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THE CONTINUITY OF CARE ACROSS LIFESPAN: ENGAGING PATIENTS TO PROMOTE PATIENT SAFETY AND QUALITY OF CARE

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論文集

Fooyin University School of Nursing

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Oral Presentation

Title: Reducing incidence density of the catheter-associated urinary tract infectionin the Medical Intensive Care Unit

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Abstract

Background: Catheter-associated urinary tract infection (CAUTI) increased medical expenditure and prolonged the hospital stay. The rate of CAUTI was 7.76 per mille at our Medical Intensive Care Unit (MICU) in the second quarter of 2018, higher than the average rate of 3.26 per mille of regional hospitals in Taiwan.

Goals and Objectives: The overall CAUTI infection density of our unit is 0.57%, lower than the regional hospitals in Taiwan. Therefore, this project aims to reduce the CAUTI rate under 0.57%.

Methods: An observational study was conducted to investigate the reason of the high incidence density, and we proposed solutions which include organizing in-service education, designing of posters for indwelling urinary catheter care, increasing hand washing equipment, enhancing access to catheterization care videos, establishing an audit system, and case discussion on morning meeting and daily audit were also performed.

Results/Outcomes: The risk factors for higher CAUTI are .1 Low compliance of hand hygiene, 2. Did not follow the SOP when catheter care, 3. Not enough knowledge to prevent CAUTI, 4. Faulty design of the urine bags, 5.Lack of equipment for hand hygiene in the sterile changing room, 6. Lack of in service training and audit, and 7.Lack of guidelines on extubating. The rate of CAUTI reduced from 7.76 per mille to 0.12 per mille after implementation. This project achieves the setting goal. This project not only increases the nurses' knowledge and skill about CAUTI, but also improves the quality of nursing care.

The intervention of knee health promotion for older adults: Based on 123 instructional design model

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Abstract

This study aimed to explore learning outcomes of an intervention of knee health promotion for older adults based on a design of 123 instructional model. The researchers conducted pre-test and post-test before and after the intervention. A quasi-experimental method was adopted to explore older adults' learning outcomes of this intervention. This intervention was conducted from July 24th to August 07th 2019, for a total of 8 times, each time going for 2 hours, totaling 16 hours. The participants were recruited from the residents of a nursing home in Pingtung County. A total of 25 participants were selected, 15 males and 10 females, with an average age of 55.7 years. The pre-test and post-test were used before and after the intervention. The researchers adopted descriptive statistics, t-test and ANOVA to analyze the quantitative data collected in this intervention. The results were as follows. 1. Eighteen participants didn't get medical care without knee pain. 2. A significant difference between genders was not found in the pre-test and post-test ($p=.386$, $p=.083$, $p=.073>0.05$). 3. The learning outcomes were significantly different due to age.

Key words: Older adult learning, 123 instructional design model, knee health promotion

Exploration of Psycho-Cardiology Medical Model in Non-Cardiovascular Field —— Focus on the Effectiveness of Disease Diagnosis with Psychologist Accompanying Service

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【Abstract】 In the 1980s, from the outpatient - treatment - medical diseases that based biomedical model beginning to transform into a diversified biological - psychological - social holistic medical model, people began to explore the subjective and objective causes of diseases from the perspective of psychosomatic medicine. In 1995, Professor Hu Dayi, who was the first person that proposed the special topic of "Psycho—Cardiology", which not only opened different perspectives of cardiology, but also gave the clinic more humanistic care. The purpose of this study is to explore whether the numerous patients that come to the hospital for medical treatment are really due to the needs of physical diseases. Is it simply a psychological need to "seek care and comfort", or is it a waste of money due to lack of common sense in health management? On the basis of " Psycho—Cardiology ", this research hopes to start from the pioneering work of psychologist's accompanying service, and further explore the main motivations of patients seeking medical treatment. Are the symptoms of the chief complaint of physical discomfort sending the wrong signal, which leads to doctors' misdiagnosis and waste of resources such as medical examination? Among them, the professionals who have humanistic care become a bridge between doctors and patients in communication. From the patient's psychological, family background, growing environment and socioeconomic, etc., we can more comprehensively develop medical personnel's empathy perspective, which aids the physician in medical decision-making process to improve the qualities and standards of whole medicine.

【Key words】Psycho—Cardiology Medicine, Psychological Consultant, Medical Reform; Humanistic Care

Apply Team-Base Care Model To Set Up Hospital-Community Hospice Home Care Network

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Abstract

Background：

In the past studies, many terminal patients hope to die at home. This wish could not fulfill due to many reasons, such as much pre-dying care burden, less community hospice care resource and unperfected transfer process, etc. So, it is important to set up hospital-community hospice home care network.

Goals and Objectives：

In order to carry out hospice care generalizability, the experienced hospice hospital serves as the major core of the network. It is responsible to co-ordinate local clinic and home care nursing institute to set up hospital-community hospice home care network.

Methods：

During 2018/05 to 2019/11, our hospital arranged conference with community hospice home care teams (CHHCT) to explain the mode of operation about hospital-community hospice home care network. We referred terminal patients to the CHHCT and assisted them to deal with associated problems about caring terminal patients. We also held discussion meeting with CHHCT every month to help them improve their care ability and continuous hospice education.

Results/Outcomes：

During 2018/05 to 2019/11, there were 154 cases were referred to CHHCT, and 122 (79.2%) cases were successfully cared by CHHCT. Among 122 patients, 98 (80.3%) cases were expired. 56 (57.1%) cases die at home in the expired group. Therefore, the hospital-community hospice home care network could afford accessibility hospice home care resources, upgrade the caring will of families at home, and fulfill the wish of dying at home among terminal patients.

Educational Development Trend of Long-term Care Department Establishment Among Vocational High Schools in Taiwan: An Analysis of Focus Group Interviews

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Abstract

Background: Population aging has given rise to the increasing demand for long-term care professionals. To enhance long-term care education, since 2018, the Taiwanese government has launched a program that encouraged vocational high schools (VHSs) in Taiwan to establish a department of long-term care. In 2018 and 2019, a total of 18 and 20 VHSs established their long-term care departments after receiving permission, respectively, indicating a potential increase of long-term care department establishment among Taiwanese VHSs.

Objectives: This study aimed to understand and determine, from perspectives of academia and industry, the educational development trend of long-term care departments in Taiwanese VHSs and essential connotations of vocational curricula.

Methods: Adopting a focus group design, this study enrolled eight scholars in the long-term care field and eight long-term care practitioners in management positions. Two sessions of focus group interviews were conducted for the 16 experts and scholars to collect research data. The collected data were processed using qualitative content analysis through stepwise induction to identify the future development and crucial connotation of school-designed core curricula for long-term care departments. Therefore, this study expands discussions to the future development of long-term care departments in Taiwanese VHSs.

Results: **(**1) Curriculum of the VHS long-term care departments should comprehensively encompass three aspects: health, subhealth, and care. **(**2) In the core curriculum for VHS long-term care departments, schools should specify that a 30-hour off-campus internship is required as part of courses on basic care practices and should develop students' capability of care provision in various scenarios. **(**3) This study advised that mental health issues, interpersonal relationships and communication and emotional and stress adjustment, be incorporated into the existing curriculum for long-term care departments in VHSs. Such incorporation can increase the workplace retention rate of students after they begin to work.

Discussion on the community health management model of "migratory bird old man" in Hainan

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Abstract

Background：With the increase of the population attracted by the favorable climate, Hainan has become a holy land for the elderly. As a special group of the elderly, the migrant elderly people in Hainan have attracted much attention in recent years. Their life style, disease types and medical needs are obviously different from those of the elderly residents in Hainan.

Goals and Objectives： Based on the 4CH8 community health management mode under the "healthy China" strategy, this paper aims to explore an optimized management mode suitable for the migrant elderly people.

