims to clarify whether ε-viniferin has anti-muscle fibrosis effect and explore its possible mechanism. We first evaluated its effect on wound healing and possible action mechanisms with the scratch model of C2C12 cells.

Methods: A mouse myoblast cellline (C2C12, BCRC-60083) were grown in Dulbecco's modified Eagle's medium (DMEM) containing 4.5 g/L glucose and supplemented with 10% fetal bovine serum (FBS), 1% penicillin-streptomycin in an atmosphere of 95% O_2, 5% CO_2 and 37°C. Cell viability examination was evaluated with CCK-8 assay (n=5). Wound healing test was observed and recorded every two hours, and the end-point was 10th hour (n=3).

Results: The results of CCK-8 test showed that 300 nM was the possible maximum non-toxic dose. At the end-point "10th hour" of scratch wound test, 150 nM wasthe maximum effective and safe dose. In the treatment of 150 nM ε-viniferin,4~6 hours after scratching are the best time for wound healing.

Conclusion/Implementations for practice: Our results contribute to abetter understanding of ε-viniferin on improving the wound healing properties .Meanever, further studies are in progress to evaluate the influences ofε-viniferin on the bio-mediators between wound healing and fibrosis.

Keyword:ε-viniferin, C2C12 cells, Sarcopenia, anti-muscle fibrosis

Using Multiple Strategies to Reduce the Rate of Urinary Tract Infection in Medical Wards

Chen, yi chun[1] , Chang, Hsiao-Han[2]
nurse National taiwan university hospital[1] , nurse , National taiwan university hospital[2]

Abstract

Background:

Urinary tract infection is a common medical care-related infection, which will increase the length of hospitalization and increase the number of drug-resistant strains; the infection rate of our unit in 2021 is 6.93‰, which is higher than 5.52‰ in other medical wards, and the infection rate in the first quarter of 2022 is 9.05 ‰ is higher than 4.72‰ in the fourth quarter of 2021 The reasons for the high infection rate are 1. The main caregivers have low accuracy in perineal cleaning and catheter care; 2. Nurses cannot accurately teach and perform perineal cleaning , 3. Nurses lack of awareness, 4. There is no process for removing the catheter.

Purpose:

The urinary tract infection rate in the first quarter of 2022 is 9.05‰, and the general medical ward in the hospital is set as the benchmark learning object. Therefore, the urinary tract infection rate in the internal medicine ward is 5.52‰ in 2021 as the improvement target, hoping to reduce the unit urinary tract infection rate to below 5.52‰.

Methods:

The method include: 1. Production of videos on perineal cleaning techniques and precautions for catheter care, 2. Daily checklist for perineal cleaning, 3. Random checks on primary caregivers' perineal cleaning and catheter care techniques, 4. Design and placement of alcohol pad box, 5. Design a small card to remind you to wash your hands and pour urine, 6. Organize on-the-job education, 7. Establish a process for removing the urinary catheter.

Results:

The urinary tract infection rate in the first quarter of 2023 is 5.24‰, which is 5.52‰ lower than the target value.

Conclusion/Implementations for practice:

The nurse felt that removing the urinary catheter would cause inconvenient care and delayed the removal of the urinary catheter, which became the resistance of this project. The QR code method of the video allows the main caregiver to watch the video for review at any time, and the learning ability is better without pressure. However, currently the health education video is only dubbed in Mandarin, so some foreign helpers who do not understand Chinese cannot understand the words and sentences of the video.

Keyword: Urinary Tract Infection, Perineal Cleaning Techniques, Catheter Care

Applying Shared Decision Making to Improve patients Engagement in safety execution

Yi-Ching Chen[1]
Leader Tainan Municipal Hospital(Managed by Show Chwan Medical Care Coporation)[1]

Abstract

Background:

When patients with enter every stage of the dis-ease, theyneed to face a variety of therapy options,and through shared decision making jointlyagree on the most favorable medical decisions for patients, , to raise awarenessof patient safety and implement Patient Engagement.

Purpose:

To explore whether shared decision-making between doctors andpatients can improve patients' participation in disease treatment, understandtheir own treatment options,and caregivers can communicate and discuss their understandingregarding the disease and opinions regarding the choice of medical care, assistpatients to complete the treatment.

Methods:

A structured questionnaire was used to investigate thepatients in a regional teaching hospital in south Taiwan. from October 2021 toOctober 2022, a total of 149 patients were selected using purposive sampling toimplement medical-patient sharing decisions.

Results:

The analysis of 149 patients found that 55% of the people haddifferences in the options they wanted before and after decision-making.Through the instructions and explanations of the coachings, the public canfully understand the treatment options, and the shared decision-making betweendoctors and patients can "make you ready to make better Decision" with asatisfaction rate of 84%.

Conclusion/Implementations for practice:

Using shared decision making had positive effects on theexperience of and opinions on medical decision-making, and improve patients' engagement in safety execution ,and helpedin decision-making and make the best decision for yourself ultimately.