Methods：By means of literature review, this paper discusses the organization method and implementation steps of the 4CH8 management mode, and studies the implementation approach of this mode in the health management of migrant elderly people.

Results： "4H" community population classification, "4C" grade-by-level health management and "8H" health management module are the core contents of the 4CH8 community health management mode. Through the construction of elderly chronic health care homes, complete four health management steps (health archive, assessment, intervention and evaluation) and eight service management module (blood pressure, blood glucose, BMI, etc.), comprehensively detect the health risk factors,and efficiency improve the health management,diagnosis and treatment accuracy of the elderly healthy and disease population. Therefore, the construction of the 4CH8 model for migrant elderly people will serve as a new starting point for the health management model of special population, realizing the seamless connection between basic medical care and basic public health services.

Primary caregivers of in-home oxygen-dependent children: predictors of stress based on characteristics, needs, and social support

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ABSTRACT

Background. Increasing numbers of primary caregivers of oxygen-dependent children experience caregiving stress that warrants investigation.

Goals and Objectives. The study aimed to identify the predictors of primary caregivers' stress in caring for in-home oxygen-dependent children by examining the association between their levels of stress, caregiver needs, and social support.

Methods. The study used a cross-sectional design with three psychometric scales — Modified-Parenting Stress Index, Caregiver Needs Scale, and Social Support Index. The data collected during 2010–2011 were from participants who were responsible for their child's care that included oxygen therapy for ≧6 hours/day; the children's ages ranged from 3 months to 16 years. Descriptive statistics and multivariable linear regression were used.

Results/Outcomes. A total of 104 participants (M = 34, F = 70) were recruited, with an average age of 39.7 years. The average age of the oxygen-dependent children was 6.68 years and their daily use of oxygen averaged 11.39 hours. The caregivers' overall levels of stress were scored as high, and information needs were scored as the highest. The most available support from family and friends was emotional support. Informational support was mostly received from health professionals, but both instrumental and emotional support were important. Levels of stress and caregiver needs were significantly correlated. Multivariable linear regression analyses identified three risk factors predicting stress, namely, the caregiver's poor health status, the child's male gender, and the caregiver's greater financial need.

Conclusion. To support these caregivers, health professionals can maintain their health status and provide instrumental, emotional, informational and financial support.

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Title: Impact of social robot intervention on depression and loneliness for older adults in long-term care-A mixed method study

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Abstract

Objectives: To examine the effects of social robot intervention (SRI) on depression and loneliness for older adults in lonf0term care (LTC) and explore participants' experiences and perceptions after the intervention.

Method: A prospective, repeated measures, and mixed-methods design and individual interview were used. Fifty-two older adults from LTC facilities in Taiwan were recruited. Each participant participated in 8 weeks of SRI or usual activities. Participant in SRI group received a 60-min, 3-time per week for 8 weeks intervention. The Geriatric Depression Scale and the UCLA loneliness scale were administered at three time points. The Engagement of a Person with Dementia Scale was used weekly to observe participants' engagement in interventions. Individual qualitative interviews with thematic analysis followed.

Results: A repeated multivariate analysis of variance and Friedman's test showed significant changes in depression and loneliness ($p < .05$) between SRI and the control group. Participants in the SRI showed actively engagement in intervention. Three themes emerged from the interviews: [i] positive experiences and engagement in PARO intervention; [ii] increased social interaction with other people; and [iii] companionship resulting in improved mental well-being.

Conclusions: There were significant improvements in depression and loneliness in SRI. Participants showed actively engagement with a robot and increased social interaction with other residents.

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Title: A scoping review of clinical profile, care delivery, screening tools and interventions for older adults at the end-of-life in the emergency department

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Abstract

Background: The world's population aged ≥ 60 is projected to grow to 2 billion by 2050**.** Whilst some older adults present to the emergency department (ED) with trajectories of dying few have a pre-existing resuscitation status. ED clinicians are often confronted with the clinical challenge in determining when lifesaving treatment is indicated and when end-of-life (EOL) care begins. **Aim:** This review aimed to map the available evidence regarding the clinical profile, care delivery, screening tools and interventions for older adults presenting to the ED at EOL. **Methods:** Joanna Briggs Institute scoping review framework was used. Databases (CINAHL, Ovid MEDLINE, Embase, SocINDEX and Google Scholar) were searched, limited to English articles published between 2007 and 2018. The evidence level of included articles was assessed using NHMRC guidelines. **Results:** Fourteen articles were included. The NHMRC evidence level ranged from II to IV. Most older people who presented to the ED at EOL were female and presented with diagnosis of cancer, dementia, congestive heart failure and respiratory disease. EOL tools identified incorporated: mortality prediction, assessment of functional status, cognition, comorbidities, symptom distress, palliative care needs, quality of life, and caregiver's stress. Validity and/or acceptability scores were reported in five studies. Three intervention programs to optimise care delivery for older people at EOL in the ED included geriatric emergency department innovation program, a pilot palliative program and a rapid standardised two-stage screening protocol. **Conclusion:** This review provides an overview of empirical evidence of EOL care provided to older adults in the ED. Several tools and interventions exist to guide decision making and clinical practice for EOL care in the ED. Such evidence provides fundamental knowledge to enhance EOL care delivery for older people. The use of EOL policy and guidelines is recommended in the development and implementation of further research.

Prevalence and Associated Factors of Dynapenia for Elders with Institutional Care in Rural County of Taiwan

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Abstract

Background. Dynapenia has been recommended as a reliable indicator of sarcopenia and frailty. The epidemiology of dynapenia of elders living in long-term care institutions has been little explored. The study aimed to evaluation the prevalence and associated factors of dynapenia in a population of elders with institutional care.
Methods. The study was a cross-sectional design. The samples that were able to walk and live in long-term care institutions from January 1, 2016, to May 31, 2016 had be selected. The questionnaire and anthropometrics were being used to collect daily habits and measure the status of dynapenia which were defined by the Asian Working Group for Sarcopenia (AWGS) criteria.
Results. A total population were 1026, there were 310 samples (M/F=232/78, mean age= 79.87±10.89 years) completed all procedures. The prevalence of dynapenia was 64.5% within the participants. The associated factors of dynapenia were age, gender, length of stay in institution, accepted national welfare, physical activity, walking status, toilet at nightly, Dementia, BMI, SMI and gait speed ($p<.01$). The multivariate logistic regression analysis showed dynapenia was significantly associated with age (OR: 1.07, 95% CI: 1.04-1.10, $p<.001$) and gait speed (OR: 0.07, 95% CI: 0.02-0.24, $p<.001$).
Conclusions. Dynapenia was significantly associated with age and gait speed within the institution elderly residents. The decline of muscle strength was faster than muscle mass decreases with age. In the future, the health promotion program would be designed base on the resistance exercise and walking assistance to do health intervention for institution elderly residents.

Title: A Case Study of Pressure Injury Caused by Prolonged Surgery With Prone Positioning

You-Ru Lu, Kai-Li Chen

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Abstract

Background: Prolonged surgery tends to induce pressure injury especially by required prone positioning. However, fifteens-hours surgery on a child is a challenge to the present pressure injury strategies.

Goals: The aim of this case study is to develop a strategy to reduce post-prolonged surgery pressure injury.

Methods: A case study design was used. Literature review and a fifteens-hours prolonged surgery with prone positioning child was recruited after the surgery from the operation room of a regional hospital center in Taiwan. Data was collected from medical chart and physical assessment. Two of the nurses who had assisted in validating the data collection process also participated in validating the process of content analysis. Any disagreements between the researcher and these two nurses were discussed until consensus was reached.

Results/Outcomes: Causes identified included: customized silicon face pillows used were not suited for every patient; lacked a standard operating procedure for prone positioning; lacked a postoperative evaluation and audit procedure for pressure injury. Implemented the following is suggested: (1) Created a new water pillow to relieve pressure; (2) continuing education on pressure injury prevention and evaluation; (3) Established protocols on standard care for prone-position patients and proper pressure injury identification; (4) Established a pressure injury accident reporting mechanism; and (5) Established an audit mechanism facial pressure ulcer cases.

Poster Presentation I

2020 International Healthcare Conference

Exploring quality of sleep and quality of life in individuals with Hepatitis C

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Abstract

Background: As quality of sleep is a key issue for people who have a long-term condition or chronic illness, there are few studies to explore not only quality of sleep but also quality of life for individuals with Hepatitis C in Taiwan.

Goals and Objectives: The aims of this study were:1) to understand subjective quality of sleep and quality of life, 2) to measured actual objective quality of sleep, and 3) to investigate predictors of sleep quality in individuals with Hepatitis C.

Methods: The study was a longitudinal study design. Participants recruited consecutively from a district hospital in south Taiwan. A sleep monitor (actigraph) was used for objective sleep quality, as two validated questionnaires were used for subjective sleep quality (PSQI) and Health-related quality of life (SF-36). Collected information was entered and analyzed with IBM SPSS Statistics 22.0 software.

Results/Outcomes: One hundred and twenty patients with chronic Hepatitis C were recruited into the study. Most participants were females (62.5%) and elderly people (65%). Average year of diagnosed Hepatitis C was 8.4 years. Poor subjective sleep quality and bodily pain was demonstrated. Lower scores of sleep efficiency (<75%) was illustrated in the participants. However, Regression showed that emotional health ($p < 0.001$), taking sleep medication ($p = 0.001$), PCS ($p = 0.002$) and primary education level ($p = 0.046$) significantly contributed to poor global quality of sleep ($R^2 = 50.0\%$). Our findings provided health provider to understand the importance and effects of sleep quality, and offered appropriate management to those patients with Hepatitis C.

Effects of the Dysmenorrhea Yoga Exercise in Reducing Dysmenorrhea of Adolescent Girls-A Pilot Study

Yi-Ling Chiou[1], Yi-Fen Bao[2], Bin-Guang Su[3], Shu-Yuan Lee[4]
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Abstract

Background

According to the research of dysmenorrhea, most of the research focus on the use of Chinese and Western medicine to relieve dysmenorrhea in Taiwan. Yoga is a physiological and psychological and comprehensive and coordinated soothing exercise (Synder & Lindquist, 2009). Yoga position method can effectively alleviate menstrual pain, and reduce the pressure (Ke, 2003).

Goals and Objectives

To explore using yoga to reduce menstrual pain in adolescent girls.

Method

This is a quasi-experimental and time series design. Collecting the data from University in the Southern of Taiwan. It's a convenience sampling and volunteers are assigned in experimental group.

Result

There are ten samples who completed pre-test and post-test in the study. Their average age and weight are 17.9 years old and 53.8 kg. Education level is 50% university and 50% junior college. After yoga intervention, the pain score of post-test (4.1) was significantly lower than the pre-test (5.9). There are 60% cases reducing the pain. The MPQSF score of post-test (6.0) was significantly lower than the pre-test (13.9). There are 90% cases reducing the MPQSF score. The menstrual abnormality-cramps score of post-test (22.0) was significantly lower than the pre-test (26.9). There are 90% cases easing the menstrual abnormality-cramps. Yoga interventions have significantly alleviated menstrual pain.

The Nursing Experience of a Patient with Liver Cirrhosis Combined Esophageal Varices Hemorrhage

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Abstract

Background

Esophageal Varices hemorrhage is the most lethal complication of liver cirrhosis and it can lead to severe bleeding and life-threatening complications.

Goals and Objectives

This paper describes nursing experience in care of a patient with live cirrhosis who has been through the first esophageal variceal hemorrhage.

Methods

This is a case study design and authors used observations, interviews, physical examinations and review of medical records to identify nursing problems in the five key dimensions: body, emotion, intellect, society and spirituality. Nursing care started from 23, May, 2019 to 4, June, 2019.

Results/Outcomes

The death threatening of recurrent hemorrhage and doubt of his ability to care for himself have become stressors to the patient. Nursing problems included: anxiety, uncertainty, and ineffective individual coping. Authors provided several nursing interventions to relieve the patient's distress, such as self-care of symptoms related to liver cirrhosis, additional preventive health education, and psychological support. We hope the nursing experience gained from this case would be a valuable reference for taking care of such cases and contribute to quality- improvement of nursing in the future.

Key words:

liver cirrhosis, esophagus varices, nursing

Concept Analysis of Sarcopenia

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Abstract

Background: Sarcopenia is a disease that may occur during the old age. Although the concept of sarcopenia is related to frailty and disability, it is still inconsistent on its definition, influencing factors and measurements.

Goals and Objectives: This study is to describe the conceptual analysis of sarcopenia.

Methods: The author analyzed the concept of sarcopenia using the approach of Walker and Avant (2005). The analytical procedures included a literature review of conceptual definitions of sarcopenia, and identification of defining attributes. Using constructing model, borderline, related and contrary cases to explain the concept of frailty; and identifying its antecedents and consequences. Empirical referents are alsooutlined.

Results/Outcomes: The result indicated that sarcopenia should meet at least three criteria of European Working Group on Sarcopenia in Older People(EWGSOP) (2018)'s clinical definition: (1) muscle strength, (2) muscle mass and/or (3) decreased physical performance. Antecedents of this concept included nutrition, exercise, age and disease. Consequences of this concept were increased severity of disease, reduced physical activity, increased risk of disability, increased length of hospital stay, and reduced quality of life. At present, there is no unique index of sarcopenia, but there should be different definitions between sarcopenia and debilitation and cachexia. Using the concept analysis to model cases of sarcopenia, it can help healthcare professionals have a better understanding sarcopenia and might improve their knowledge in care of those patients with sarcopenia.

Concept Analysis of Disclosure in Diabetes Patients who use Complementary and Alternative Medicine

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Abstract

Background: The disclosure rate of Complementary and Alternative Medicine (CAM) use to healthcare professional in the process of disease management in diabetic patients remains low.

Goals and Objectives: To explore the concept of disclosure in CAM use from a diabetic patient's perspectives.

Methods: The author used the approach of Walker and Avant (2005), including a literature review of conceptual definitions of disclosure, and identification of characteristics, constructing model, borderline, related and contrary cases to explain the concept of frailty; and identifying its antecedents and consequences. Empirical referents are also outlined.

Results/Outcomes: The characteristics of disclosure in CAM use among diabetic patients are: (1) Proactively delivering personal messages, (2) Expecting an accepted behavior, (3) Seeking assistance in decision making of CAM use. Findings may provide nursing staff with an understanding of the concept of disclosure in diabetic patients who use Complementary and Alternative Medicine in order to raise the disclosure rate.

Key Words: Disclosure, Diabetes, Complementary and Alternative Medicine, concept analysis

The Impact of Shared Decision Making（SDM）on Patients with Poor Control Type 2 Diabetics: A Case Series study

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Background

Diabetes and hyperglycemia not only increase the risk of complications, but also reduce patients' life expectancy. SDM is achieving the medical decisions in accordance with preferences and values of patients.

Purposes

This study aims to explore the impact of SDM on the treatment options in poor control patients with type 2 diabetics.

Methods

A case series study has been conducted to recruit 88 outpatients with type 2 diabetics in 2018. The intervention protocol of SDM followed the principle of the Joint Commission of Taiwan, including the evaluation of comorbidities, the impact of prognosis ailment and the disease awareness, the establishment of an outpatient transfer system, and the explanation. The diabetes educator led this procedure to let patients understand the different treatment options, and then provide the physician's decision response form to further intervene in patients' diabetes-related treatment.

Results

The findings showed that a total of 33% patients were willing to change their lifestyle from original 15%. The rate of medication adherence was from 19% increasing to 51%. The patients who agreed to actively participate in their self-management of diabetes was from 15% promoted to 65%. The satisfaction of SDM was high, 84% of patients believed that SDM can help select the appropriate medical treatment option.