Keyword:shared decision making · patients Engagement

Nursing experience of patient who accepted coronary artery bypass graft surgery due to three vessels coronary artery disease in the ICU

Ting-Hsuan Tai[1] , Shu-Mni Chang[2] , Hsiu Li-Cheng[3]
Nurse Hsinchu Cathay General Hospital[1] , 護理長/Head nurse , Hsinchu Cathay General Hospital[2] , 督導/Nursing Supervisor , 新竹國泰綜合醫院 Department of Nursing, Hsinchu Cathay General Hospital, Hsinchu, Taiwan, ROC. [3]

Abstract

Background:

According to the 2020 mortality statistics of the Ministry of Health and Welfare, heart disease is the second killer of Chinese people. An acute attack of cardiovascular disease is a life-threatening emergency .This article describes the process of take care the 69-year-old patient who accepted coronary artery bypass graft surgery due to three vessels coronary artery disease in the intensive care unit. He was facing a major operation for the first time, and he was anxious when he was admitted to the intensive care unit. In addition to the wound pain after the operation, he may have a decrease in cardiac output, and because of the weak health knowledge of the case, coupled with his multiple risk factors for coronary heart disease, it caused the author Discuss the motivation and hope that this nursing experience can provide a reference for nursing staff in the future.

Purpose:

Making individualized treatment and care plan through family participation and inter professional collaborative practice. It can provide them the motivation and behavior to maintain health.

Methods:

Assessment based on Orem theory, the author used observation, physical assessment, chart review and interview.

Results:

Assessment based on Orem theory, identify the patient with problems of decreased cardiac output (decreased of cardiac contraction due to coronary artery occlusion), anxiety (the prognosis after the operation), and ineffective self-health management (no action was taken to reduce risk factors).

Conclusion/Implementations for practice:

Following the medical treatment during the nursing process, keep postoperative hemodynamic stably, provide education information related disease and lead to express self-feeling in good time. With the advance of science and technology, it is recommended medical staff provide continuous health care information, enhance disease care and maintain good lifestyle through mobile health. The author shares this nursing experience and hopes it may be used as a reference for similar cases in the future.

Keyword:coronary artery bypass graft, decreased cardiac output, ineffective self-health management

A Nursing Experience on a Peripheral Arterial Occlusion Patient Facing Body Image Disturbance

SHE,WAN-CHEN[1] , ZHANG,XUAN-XIANG[2] , CHEN,MEI-CHIN[3]
nurse Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[1] , nurse , Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[2] , Head Nurse , Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[3]

Abstract

Background:

Patientswith poorly controlled diabetes easily suffered from peripheral arterialocclusion that causes complications such as ischemic pain, intermittentclaudication, as well as necrosis, and even leads to amputation when thecondition is severe.

Purpose:

The patient in this study was hospitalized for the peripheral arterialocclusion in its right arm, and during the hospitalization the patient sufferedfrom ischemic pain that it might face with the risk of being amputated, whichleaded to relevant reactions such as acute pain and body image change.

Methods:

The Author conducted an assessment on the patientfrom 22 February to 20 March in 2022 with Gordon's 11 functional healthpatterns. Through the measures of observation, interview, and medical recordreview, the Author identified the patient's major health issues of acute pain,anxiety, and body image change.

Results:

The Author established a therapeuticrelationship with the patient through giving care and company. The Authorencouraged the patient to express its feeling, and then gave the patient careand support. The Author taught the patients the technique of relaxation,provided painkillers, and explained the wound condition when changing thedressing. During the pandemic of Covid-19 the Author invited the families togive the patient support through video chats so that the patient couldgradually accept the change of its body. These measures assisted the patient inregaining its health, and increasing confidence of returning to daily life.

Conclusion/Implementations for practice:

Patients being amputatedmay suffer from enormous change of their roles in family, and challenge inworkplace or daily life, which cause an influence to their physical andpsychological condition. Therefore, it is suggested that a case manager'sintervention can be applied before the patients discharge from hospital, sothat their social adaptation can be observed, and a continuous care andassistance in provision of more completed nursing can be offered, so that theycan return to society earlier and have a better quality of life, and the targetof holistic nursing care provision can be achieved.

Keyword:peripheral arterial occlusion, acute pain, body image change

Case Analysis of Caring for a Diabetic Patient with Peripheral Arterial Disease Requiring Amputation

HSU,HSIAO-YU[1] , CHEN,MEI-LING[2]
Nurse Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[1] , nurse , Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[2]

Abstract

Background:

Peripheral arterial blockage in diabetic patients canlead to limb ischemia, causing pain and intermittent claudication. Poorlifestyle habits and inadequate blood glucose control can result in tissuenecrosis and even amputation.

Purpose:

Diabetic patients with compromised peripheralcirculation may fail to timely recognize foot tissue damage, leading todeteriorating wounds. The recommendation for amputation during hospitalizationcan evoke feelings of anxiety and low mood due to concerns about poor woundhealing and the possibility of further amputations.

Methods:

Data collection occurred from March 31, 2022, to May1, 2022, through patient care, medical record review, observation, anddiscussions. A comprehensive assessment identified the main health issues: 1)pain related to amputation wounds, 2) impaired tissue integrity due toamputation, and 3) anxiety linked to postoperative wound healing anduncertainty of recurrence.