Concept Analysis of Stress

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Abstract

Background：

Stress can lead to change in human's physiology, psychology, or behavior. The formation of stress depends on an individual's perception of a situation which can cause harm to the body and health of the individual.

Goals and Objectives：

The purpose of this paper is to describe the concept of stress.

Methods：

The Walker and Avant's (2005) concept analysis methodology was used to review conceptual definitions of stress, its characteristics, and the antecedents and consequences related to the concept. The model cases and empirical measurements were also established.

Results/Outcomes：

Results indicate that defining attributes of stress included：(1)An internal or external stimuli have exceeded the loading of physiological and psychological individual; (2)The response of an Objects' response to stimuli can lead to physiological phenomena (such as faster pulse breathing, elevated blood pressure, increased heart output), changes in mood (irritating, crying) and behavior (chaotic behavior, degenerative behavior, reduced problem-solving ability);(3)Stimuli events cause individual to lose the original balance. It is hoped that nursing staffs may better understand stress through this paper, provide an assessment of client stress as early as possible, and enhance client health condition.

The Effects of Applying Case Management Models to Improve Post-Operative Self-Care Plan for Patients with Osteoporosis-Induced Hip Fracture

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Background：The prevalence of osteoporosis-induced hip fracture among population aged 65 and above in Taiwan ranked the highest in Asia, and thus is considered as an “elderly killer”. Such complication often leads to post-operative self-care failure, long-term bed-ridden, and risks of death during hospitalization, death in one year and recurrence of fracture. In addition, it severely affects physical and mental health, decreases quality of life, and increases the cost of medical care.

Purpose：Through planned case management model, this study aimed to provide an individualized holistic, comprehensive and multidisciplinary medical care to offer a better quality post-operative medical care.

Methods：A hundred eligible subjects were enrolled for case management. The care plan included accessible medical resources, one-stop consultation, individualized care plan, combined multidisciplinary team (doctors, nurse practitioners, registered nurses, physiotherapists, dietitians, social workers, etc.) and family member involvement during subject’s hospital stay, and patient education for osteoporosis, post-operative rehabilitation, placement after discharge and home environment assessment. By applying activities of daily living scale (ADLS), visual analogue scale (VAS), and various post-operative endpoints, and follow-up phone call interviews every 4 months after discharge, subjects’ problems could be early detected, solved and therefore re-accommodate themselves to the new post-operative lives.

Results：After the intervention of the care plan, the results of ADLS and VAS from the subjects were significantly improved. Meanwhile, the completion rate of bone mineral density test reached up to 100%, with 97% of medication compliance rate, 7% of fall recurrence rate (1-year), 4% of fracture recurrence rate and 3% of mortality rate, which were all significantly lower than the average post-operative endpoints among patients undergone surgeries for hip fracture in Taiwan.

Conclusion：Such care model indeed effectively improves both self-care capability and the quality of medical care.

Can the Buzzy device reduce the injection pain in adults?

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2. Shu-Min Chang, Assistant Professor, Department of Nursing, Tzu Chi University of Science and Technology, Hualien, Taiwan

Abstract

Background: People receive injection-related procedures in their life especially when they are sick. When people have needle injection, the most common concern is pain. Also, the injection may cause fear, anxiety, and affect the effectiveness of treatment. Recently, a new device, call “Buzzy”, is proved to release the injection pain among children. It has been combined vibration, cooling, and distraction to alleviate discomfort during medical procedures. However, it is not clear the effectiveness of the device in adults.

Goals and Objectives: To determine the current evidence about the effectiveness of the Buzzy device on pain during injection-related procedures in adults.

Methods: The CINAHL, PubMed, Joanna Briggs Institute, ProQuest, and Airiti Library(CEPS) databases were searched for randomized controlled trials and systematic review published during the period of 2014–2019. Keywords include adults, Buzzy, vibration and cooling, thermomechanical stimulation, injection pain, needle pain, and pain. Data was approached by two reviewers using JBI appraisal tool.

Results/Outcomes: A total of four randomized controlled trials were analyzed. These studies data were collected by the Visual Analog Scale (VAS) to measure pain. Three studies showed the injection pain significantly decreased after using Buzzy. One study did not show the pain effect on the patients with orthopedic surgery.

The Study of Knowledge and Attitudes toward Palliative-Care among Older Cancer Patients

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Abstract

Background:

In Taiwan palliative-care has been used for a long time and is familiar to cancer patients at the end of the cancer; however the clinical level is often found that only a few elderly cancer patients can really enjoy the care and care given by palliative-care.

Research purpose:

The author wants to understand more about whether or not the elderly cancer patients know and participate in the treatment of ampoule. Insufficient knowledge or other interfering factors hinder elderly cancer patients and enjoy ampoules. The medical services provided by the treatments are the goal of hospice.

Research methods:

In this study, a cross-sectional study design was conducted to investigate the elderly cancer patients in the hospital.

Research outcomes:

Result show there is a significant positive correlation between knowledge, attitudes and pre-established medical attitudes. The medical attitude is the most relevant (r= .594); the relationship between “attitude” and “pre-established medical attitudes” Second (r= .406).

Conclusion:

It is expected that in response to clinical work, more elderly cancer patients can go more autonomy and gain more respect in the last part of their lives, which has reached the goal of ending the end of peace.

Key words: Palliative-Care, elderly cancer patients

The abstract was resubmitted as a poster on Feb 19, 2020.

Efficacy of Applying Cardiac Catheterization Care Program in the In-service Education of Nurses

Yu-Chi Chu & Chia-Jung Chen

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Abstract

Background: Cardiac catheter examination is one of the important examination for diagnosis and treatment of cardiovascular diseases. This study enhances nursing care awareness and quality by providing in-service education of nurses.

Objective: To evaluate knowledge about cardiac catheterization care among cardiovascular wards nurses, and to evaluate the differences in knowledge of cardiac catheterization care before and after cardiac catheterization care program.

Methods: This study conducted a self-administered structural questionnaire survey for the nursing staff in a medical center in South central Taiwan. The self-administered structural questionnaire survey was used to investigate the degree of the nursing knowledge of cardiac catheterization, and to arrange a cardiac catheterization education program according to the needs. The questionnaire survey was conducted before and after the education program. Independent Sample t test was used to analysis the difference.

Results: We enrolled 24 nurses into the study. The survey included the purpose of cardiac catheterization and post-procedure medication and care. The correct rate of nursing care before and after the education program increased from 51.3% to 89.6% ($p < .0001$). There was no significant correlation between the nursing staff's seniority and effectiveness of education program.

A study of patients' returning visits to emergency department within three days after discharge of cardiovascular disease patients

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Abstract

Background: Returning visits to emergency department within three days after discharge was an important quality indicator of the national health insurance administration.

Objectives: To analyze the reasons for returning to the emergency department within three days after discharged patients, and to explore the relationship between the hospitalized day and the discharge planning of patient with returning to the emergency department.

Methods: A retrospective case analysis was performed. The subject was an unplanned returning visit to emergency department within three days after discharge of cardiovascular ward at a medical center in the south Taiwan. Descriptive and inferential statistical was used to data analysis.

Results: There were 1363 patients were discharged from the cardiovascular ward from January to April 2019, among the 40 patients who return visits to emergency departments within three days after discharge. The rate of return visits to the emergency department was 2.93%. Demography data of patients 67.5% were male, average age was 70 years old. After evaluation by the medical team, 60% could follow-up by Outpatient Clinic, and 40% admission treatment by hospitalization. Among the hospitalization patients was 81.3% had the same diagnosis as the previous hospitalization. There was a significant difference (p = .007) between the readmission and the previous hospitalized day. The average hospitalized day for patients readmission was 6.69 days, and not readmission was 4 days.