Results:

Individualized nursing care was provided, focusing onaddressing the patient's physiological needs. Pain management involvedadministering appropriate analgesics, utilizing relaxation techniques,employing distraction methods, and gently tending to the wound with strictaseptic practices. Essential knowledge on wound healing was imparted. Byestablishing therapeutic relationships, patients were encouraged to expressconcerns and fears, receiving emotional support and physiological care.Encouragement fostered continuous improvement, leading to reduced anxiety.

Conclusion/Implementations for practice:

During the caregiving period, nurses shouldactively engage in proactive care, empathy, and trust-building to establishsupportive relationships with patients. Understanding patients' needs andoffering emotional and practical support, along with information provision, canalleviate anxiety and aid in the development of new adaptive coping strategiesafter trauma.

Keyword: peripheral arterial blockage, diabetes, pain, impaired tissue integrity, anxiety.

Exploring on Whether Taking Probiotics Effectively Improves Diarrhea Caused by Clostridium Difficile

HSIEH,CHIA-CHING[1] , CHEN,MEI-CHIN[2]

Nurse Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[1] , Head nurse , Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[2]

Abstract

Background:

Clostridiumdifficile is pathogenic bacteria that leads to diarrhea, and it particularlybrings a larger threat affecting elderly health.

Purpose:

The study aims to assess probiotics' efficacy in treating Clostridium difficile-induced diarrhea, contributing to gastroenterology and informing healthcare practices for better patient care.

Methods:

Based on empirical steps, the author firstlyidentified the clinical issues and the related keywords both in Chinese andEnglish. After that, the author conducted the literature search by using mainlyrandomized controlled trial (RCT) and systematic review (SR). During thesearching process, the author combined the keywords with Boolean logicaloperators (“or”, “and”) to filter the searched results, and focus on Englisharticles in which the subjects were human. Finally, the author selected asystematic review article having a higher level of evidence as the reference ofthis study, and critically appraise the article by using systematic reviewchart of Cochrane Library.

Results:

The result of the study showed that takingprobiotics significantly improved diarrhea caused by clostridium difficile inthe participant trial in which the higher-risk patients were recruited as thesubjects. The risk of diarrhea was reduced to 70% after taking probiotics.There was a medium evidence quality showed that taking 100 million to 50billion CFU of probiotics such as saccharomyces boulardii, lactobacillusacidophilus, and lactobacillus casei could offer a large protection to therelated patients.

Conclusion/Implementations for practice:

The study found that taking probiotics leads toa significant effect to improve diarrhea caused by clostridium difficile inparticular conditions.

Keyword:probiotics, clostridium difficile

Enhancement of Safety on Radioactive Iodine-131 Care with Application of Interdisciplinary Team Collaboration

CHEN,MEI-CHIN[1] , CHAO,YU-JEN[2] , WANG, SU-HUA[3]
Head Nurse Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[1] , Assistant Head Nurse , Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[2] , Assistant Head Nurse , Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[3]

Abstract

Background:

Inmost of the cases, radioactive iodine care requests professional assistanceprovided by physicians and nurses from interdisciplinary team

Purpose:

In most cases, the administration of radioactive iodine requires professional assistance from physicians and nurses who are part of an interdisciplinary team. These team members utilize their diverse skills to ensure the patient receives optimal medical benefits through a patient-centered approach, thereby improving healthcare efficiency.

Methods:

The case in this study was cared with theapplication of a model of education building on a cross-disciplinarycollaboration. The interdisciplinary team was formed by radiation oncologist,nurses, nutritionist, medical radiologist, case manager, etc., and the team seta patient-centered instruction project to conduct standard procedures of radiotherapy.The instruction project consisted of a series of course design including shareof the clinical cases, educational training, establishment of operationstandard, auditing system, and escape route plan.

Results:

After implementation of the instruction project,the result of satisfaction survey showed that 98.0% were considered assatisfied in terms of Course Content, Instructor Arrangement, InstructionMethod, as well as Overall Satisfactory, and 100% were considered as satisfiedin terms of Course Practicability, showing the excellent education effects oninterdisciplinary and team work collaboration. In regards to the patients'satisfactory, the survey showed that the satisfactory of the patients scored4.8 points (4 points for Satisfaction, and 5 point for Very Satisfied), and 98%of the patients scored 4 points and above as Satisfaction. The project in thisstudy enhanced the interdisciplinary collaborative relationship whileincreasing the nursing quality, which had achieved the purpose of the efficacythe project was expect to.

Conclusion/Implementations for practice:

With the collaborative care conducted byinterdisciplinary team, the coordination among different disciplinaries can becultivated, the nursing knowledge can be enhanced, and the nursing procedurescan be followed. With the enhanced systematic and integrational procedures, thecollaborative care can be conducted effectively, and both the patients' safetyand medical quality can be enhanced effectively.

Keyword:interdisciplinary team, radioactive iodine care

Improving Completeness of Inpatient Gastrointestinal Examinations through Lean Management

WANG, SU-HUA[1] , CHEN,MEI-CHIN[2]
Assistant Head Nurse Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[1] , Head nurse , Chang Gung Medical Foundation Kaohsiung Chang Gung Memorial Hospital[2]

Abstract

Background:

Applying lean management to process improvementaims to reduce waste, minimize errors, and enhance productivity andcost-effectiveness.