Prevalence of Pressure Injury and Associated Factors among Patients from a Cardiovascular Ward Patients

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Background Pressure injury was one of the clinical performance indicators by the Joint Commission of Taiwan. Pressure injury has a significant impact on health cost, caring quality, and prognosis. Critically ill patients are specifically vulnerable to blood hypoperfusion and oxygenation deficiency, which is the risk factor of deteriorating pressure injury. Thus pressure injury had been an issue of critical importance regarding clinical nursing care.

Objectives To investigate the incidence of pressure injury of patient hospitalized in integrated cardiovascular ward, and to evaluate the relationship between various risk factors and the incidence of pressure injury

Methods This was retrospective study enrolled the hospitalized patients in cardiovascular ward of a medical center in southern Taiwan, analyzing the incidence, grade, and site of pressure injury. Analysis was conducted to determine whether patients' characteristics or days of hospital stay affect the incidence of pressure injury.

Results From January, 2018 to April, 2019, total 21786 patients were admitted to our cardiovascular ward. The number of pressure injury was 23, with the prevalence rate of 0.11%. Mean overall age of patients with a pressure injury was 70 years old (male 65.2%). The average days of hospital stay was 73.8 days. The most common area for pressure injury was sacral area (43.5%); 21.7% on the heel, and 21.7% on the face. Regarding the grade of pressure injury, grade II had the highest incidence (52.2%). 65.2% of the patients had totally dependent activity of daily living. 52.2% of the patients were at risk of malnutrition according to malnutrition universal screening tool. Statistical analyses using Chi-squared tests showed no significant difference between

the site of pressure injury, grading, gender, or patient at risk of malnutrition. Using the Pearson's correlation coefficient test, the days of hospital stay was positively correlated with Malnutrition screening score of patients with pressure injury (r=.81,p=.004).

Blended Learning Mode on Physical Agent Modality Operation training for Physical Therapists

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National Tsing Hua University, Hsinchu, Taiwan[2]

Abstract

During all medical procedures, patient safety is a major concern besides treating effect. In the field of physical therapy, good training to operate physical modalities is an important part to reduce medical error and improve patient safety. Therefore, it is worthwhile to establish an integrated education and training program and explore the correlation between learning effectiveness and patient safety. The training method adopted the BL mode, which combined two modes of face-to-face teaching and e-learning. The purpose of this research is to establish a e-Learning courses for the physical agent modality training, to investigate the effect of the Blended Learning(BL) model and its relationship with patient safety. A total of fifteen physical therapists participated in this training program. Questionnaires about satisfaction, learning efficiency and patient safety are collected from these subjects after training. The results are as follows: Eighty six percentage of participants expressed an overall satisfaction with the BL model. After training, the tendency to make medical errors showed significant decrement. The BL mode helps to repeatedly learn the operating procedures of the modality, thus can reduce medical errors. In the future, the BL mode should be considered as part of organizational strategy to improve the awareness of the physical agent modality training and increase patient safety.

The epidemiologic characteristics of single-stage and two-stage therapy for concurrent choledocholithiasis in cholelithiasis with cholecystitis or cholangitis.

膽囊併總膽管結石發生膽道炎經一階段或二階段治療策略之流行病學比較

Cheng-Fen, Huang [1]、Chieh-Fan, Chen [2]、Jun-Huang, Lai[3]、Hong-Tai, Chang [3]

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Abstract

Background：Cholelithiasis is a common disease, concomitant Choledocholithiasis is 10%-15%. It is important to understand the epidemiologic characteristics in Taiwan.

Goals and Objectives：To compare the epidemiologic characteristics between single-stage and two-stage therapy for concurrent choledocholithiasis in cholelithiasis with cholecystitis or cholangitis.

Methods：We conducted a retrospective cohort study to analyze the administrative claims data from National Health Insurance Administration Databases (NHIRD) between 2002 and 2009 in Taiwan. Study population were cholelithiasis and choledocholithiasis with cholecystitis or colangitis (574.00~574.11 combined with 574.30~574.51 or 574.60~574.81), which had hospitalization and received surgical therapy as single-stage：LC+LCBDE or two-stage：LC +ERCP or ERCP/S.

Results：Single-stage strategy was predominant in elderly and two-stage strategy was predominant in middle aged group (p=0.0032). Single-stage strategy was predominant in zero-comorbidity and two-stage strategy was insignificantly different among three groups (p=0.0453). Single-stage strategy predominantly had medium insurance amount and two-stage strategy had low insurance amount (p=0.0209). Sex and urbanization degree of patients, age and seniorities of surgeon, hospital level and re-hospitalization were insignificantly different.

Conclusion：Middle age, zero-comorbidity and medium insurance among concurrent choledocholithiasis in cholelithiasis with cholecystitis or cholangitis received single-stage therapy predominantly.

Key words: epidemiology, single- and two-stage therapy, choledocholithiasis

Concept analysis of Disability in stroke patient

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Background: Stroke is a medical problem not only the focal or global disturbance of cerebral function but also leading cause severe functional disability in adults.

Goals and Objectives: The purpose of this paper was to define the concept of disability in stroke patient and examine its defining attributes, antecedents, and consequences.

Methods: Modified Walker and Avant concept analysis comprised of five steps: (1) concept selection; (2) determination of aims; (3) determination of its defining attributes; (4) definition of its antecedents, consequences; and (5) definition of its empirical referents.

Results/Outcomes: The result defines the attributes of disability in stroke patients as (1) impairment in physical function; (2) losing the ability in activities of daily living; and (3) change in the social role. The defined attributes of antecedents of disability in stroke patient include disease, environmental factors, accidents and improper use of social resources. The defined attributes of consequences of disability in stroke patient include loss of physical or cognitive function, changes in emotional status, family and social functional status, reduced quality of life, and overuse of social and medical resources. The disability assessment tools usual the physiological daily function assessment scale (Barthel Index, ADL, IADL) and the cognitive function assessment scale (MMSE, GAD-7 anxiety scale). Therefore, the concept analysis provides a theoretical foundation that can be used to guide evaluations and interventions related to disability in individuals with stroke patents.

2020 International Healthcare Conference

An Experience Providing Nursing Care to A Patient Recurrent Breast Cancer with Malignant Pericardial Effusion

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Abstract

Background: Breast cancer has been the top fourth caused death in Taiwan these two years, as it tends to occur in women between the ages of 45 and 50. According to the statistics by Taiwanese Ministry of Health and Welfare, approximately 15-20% patients with breast cancer was liable to recur. It may also bring some bodily complications such as pericardial effusion. Once cancer recurred, some negative psychological effects would be induced more critical compare to the initial occurrence.

Goals and Objectives: The aims of this report were to gain a systematic understanding of the nursing experiences on a patient who suffered from a recurrence of breast cancer and its complications.

Methods: The Gordon's 11 Functional Health Patterns were applied to assess overall health conditions in the patient, by ways of observation, conversation, physical assessment, and medical recording.

Results/Outcomes: From May 3 to May 16 in 2019, there were three nursing problems encountered in patient: excessive fluids, ineffective breathing patterns and a sense of despair. Besides empathy, a number of essential health educations were performed on effective water limitation, precautions of taking medicine, oxygen therapy and rehabilitation. The patient was discharged because health improved on 20th of May.

Keywords: breast cancer, recurrence, nursing care.

Experience of using case management model to offer care to an unmarried woman with pulmonary tuberculosis for the first time

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Background: Tuberculosis is a global health threat. A lot of physical discomforts and psychological impacts would be encountered for patients during the treatment process. We reported the nursing experience for an unmarried woman with pulmonary tuberculosis for the first time during October 11 to October 31, 2018. We helped the patient to cope the adverse effects of anti-tuberculosis agents, such as gastrointestinal upset, nausea/vomiting, poor appetite, itchy rash.

Goals and Objectives:After case management model was intervened, individualized nursing measures were drawn up to reduce her feelings of discomfort, and to facilitate the completion of her treatment.

Methods: Through open-ended interviews, observation and physical assessment, the researcher collected the related information on the patient, and made overall assessment and analysis of the physical, psychological, social and spiritual aspects of the patient. After providing health education guidance, the patient practiced oral hygiene after taking medication in order to decrease the bad breath in her mouth. As to her choice of diets, she could eat acidic foods, to decrease her nausea and increase her appetite. Through skin care, she was able to achieve integrity of skin and reduce her feeling of skin itchiness.

Outcomes: After the case management model intervention, the overall satisfaction was increasing and the discomfort feeling of adverse effects markedly reduced. She could smoothly overcome the initial phase of anti-tuberculosis treatment.

To explore the effect of patient decision aids on decision anxiety before treatment of chronic kidney disease

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When patients with chronic kidney disease enter the late stage of the dis-ease, they need to face a variety of kidney replacement therapy options,and through shared decision making and patient decision aids , jointly agree on the most favorable medical decisions for patients and reduce anxiety.

To explore whether shared decision making and patient decision aids can reduce the anxiety of patients about chronic kidney disease treatmet ,doctors, patients, and caregivers can communicate and discuss their understanding regarding the disease and opinions regarding the choice of medical care, assist patients to complete the treatment.

A structured questionnaire was used to investigate the patients in a regional teaching hospital in south Taiwan. from July to October 2019, a total of 30 patients with chronic kidney disease were selected using purposive sampling to take samples to implement medical-patient sharing decisions and decision-making aids.

Analysis of thirty patients with chronic kidney disease is had high rating about use patient decision aids to prepare you for a better decision, the anxiety of the subjects significantly decreased (3.8 ± 1.2 vs. 2.9 ± 0.7, $p = < 0.001$ by paired test), Greater certainty of treatment options (unclear options reduced from 70% to 7%) ， using patient decision aid had positive effects on the experience of and opinions on medical decision-making, and helped in decision-making and reduce the degree of anxiety.

Effectiveness of Nursing Students Performing Recreational Therapy in Psychiatric Wards

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Abstract

Background: Psychiatric Nursing Internship is a corresponding internship in the Psychiatric Nursing Curriculum. Due to the effects of psychiatric symptoms, psychiatric patients often experience self-talk, social withdrawal, poor communication, and autism, resulting in difficulties for students to contact. Therefore, the concept of flip classroom is applied to assist students in performing recreational therapy.

Goals and Objectives: Through acting methods to explore the changes in solidarity, cooperation, communication, enthusiasm and creativity of nursing students.

Methods: A quasi-experimental design was used.

Results: The student ’s team members' solidarity and cooperation changed from (8.13 ± 1.581) to (9.09 ± 1.118) (** $p < 0.01$); the communication spirit of the group members changed from (7.94 ± 1.664) to (8.69 ± 1.256) (* $p < 0.05$); the enthusiasm changed from (8.41 ± 1.188) to (9.16 ± 1.018) (*** $p < 0.001$); the creative spirit changed from (8.44 ± 1.134) becomes (9.13 ± 1.040) (*** $p < 0.001$). The above four parts reached significant differences.

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The Experience of Combining Traditional Chinese and Western Medicine in Treating Elderly Cases of Intestinal Obstruction Post Colorectal Surgery

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Abstract

Background: In 2018, the top ten leading causes of death of Taiwanese were malignant tumors, of which colorectal cancer ranked third. Surgical treatment is the main treatment method. Postoperative ileus is a common comorbidity of intestinal surgery, occurring in about 17.4% of colorectal cancer patients. Intestinal obstruction will prevent patients from eating normally and lead to prolonged recovery time.

Objectives: Through direct care, evaluate the bowel movements, abdominal distension, flatulence, and muscle strength of the elderly post-surgery, to formulate recovery treatment plans to help improve postoperative ileus.

Methods: Through the cross-team cooperation of Chinese medicine practitioners, rehabilitation practitioners, and dietitians, carry out recovery treatment plans, supplement parenteral nutrition to maintain physical function, use acupuncture point massage to relieve abdominal distension, and assist in performing rehabilitation exercises to strengthen lower limb muscles so the patient can perform activities out of bed earlier and increase bowel movements.

Results: Through the use of a recovery treatment plan combining Chinese and Western treatments, resolve postoperative ileus and restore intestinal function in elderly cases.

Title: Evidence-based care of the cervical collar fixation in patient undergoing anterior cervical discectomy and cage fusion

Yen-Ling Huang, Shu-Ming Chen

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Abstract

Background: Anterior cervical discectomy and fusion is the current surgical intervention for cervical degenerative disc disease. Post-operative wearing of the hard cervical collar is mandatory for 3-6 months. However, the major nursing problems are shoulder soreness pain and sleep disturbance due to the wearing of hard cervical collar.

Goals and Objectives: Using the evidence-based medicine to investigate the necessity of the wearing of the hard cervical collar after the anterior cervical discectomy and fusion.

Methods: Searching five data-based in Chinese and English literatures, 36 literatures are included. Using PRISMA evidence-based procedure, 4 literatures are screened and reviewed. The evidence results demonstrated that there is absence of statistical significant between the relationship of the wearing of the cervical collar and the rate of the internal cervical fusion. The post-operative routine wearing of the hard cervical collar is not necessary for single or two levels cervical degenerative disc disease.

Results/Outcomes:

The results of the application of the evidence-based medicine change the nursing routine. Problems of the nursing care to the patients can be solved. Besides, the post-operative recovery is satisfactory. We take the opportunity to share our nursing experience to clinical personnel. We suggest that during the clinical dilemma, the proper application of the evidence-based techniques, under safety consideration, support the patients to search for the best nursing modality.

Effectiveness of Biotitus derma ointment dressing on pressure ulcer

Shu-Hsien Lee, RN, M.S. student[1], Shu-Ming Chen, Ph.D., RN, Assistant Professor[2], Tzu-Pin Tsai, MD[3]

Background: Pressure ulcers are one of the most common health complaints, which often take months or years to heal, and the healed tissue is neither aesthetically nor functionally perfect. This study aim to compare the efficacy of a Biotitus derma ointment dressing with that of a standard moistened gauze dressing in patients with pressure ulcers.

Method: This is a 4-week randomized clinical trial that evaluated the effect of a Biotitus derma ointment dressing on category II or III pressure ulcer healing. Patients were randomly assigned into intervention group or control group. The routine care to bed sores were performed in each group. In the intervention group plus Biotitus derma ointment dressing on the areas of ulcer were rubbed once a day. The control group moistened gauze dressing was used. The outcome was measured by (PUSH). The outcome was measured by the change in pressure Ulcer Scale for Healing (PUSH) tool scores from baseline to 4 weeks.

Results: A total of 30 elderly patients were enrolled in the study. The mean age of patients in the control group was (65.52 ± 8.19), and in the intervention group was (68.71 ± 9.50) year. The two groups were statistically similar to baseline and wound characteristics. After 4 weeks of treatment, patients who were treated by Biotitus derma ointment dressing had significantly better PUSH tool scores than subjects treated with the standard moistened gauze dressing (4.25 ± 1.59 vs 9.57 ± 2.45, $P < .001$).

Conclusion: This study shows clinical benefits in healing of pressure ulcers recovery can be achieved with Biotitus derma ointment dressing to shorten the healing time, but the results need to be confirmed in a larger study.

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The Correlation between Alcohol use disorder Patients and Mesentery Ischemia

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Abstract

Background：Mesentery ischemia is a vascular emergency with high fatality. Alcohol use disorder (AUD) patients frequently visit emergency departments presented as abdominal discomfort.

Goals and Objectives：Investigating the correlation between AUD and mesentery ischemia assist clinical health providers.

Materials and Methods：We performed a retrospective population-based cohort study obtained from the Taiwan National Health Insurance Research Database (NHIRD) for hospital admissions between 2000 and 2013.