By implementing lean management practices in our processes, we can reduce waste, minimize errors, enhance production efficiency, and lower costs effectively. Additionally, this approach will improve the overall integrity of gastrointestinal examinations for hospitalized patients.

Purpose:

By implementing lean management practices in ourprocesses, we can reduce waste, minimize errors, enhance production efficiency,and lower costs effectively. Additionally, this approach will improve theoverall integrity of gastrointestinal examinations for hospitalized patients.

Methods:

In this project, the observation method was employedto study the execution of gastrointestinal examinations in patients. It wasfound that there were various types of examinations, complex preparationrequirements, and disorganized material presentation, leading to the risk ofdamage and contamination. This resulted in reduced accuracy and completeness ofmaterial preparation and unnecessary back-and-forth trips to the examinationroom, causing wastage of manpower. A solution was devised by designingspecialized examination bags and preparing a checklist, along with planning thearrangement of items.

Results:

Through the implementation of this project, thelabeling of materials in the ward was completed, facilitating easy access fornursing staff. The average completion time for examinations decreased from3,360 seconds to 1,260 seconds per day. The completeness of examinationprocedures reached 100%, with zero incidents of patient safety abnormalities.Additionally, the organization and aesthetics of the desktop area wereindirectly improved. This improvement led to increased satisfaction amongcolleagues and enhanced work efficiency, serving as a reference for clinicalimprovement.

Conclusion/Implementations for practice:

By embracing the principles and techniques of leanmanagement, unnecessary wasteful processes were eliminated, effectivelyimproving the completeness of inpatient gastrointestinal examinations andcreating lean value.

Keyword: Lean management, completeness of gastrointestinal examination procedures.

Efficacy of Manual Lymphatic Drainage in Reducing Edema After Total Knee Replacement Surgery: A Systematic Analysis

Shu-Fang Chen[1] , Ji-Cin Li[2]
RN Kaohsiung Municipal Ta-Tung Hospital[1] , , [2]

Abstract

Background:

Total knee replacement surgery can resultin extensive damage to a patient's tissues and bones, leading to a prolongedrecovery period. Common side effects of this procedure include swelling, discomfort,and wound pain, which can limit mobility, decrease functionality, result inchronic edema, and thus delay tissue healing. Manual lymphatic drainage (MLD) isa clinical approach to treat edema. MLD accelerates the healing process andalleviates swelling and pain associated with wounds.

Purpose:

This study evaluated the efficacy of MLD in the postoperative period after total knee replacement surgery in preventing or reducing edema.

Methods:

The Cochrane, Embase, PubMed, CT.gov, CINAHL,and ICTRP databases were searched for English-language articles up to November1, 2021. Randomized controlled trials involving patients who received MLDfollowing total knee replacement surgery were collected. The literature was evaluatedon the basis of the 2011 Oxford Centre for Evidence-Based Medicine Levels of Evidence.Statistical analyses were performed in RevMAN5 5.3.

Results:

The literature searchidentified 10 relevant articles (3 from Embase, 3 from PubMed, 2 from Ct.gov, 1from CINAHL, and 1 from ICTRP) that assessed the efficacy of MLD in reducingedema in the early postoperative period after total knee replacement surgery.

Conclusion/Implementations for practice:

This finding verified the effectiveness ofMLD in alleviating edema in the postoperative period following total kneereplacement surgery.

Keyword:manual lymphatic drainage, total knee replacement, edema

Using Diversified Teaching Strategies to Promote the Accuracy of Sengstaken-Blakemore tube(S-B tube) Care for nurses.

Ching-Yi Kao[1] , Tzu-Ying Chen[2] , Shu-Hui Liu[3] , Shu-Ling Yang[4]
nurse National Cheng Kung University Hospital[1] , nurse , National Cheng Kung University Hospital[2] , nurse , National Cheng Kung University Hospital[3] , Head Nurse , National Cheng Kung University Hospital[4]

Abstract

Background:

The occurrence of massive esophageal variceal bleeding in the ward is low but can be life-threatening when it does occur. The use of Sengstaken-Blakemoretube (S-B tube) placement for hemostasis is primarily reserved for emergency situations. Therefore, nursing staff need to have the correct knowledge and nursing skills for S-B tube care. The ward found that Nurse had a low accuracy for S-B tube care, mainly due to insufficient knowledge and skills, In the past, there has been a lack of education and training, as well as insufficient opportunities for practical care.

Purpose:

When massive bleeding fromesophageal varicesoccurs, the lack of familiarity with S-B tube care mayhinderthe ability to promptly assess and provide emergency interventions, thus triggering the motivation for improvement. We anticipate enhancing nurses' knowledge and accuracy of S-B tube care.

Methods:

After analysis and discussion, the solutions were implemented jointly with the medical team as the followings: Diversified teaching strategies were employed, first, producing multimedia videos and nursing standards readings to implement" flipped classroom teaching" .; second,The educational training included" classroom demonstrations", " Game-based interactive teaching" , and group competitions to enhance nurses' critical thinking and learning motivation in S-B tube care.