Results：The overall incidence rate of mesentery ischemia among past history of AUD hospitalization patients was 4.97 per 10,000 person-years, which had 2.42 folds (95%CI=1.97-2.96) compared with non-AUD cohort. The risk of mesentery ischemia followed after AUD hospitalizations was higher in male, age 20-39 years, ≧45,801 insurance premium, non-low income household and no-comorbidity groups.After adjusting for socioeconomic factors, hospital characteristics and comorbidities, the incidence compared with non-AUD cohort, the overall adjusted HR of mesentery ischemia was 2.25(95%CI=1.92-2.63) (multivariate model 1).

Conclusion：We found that a strong positive correlation and persistently increased risk during the followed period. Health providers should consider mesentery ischemia into differential diagnosis while facing AUD patients.

Key words：alcohol use disorder (AUD), mesentery ischemia

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The socioeconomic distribution among concurrent choledocholithiasis in cholelithiasis with cholecystitis or cholangitis patients

膽囊併總膽管結石發生膽道炎經一階段或二階段治療之社經分佈比較

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Abstract

Background：Cholelithiasis is a common disease, concomitant Choledocholithiasis accounts for 10%-15%. It is important to understand the socioeconomic characteristics in Taiwan.

Goals and Objectives：To describe socioeconomic characteristics of single-stage and two-stage therapy for concurrent choledocholithiasis in cholelithiasis with cholecystitis or cholangitis.

Methods：We obtained 8-years claim data from Taiwan's National Health Insurance (NHI) database, which implemented in Taiwan since March 1995. By the end of 2008, more than 99% of the total Taiwanese population (about 23 million people) had enrolled in the NHI program. By the end of 2009, 92.5% of hospitals and clinics throughout the nation were contracted. Study population were cholelithiasis and choledocholithiasis with cholecystitis or colangitis (574.00~574.11 combined with 574.30~574.51 or 574.60~574.81), which had hospitalization and received surgical therapy as single-stage：LC+LCBDE or two-stage：LC +ERCP or ERCP/S.

Results and Outcomes：The employee category accounts for the greatest portion in both groups. There are 31% in single-stage and 46% in two-stage. The treatment amount between single- and two-stage therapy has significant difference (p=0.0461). Compare the four levels of urbanization, highly urbanized group is 30.86%, moderately urbanized group is 29.46%, emerging group is 15.63% and the fourth (other) is 24.05%。The treatment numbers among single- and two- stage therapy have no difference (p=0.3697).

Conclusion：The socioeconomic characteristics are compatible with proportion of original insurance categories and all beneficial received strategy aren't affected by socioeconomic status.

Survey of Clinical Nurses' Relationships among Positive Beliefs, Well-being, and Meaning of Life at a Rural Hospital in Taiwan

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Abstract

Background: Clinical nurses need to develop their positive beliefs, well-being, and meaning of life in regard to physical, psychical, spiritual, and social health promotion for providing quality of care.

Goals and Objectives: The purpose of this study was to survey clinical nurses' relationships among positive beliefs, well-being, and meaning of life at a rural hospital in Taiwan, R.O.C.

Methods: The method of the study was adopted a cross-sectional survey design. A convenience sampling was used. 328 clinical nurses were recruited in the study. A 56-item questionnaire was utilized to survey clinical nurses' background, positive beliefs (11-item), well-being (20-item), and meaning of life (25-item). The instrument of the study was exploited on the Likert scale from 1 point to 5 points. The content validity index (CVI) of the questionnaire was 0.95, as determined by seven expert scholars. The reliability of the questionnaire on Cronbach's α were: positive beliefs 0.89, well-being 0.96, and meaning of life 0.96. The statistical package SPSS 23.0 was used a quantitative analysis to analyze all data in the study.

Results/Outcomes: The results of the study were indicated that clinical nurses had the following mean scores on the positive beliefs (39.75, SD 6.99); well-being (76.34, SD 12.50); and meaning of life (94.68, SD 14.04). The positive beliefs and well-being of clinical nurses were positively correlated with meaning of life, r=0.80 (P<0.01) and r=0.72 (P<0.01). In the outcomes of this study, clinical nurses' positive beliefs and well-being explained 68.7% of the variance in meaning of life.

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Using image-based preoperative anesthesia education to reduce patients anxiety with spinal surgery

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Abstract

Background: The incidence of preoperative anxiety in patients undergoing surgery is about 60-80%, and the negative impact of anxiety makes patients face greater challenges during surgery, so it is worthy of attention. **Objectives:** The purposes of this study were investigated to the effect of image-based preoperative anesthesia education on preoperative anxiety and self-efficacy of patients with spinal surgery. **Methods:** A quasi experimental design and two-group pretest-posttest design were adopted in this study. The study was about 20 surgical patients who underwent spinal surgery and general anesthesia in one central regional teaching hospital. The random sampling method was divided into two groups. All patients were pretested after the anesthesia consultation. The experimental group was given an image-based preoperative anesthesia education and oral education, and the control group gave routine oral education for general anesthesia. The two groups of patients were rested for 60 minutes in an independent and quiet rest area and then post-tested to evaluate the effectiveness of the two methods of education. The pre-test and post-test data collection includes: scores of anxiety, self-efficacy and vital signs. **Results:** There were no significant differences in terms of physiological indicators ($p>.05$). The anxiety and self-efficacy of the experimental group was significantly effective of than control group in the post-test($p<0.05$). Therefore, the image-based anesthesia education was beneficial to pre-operative anxiety and self-efficacy.

Effect of Flexi-bar Exercise on Physical Fitness for Elderly with Mild Cognitive Impairment

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Background: Elderly with mild cognitive impairment (MCI) often lack of the motivation to exercise which could lead to a decline in physical fitness and then put them at risk for falling and more. Many studies have confirmed that the physical activity interventions can effectively improve the physical fitness of elderly with MCI. However, the research on the physical fitness of elderly with MCI using Flexi-bar exercise was very limited.

Objective: The purpose of this study was to explore whether a 12-Weeks of Flexi-bar exercise intervention could effectively improve the physical fitness of the elderly with MCI in the community.

Methods: The participants were recruited from in Geriatric Day Care Center in middle Taiwan. Participants, aged over 60 years with MCI, attended 60- minute physical activity sections, twice a week, for 12 weeks. The physical fitness test was administered to the participants before and after the interventions. Descriptive analysis was used to describe the participants' information. Paired t-test was used to examine the effectiveness of the six items of physical faintness before and after the interventions.

Results: A total of 20 participants (7 males) participated in this study. After a 12-Weeks of Flexi-bar exercise intervention, the results showed that: all participants had significant improvement in the "chair stand test" for lower body muscle strength ($p < .01$), "chair sit-and-reach test" for lower body flexibility ($p < .01$), "back scratch test" for upper body flexibility ($p < .01$), and "2-minute step test" to measure aerobic endurance ($p < .01$).

Conclusion: The 12-Weeks of Flexi-bar exercise intervention had shown the effectiveness in improving the lower limb muscle strength, upper/lower body flexibility and cardiopulmonary function in elderly with MCI. Overall, the Flexi-bar exercise could be used as a motivational modality to promote the exercise habits in elderly with MCI.

Flipped Learning-The Effects of Medical Epistemic Board Games on Clinical Teaching

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Abstract

Background: Game-based learning is one of the innovative teaching strategies. Since board games are popular because of the element of fun, we use epistemic ones for cognitive learning.

Goals and Objectives: With the satisfaction feedback from participants, we discuss developing medical epistemic board games for future teaching mode for medical personnel and quality improvement.

Methods: Purposive sampling was adopted and the medical personnel and nursing students who joined the 6 sessions held during 2018 to 2019were our main objects. Participants were divided into experimental group and control group. The experimental group had medical related courses before playing games as control one design his own games. The content validity index(CVI) of the research is 0.98 and Cronbach αis 0.97. The dimensions include demography, episteme, playfulness and sense, social benefit, psychological benefit and satisfaction.