Results:

The questionnaire test score(out of 100 points) before and after the implementation of the diversified teaching was 76.4 /97.1($P<0.05$). The correct answer rate in the interactive game levels was 88.5%. And Familiarity level with S-B tube(rated on a scale of 5):The average pre-test score was 1.64, and the average post-test score was 3.42($P<0.001$).The Confidence level (rated on a scale of 5): The average pre-test score was 2.45,and the average post-test score was 3.43($P<0.05$). After the implementation of the diversified teaching, All nurses have successfully passed the technical assessment.

Conclusion/Implementations for practice:

The implementation of diversified teaching strategies facilitated self-directed learning and demonstrated excellent learning outcomes, while enhancing confidence in care delivery and the development of professional technical skills. Given the excellent results, interactive game-based teaching can expanded to hepatobiliary, gastrointestinal, and internal medicine wards for colleagues to participate in learning.

Keyword: Esophageal variceal hemorrhage；Sengstaken-Blakemore Tube(S-B tube) care；Diversified Teaching Strategies

The Concept Analysis of prenatal anxiety

Sih-Jie Lu[1] , Yu-Hsiang Liu[2]
Master student Fooyin University,Kaohsiung[1] , Assistant professor , Fooyin University,Kaohsiung[2]

Abstract

Background: Prenatal anxiety has a sustained impact on the overall health of pregnant women throughout the entire pregnancy and postpartum period, thereby increasing the risk of future developmental and behavioral problems in their offspring.However, the concept analysis of Prenatal anxiety in the literature has not yet been clarified and explained.

Purpose: The purpose of this study is to conduct a literature review and analysis on prenatal anxiety, construct the concept of prenatal anxiety, and provide it as a reference for clinical care.

Methods: We conduct the method and steps by Walker and Avant (2011), to clarify the antecedents, consequences and the characteristic attributes of the concept of prenatal anxiety.

Results: The defining features of prenatal anxiety concept integrated through the literature were (1) Occurrence during pregnancy. (2) Anxiety triggers specific to the pregnancy period. (3) Subjective experience of negative emotions in pregnant women. (4) Physical symptoms manifesting in the body. (5) Difficulty in alleviating and self-overcoming the feelings. (6) Negative emotional responses affecting those around them.

Conclusion/Implementations for practice: Through the clarification and analysis of Prenatal anxiety concept,It contributes to understanding the condition of prenatal anxiety, addressing mental health issues during pregnancy, early detection and treatment before symptoms escalate, and minimizing the negative outcomes resulting from prenatal anxiety.

Keyword:prenatal, anxiety, concept analysis

The Effect of Simulation Learning and Team-based Learning on Nursing Students

Wen-Chi Yang[1] , Ching-Ting Lo[2] , Ling-Chen Hu[3]
[1] , Assistant Professor , Fooyin University Department of Nursing[2] , 講師 , 輔英科技大學護理科[3]

Abstract

Background:

Through the teaching mode strategy of simulation learning and team-based learning (TBL), students' practical experience is accumulated, and abstract theoretical knowledge is conceptualized into clinical nursing ability, so that nursing students can apply what they have learned professional knowledge and ability, smoothly transferred to the clinical nursing workplace.

Purpose:

The purpose of the study is to compare the effect of situational simulation learning and team-based learning **on** the **nursing students.**

Methods:

This study is a post test comparing the intervention between the experimental group and the control group. Convenience sample is used. The teaching strategy group of simulation learning and team-based learning is the experimental group, and the traditional learning group is the control group. Objective Structural Clinical Examination (OSCE) scores were used as a comparison of clinical ability improvement.

Results:

There are significant differences among the participants in the control group (C),the one-year experimental group (E1) and the two-year experimental group (E2) in terms of OSCE scores: Medical nursing skills scores (F=38.311**, p <.000)and surgical nursing skills scores (F=22.617**, p<.000) were significantly increased.

Conclusion/Implementations for practice:

The teaching strategy of simulation learning and team-based learning can improve the clinical ability of nursing students.

Keyword: Simulation learning, Team-based learning (TBL), Objective Structure Clinical Examination (OSCE)

A Study on Human Resource Allocation in Kaohsiung Community Nutrition Promotion Centers

Chuan-Chih Lee[1] , Fiona Pei-Chi Su[2] , Ting chuan liao[3]
Fooyin University[1] , assistant professor , Department of Gerontological and Long-term Care Business, Fooyin University, Taiwan[2] , Student , Department of Gerontological and Long-term Care Business, Fooyin University, Taiwan[3]

Abstract

Background:

As the elderly population develops, nutritioneducation is more important for maintaining health and treating chronicdiseases in this age group. In 2019, Taiwan built community nutrition promotioncenters across the country, drawing inspiration from other nations and takinginto account the particularities of each county and city. There are twocommunity nutrition promotion centers in Kaohsiung City, and the efficientadministration of the nutritionist personnel is directly related to the levelof service. Consequently, the best distribution of dietitians has emerged as asignificant problem.

Purpose:

To understand the level of human resourcemanagement in community nutrition promotion activities in Taiwan.

Methods:

This study employed qualitative interviews with asenior dietitian from a Kaohsiung community nutrition promotion center, aimingto explore the recent developments and applications of human resourcemanagement in these centers.

Results:

The human resource allocation in Kaohsiungcommunity nutrition promotion centers consists of five full-time staff membersand part-time contractors who receive regular training. The demand for humanresources is influenced by factors such as the nature of the work, the numberof service areas, remote regions, and guidance for local food establishments.The process of integrating part-time dietitians involves training to identifysuitable candidates who possess the necessary skills. To ensure servicequality, dietitians undergo training on community nutrition work and governmentpolicy trends. Currently, there is an adequate supply of human resources inurban areas; however, rural areas face challenges of manpower shortage.Establishing branch centers can assist in addressing local nutrition serviceneeds.

Conclusion/Implementations for practice:

Given that community nutrition promotion centersare a collaborative effort between the central and local governments,addressing the demand for talent and local manpower is crucial. To ensure thequality of human resources and overcome manpower shortages in rural areas, itis recommended to modify the appointment process for dietitians in thepromotion centers. Additionally, establishing a national database for communitynutritionists can optimize human resource management.

Learning Effect of A Web-Based Digital Assisted Instruction for Nursing Students: Examples of Medical-Surgical Nursing Lab Curriculum-II

Ling-Chen Hu[1] , Ching-Ting Lo[2] , Wen-Chi Yang[3]
[1] , Assistant Professor , Fooyin University Department of Nursing[2] , Assistant Professor , Fooyin University Department of Nursing[3]

Abstract

Background:

While exploring the changes education has gone through due to technological development, the blended learning will be used to guide into how instructors perceive teaching on line and face to face courses. Moreover, the rapid expansion of online technologies has the potential to transform traditional education (Bennet et al., 2009).

Purpose:

The aim of the study was to explore the forms and expressions of a web-based digital assisted instruction in medical-surgical nursing Lab curriculum-II by Hybrid learning, which included assisted teaching materials, teaching video, simulation and practice demonstration.

Methods:

The method of study was experimental group pre-post test comparison study design. The participants 345 nursing students by convenience sampling which were 159 students in control group and 186 students in study group from the fourth grade of *Bachelor of Science in Nursing (BSN)*. Between the study group and the control group to compare the final exam results with the skill examination, paper and pencil tests and satisfaction of learning outcome at the 111-1 semester. The study group was compared during pre-test and post-test between before and after classes of the OR1-2 and OR3-4.

Results:

he scores of OR1-2（t=-5.896**, p < .000）and OR3-4（t=-10.08**, p < .000）were higher post-test compared with the scores ofpre-test in study group. The scores of skill examination（t=-1.832, p > .0）and paper and pencil Tests（t=.678, p > .05）were non significantly diffident in study group, when compared with the scores in control group. The satisfaction levels of d**igital assisted instruction** was 4.78~4.90 and the teacher instruction scales was 4.54（± 0.70）in study group.

Conclusion/Implementations for practice:

Hybrid Learning based on a web-based digital assisted instruction and simulation and practice demonstration was effective in training the medical-surgical nursing Lab curriculum-II. Based on the feedback and suggestion of BSN students after the curricula. Reconsidered to improve the future teaching content and curriculum design.

Keyword: Hybrid Learning、Digital assisted instruction、Skill examination、Paper and Pencil Tests

The Impact of Knowledge Management and Social Media on Health Service Innovation: A Case Study of the Healthcare Industry.

Hui-Ju Chen[1] , Chen-Wei Yang[2] , Ting-Yu Peng[3] , Xian-Hao Huang[4]
Master's student Fooyin University[1] , Professor , Fooyin University/ Department of Health-Business Administration[2] , Nurse , Kaohsiung Armed Forces General Hospital [3] , Director , Shang-Lin Hospital[4]

Abstract

Background: Healthcare organizations are confronted with increasingly intricate operational challenges, which encompass the adoption of novel treatment and diagnostic technologies, and the pursuit of knowledge creation within the healthcare system. Therefore, comprehending the factors that influence health service innovation has become a vital area of interest for both scholars and managers.

Purpose: The purpose of this study is to develop a health service innovation model in a healthcare management context; in other words,health service innovation that start out as knowledge management processes and social media application by healthcare organizations.

Methods:A case study using in-depth interviews has been used to qualitatively analyze four cases (a regional hospital, a traditional Chinese medicine clinic, an orthopedic clinic, and an adult daycare center) in the Taiwan's healthcare industry.

Results: The study proposes and qualitatively examine a health service innovation model by demonstrating how knowledge management and social media may influence health care organizations' health service innovation through qualitative data collected from four cases. The theoretical perspectivehelps improve descriptions of health service innovation by exploring two determinants: knowledge management and usage of social media in the healthcare industry.

Conclusion/Implementations for practice:

Implementations for practice:

As knowledge management practices are recommended to apply to facilitate in the health service innovation activities of healthcare organizations, a manager should also be aware that health service providers should not be limited to their own industry in acquiring knowledge. Moreover,health service providers should pay attention to the development of novel ICT, social media and artificial intelligence. Finally, health service providers should establish appropriate control mechanisms for the protection of professional medical knowledge.

Conclusion:

Three propositions were proposed to confirm our theoretical model. First, when developing health service innovation, the healthcare organizations will consider the different degree of systematization,variability and confidentiality of knowledge, and choose the appropriate knowledge management mechanism. Second, different knowledge management activities of healthcare organizations will affect different service innovation elements. Third, social media in the healthcare industry will influence service innovation as a vehicle for service innovation presentation. However, this case study may raise the concern of generalizability; thus, an additional survey isnecessary.

Keyword:knowledge management, service innovation, social media, information and communication technology (ICT)

Improving the knowledge level of Nurses for Providing Hospice Shared Care

Chiung-Fen Chang[1] , Chiung-Yin Hsu[2]
Head Nurse Fooying University Hospital[1] , Assistant Professor , Fooyin University[2]

Abstract

Background: For the patients' needs in their end-of-life, they would stay at a general ward but receiving the hospice shared care. The nurses working at the general ward are their primary caregivers although the nurses of the palliative care team provide hospice shared care. However, unlike the team-nurses, the nurses working at a general ward might lack the knowledge about taking care of patients in their end of life.

Purposes: The aim of the study is to explore the nurses' knowledge level about the hospice and palliative care in order to understand their needs for providing hospice shared care.

Methods: This study adopted a descripted, correlational design. The participants were convenience sampled from registered nurses employed at a teaching hospital in southern Taiwan. The data collection was cross-sectional and 130 registered nurses completed questionnaire knowledge with regard to providing end-of-life care (20 questions, score: 20) .

Results: The result indicated that the participants have (1) an average knowledge level of end-of-life care (score: 13.22/20, 66.1%), demonstrating that nursing staff need to improve their knowledge of end-of-lifecare; (2) among the knowledge, nursing staff (77.7%, n=101) think that the death rattle is caused by the patient's sputum so it is necessary to clean their sputum. In addition, the majority of the participants (74.6%, n= 97) agree that the maintenance of patients' nutrition needs is necessary in their end of life.

Conclusions/Implications for Practice: Accurate knowledge about providing end-of-life care is important for nurses working at a general ward, because they could provide appropriate care to patients in their end of life and help their families make appropriate medical decision for their loved one. Hospital administrations should provide onsite and offsite continuous education to enhance the end-of-life-care-related knowledge of nurses in order to improve the quality of hospice shared care.

Keyword:hospice shared care

Sharing of emergency intubation process for COVID-19 patients during epidemic prevention

Pi-Fen Cheng[1] , Kaung-Mei Huang[2] , Miao-Hsuan Wu[3]
Head nurse Kaohsiung Municipal Ta-Tung Hospital[1] , Nurse , Kaohsiung Municipal Ta-Tung Hospital[2] , Nurse , Kaohsiung Municipal Ta-Tung Hospital[3]

Abstract

Background:

According to WHOInformation, people infected with COVID-19 virus will have mild to moderaterespiratory symptoms. When the condition of COVID-19 patients continues todeteriorate, severe respiratory symptoms may lead to respiratory failure. Atthis time, the main purpose of treatment is to improve the patient's hypoxicsymptoms. Therefore, high-concentration oxygen therapy will be givenclinically. If it still does not improve and continues to deteriorate,intubation should be performed as soon as possible.

Purpose:

When a COVID-19 patient needs emergencyintubation, medical colleagues can play a team spirit, Under the perfectisolation and protection measures, the intubation operation can be completedsmoothly and efficiently.

Methods:

Formulate emergencyintubation procedures for critically ill patients with COVID-19. When patientsuse high-concentration oxygen (NRM 15L/min), inform anesthesiologists inadvance, so that anesthesiologists can prepare manpower and intubationequipment in advance; conduct actual intubation drills in wards , improve thefamiliarity of medical staff with the intubation process; set up a smallemergency intubation trolley in the ward unit, and clearly mark and locate theitems needed for intubation. When the patient needs intubation urgently, the intubationpreparation can be completed immediately and Push the emergency trolley to theward unit in time for use.

Results:

When a critically illpatient with COVID-19 needs emergency intubation treatment due to illnessfactors, the physician consults anesthesiology to a difficult intubation, asksthe physician to prescribe the drugs required for anesthesia intubation, andthe nurse prepares PAPR protective equipment for the intubation physician touse. When the physician wearing PAPR, the nurse can give the medicine 30minutes before intubation, and after placing the items in the emergency trolleyaccording to the location, push them to the patient unit for intubationtreatment with the physician. The entire intubation process can be performed inthe most streamlined, safe and efficient manner.

Conclusion/Implementations for practice:

During the intubation process, medicalstaff may face the danger of sputum splashing. If a good intubation process canbe developed, the long-term exposure of medical staff to the risk of infectioncan be reduced, and high-quality and efficient emergency intubation can becompleted. Improve the quality and safety of patient care.

Keyword:respiratory failure, emergency intubation, COVID-19

Associated factors of malnutrition among children under five and the uptake of intervention in rural Cambodia

Ting-Yi Syu[1] , Sok Sophoeun[2] , Nhel Kimhong[3] , Phoung Sophat[4] , Yen-Ting Lin[5] , Nan-Yu Cheng[6]
student Fooyin University[1] , Project Manager , Asanga International Aid Organization[2] , Project assistant , Asanga International Aid Organization[3] , Project assistant , Asanga International Aid Organization[4] , Chief Executive Officer , Asanga International Aid Organization[5] , Assistant Professor , Fooyin University[6]

Abstract

Background:

Malnutrition is still a major health issue in children globally. In 2020, it was estimated that 6.7% of wasted children would be at risk of dying, and 22.0% of children under five would be affected by stunting. In Cambodia, malnutrition is a significant public health threat, with 29.9% of children under 5 years of age suffering from stunting, and 9.7% of children being wasted.

Purpose:

The purpose of this study was to use statistical analysis of malnutrition risk factors and investigate interventions to improve the local malnutrition situation.

Methods:

Data was collected from local household visits.Children under 5 years of age and their caregivers were randomly invited to participate in the study. The participating children under 5 years of age were regularly followed up with body weight/height measurements, and the primary caregivers of the participating children were interviewed in-depth, and questionnaires were completed.

Results:

Statistical analysis was performed to categorize and rank the factors contributing to malnutrition, identify significant factors based on the analysis results, and establish accurate data for developing effective improvement plans and interventions.

Conclusion/Implementations for practice:

The results of the analysis were combinedwith local teams to develop a plan to improve malnutrition in the local area and intervene with the implementation of teaching tools for health education and promotion.

Keyword: Malnutrition, Cambodia, Children under five, Stunting, Wasting, Underweight, Risk factor, Intervention

Gamified clinical skill learning improves learning outcomes in undergraduate nursing education: A systematic review and meta-analysis

Wen-Ling Chen[1] , Fan-Hao Chou[2] , Chun-Hung Cheng[3] , Peta-Anne Zimmerman[4]
Registered Nurse Kaohsiung Medical University Hospital, Kaohsiung Medical University[1] , Professor , College of Nursing, Kaohsiung Medical University, Kaohsiung, Taiwan[2] , 講師 , Shu-Zen Junior College of Medicine and Management[3] , Senior Lecturer , School of Nursing and Midwifery, Griffith University[4]

Abstract

Background:

They are using elements traditionally considered game-like or “fun” to promote learning and engagement. The positive outcomes and behavior changes described result from the " gamification " process. The results indicate that gamification in education and learning most commonly utilizes affordances signaling achievement and progression. So, this implies that future research on gamification in education should increasingly emphasize varying the affordances in the implementations and the pursued goals of the gamification solutions.

Purpose:

This systematic review and meta-analysis aimed to determine the effectiveness of gamified clinical skill learning among undergraduate nursing students.

Methods:

This systematic review and meta-analysis followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. The study's eligibility criteria were as follows: participants were undergraduate nursing students, an experimental group in which members participated in

Results:

A total of thirteen studies met the eligibility criteria. Compared with control groups, the results revealed that gamified clinical skill learning significantly increased nursing student knowledge acquisition (SMD = 0.79,95% CI [0.49, 1.09]), skills performance (SMD = 0.99,95% CI [0.37, 1.60]), and attitudes (SMD = 0.76, 95% CI [0.52, 1.01]).

Conclusion/Implementations for practice:

The reviewed studies identified a positive effect on the broad application of digital games for developing nursing competencies. The knowledge, skills performance and attitudes outcomes supported the use of gamification learning, which was superior to conventional educational interventions. More broad educational games must be incorporated into undergraduate and continuing nursing education for workplace training, with more rigorous studies examining the effect of gamification learning in improving the nursing students learning outcomes of clinical nursing practice.

Keyword: gamification learning; learning outcomes; meta-analysis; nursing students

An Exploratory Study on the Application of Intergenerational Learning in Kindergarten Theme-Based Teaching Programs

Hui-Wen Chen[1] , CHUN-YUAN CHENG[2]
[1] , , [2]

Abstract

Background: With the rapid social changes, the elderly population in Taiwan continues to increase, leading to a change in family structure and a growing disconnect between older and younger generations. Intergenerational learning brings together the young and old, allowing them to share experiences and learn from each other. It also promotes mutual respect and understanding between different generations, thus becoming an important strategy to strengthen social capital and lifelong learning. In other words, it enables older adults to pass on their wisdom to younger generations while also promoting lifelong learning among the elderly.

Purpose: This study aims to explore the suitability of applying intergenerational learning in theme-based teaching programs implemented in kindergartens, as well as the changes that occur between the elderly and young participants before and after implementation. It also examines the growth and reflection in the teaching process of teachers involved in the study.

Methods: During the research process of implementing intergenerational learning in theme-based teaching programs, it is important to consult relevant literature and collect data on the interactions between children and older adults during the program's curriculum in the implementation site. This data will provide valuable insights and information to develop a more mature and comprehensive intergenerational learning program. By analyzing and considering the collected data, researchers can refine and enhance the intergenerational learning program to better meet the needs and goals of both the children and the older adults involved.

Results: The process and effectiveness of implementing intergenerational learning programs in kindergarten settings are examined in order to understand the suitability of such programs and the outcomes of implementing the program curriculum in kindergartens. The study aims to explore the impact on preschool children and grandparents, as well as the self-growth and reflective practices of teachers, during the implementation of intergenerational learning programs in kindergarten.

Conclusion/Implementations for practice: The three learning modes of intergenerational learning – children teaching the elderly, the elderly teaching children, and experts guiding children and the elderly in completing tasks – are all feasible. Each learning mode brings different benefits and growth for children, the elderly, and the facilitators involved.

Keyword: Intergenerational Learning, Grandparent-Grandchild Relationship, Action Research.

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