Results/Outcomes: We have 117 objectives in total, 83 in experimental group and 34 in control one. The average age is 25.6 with 91% female, 65.8% is under 20. College degree, 71.8%, is the most. The overall satisfaction of medical epistemic board games is 89.32%. The highest is 92.6% on playfulness and sense while the lowest is 86.4% on the venue. The experimental group has better outcome and the differences on the 6 dimensions are significant (P<.05). Besides, venue is one key factor needs to be noticed. These above provide the references for future teaching mode and quality improvement.

To Investigate the Experience of Disabled Elders Receiving Integrated Home Medical Care (First-Stage)

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ABSTRACT

Background: The integrated home medical care (IHMC) program was implemented by National Health Insurance Administration since April 2016. However, it is still lack of literature to evaluate the fist-stage of IHMC (S1).

Objective: To explore the experience of disabled elders receiving the fist-stage of IHMC.

Method: The outcome evaluation was to investigate the service structure, service experience and service outcome of disabled elders receiving the fist-stage of IHMC. Data collection was implemented in a medical center of southern Taiwan from March and June 31th 2019. The inclusion criteria: (1) age ≥ 65, (2) willing to communicate, (3) speak Mandarin or Taiwanese. The exclusion criteria: (1) unwilling to participate this study; (2) to live in nursing home;(3) patients receiving hospice care provided by another medical team. The questionnaires consisted of demographic data, provided service experience and service outcome from patients or caregivers. The sample size was 34.

Results: There were 13 males (38.2%) and 21 females (61.8%), with an average age of 85.8 years (± 7.9 years); 32 participants living with family members and receiving the S1 services in 12 months; In total of 20 participants met medical teams every 4 weeks. The satisfaction scores of three services were below 3 points for four-point Likert scale, including “physician could actively inform the test reports and discuss it”, “to receive the medication prescribed by physician is convenient”, and “the need of referral to different specialists from physicians”. In addition, there were below 3 points of two services, the payment of the medical team's transportation and copayment of health insurance.

Conclusion: The study results provided policy decision makers and care providers to improve the barriers of implementation IHMC. There were transportation expenses, copayment burden, and physicians’ services need to be improved.

To Investigate the Experience of Disabled Adults Receiving Integrated Home Medical Care (Stage 2)

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ABSTRACT

Background: The patient-center care of the second-stage of integrated home medical care (IHMC) program was implemented by National Health Insurance Administration since April 2016. However, it is still lack of literature to evaluate the second-stage of IHMC (S2).

Objective: To explore the experience of disabled adults receiving the second-stage of IHMC.

Method: We conducted a retrospective-correlational study to evaluate the outcome of disabled adults receiving IHMC. Data collection was implemented in a medical center of southern Taiwan from March and June 31th 2019. The inclusion criteria: (1) age ranged 20- 64, (2) willing to communicate, (3) speak Mandarin or Taiwanese. The exclusion criteria: (1) unwilling to participate this study; (2) to live in nursing home;(3) patients receiving hospice care provided by another medical team. The questionnaires consisted of demographic data, provided service experience and service outcome from patients or caregivers. The sample size was 46.

Results: There were 35 males (76.1%) and 11 females (23.9%), with an average age of 55.0 years (± 9.4 years); 44 participants living with family members and 13 participants receiving the S2 services in 12 months; In total of 34 participants met medical teams every 4 weeks. The satisfaction scores of five services were below 3 points for four-point Likert scale, including “physician could actively inform the test reports and discuss it”, “physician could provide advises of continuous care”, “to receive the medication prescribed by physician is convenient”, “the need of referral to different specialists from physicians”, and “physicians visit patients before hospital discharge”. For nurses’ services, only one item was 3 points, the frequency of home visit.

Conclusion: The results provided policy decision makers and care providers as a reference to improve the barriers of implementation the second-stage of IHMC. All services need to be evaluated in order to enhance the quality of IHMC.

The Evidences based Protocol of Depression in the Elderly People

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Abstract

Background

Depression will be the second leading cause of disability worldwide and prevalent in developing countries globally. The epidemiological study identified 35.2% of elderly depression in whole Taiwan, and 21.2% in the southern Taiwan. Additionally, the prevalence of elderly depression was 45.7%, 36.2%, and 22.2% in those living in nursing homes, intermediate care facilities, and domiciliary care facilities, respectively; additionally, 64% of hospitalized elderly people have depression in Taiwan. Depression exerts severe influences in the physical, psychological, and social functions in the elderly people.

Goals and Objectives

The purpose of this study was to develop the evidences-based protocol for depression in the elderly people.

Methods

The authors applied three keywords of depression, elderly, nursing into Chinese CEPS, Cinahl, Cochrone Library systems with the selecting criteria by two authors in terms of the ABC evidences-based levels.

Results/Outcomes

The evidences-based protocol of depression in the elderly people was developed based on the validate literature. For those who do not have dementia, the protocol could screen the elders who were pseudo or truly dementia. For those who do have dementia, the protocol could go for the specific Comell Scale for Depression in Dementia (CSDD) for dementia elders. The pharmacological interventions were for the major depression elders; for instance, TCAs and SSRIs were applied in the acute stage, while, duloxetine, and alternative treatment as GMDZ were used in the relapse and maintaining stages. Additionally, the non-pharmacological interventions including the exercises, yoga, physical touch, music, art, horticultural, reminiscence, cognitive and psychotherapy therapies were suggested for the moderate and minor depression elders. The core nursing care issue for the major depression elders was the safety, for the moderate depression elders was autonomy, for the minor depression elders was the community and home care.

Improvement project to reduce prevalence of choking and coughing in elderly people with dementia

Chiao-Ling Chen, Shu-Hua Fang, Ya-Hui Yu, Kuan-Ting Chen

Abstact

Background: Oral sensation and throat muscle coordination in elderly with dementia have been degraded, and forgetting to swallow would happen to have the condition with choking and coughing. These conditions may cause dehydration, malnutrition, aspiration pneumonia and even death.

Objective: Working with speech therapists to find out causes of their choking and coughing, and corresponding methods to reduce prevalence of choking and coughing.

Methods: 1.Our team schedule the swallowing exercise for the 36 elderly with dementia in the psychiatric day ward for 15 minutes each time and five times a week; 2. They are asked to sit upright as a 90 degree angle; 3. Reduce the environment noise during dining time; 4. Adjust dining priority, drink acid drinks to increase saliva secretion, then drink warm soup and rice; 5. Use smaller volume spoon of 5ml;6. Use tea bowl to replace water cup.

Results: The rate of the elderly with dementia having the condition with choking and coughing decreased from 6.2% to 2.8%.

Conclusion: Use swallowing exercise, posture adjustment, create a quiet environment, and use safety equipment is effective reduce the happning of choking and coughing of in elderly with dementia. We then make the evaluation and training program based on this cooperation model with the speech therapist.

The application of "Internet + continuous nursing" model in dementia patients

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Abstract

Background: Today,dementia is still incurable, and the number of dementia patients is huge and increasing year by year. The world health organization predicts that 152 million people worldwide will have dementia by 2050,and the total estimated worldwide cost of dementia will rise to $2 trillion by 2030. Therefore, we must take relevant measures to deal with this grim situation. The development of network technology has promoted the development of medical and health field. We expect that "Internet + continuous nursing" model can be better applied to the field of dementia in order to alleviate this severe situation.

Goals and Objectives: Through systematic literature review, we hope to know the application status of internet technology in the field of dementia and provide a basis for its further development.

Methods: Through literature review, we searched relevant literatures on "Internet + continuous nursing" in databases such as CINAHL(EBSCO), PubMed, Medline(EBSCO) , CNKI, wiepu and wanfang in order to explore the application of intelligent nursing model for dementia patients.

Results/Outcomes: Existing literature, in the field of dementia, have proved the feasibility and effectiveness of "Internet + continuous nursing" model. For example, some studies have pointed out that online communication can improve the frequency and efficiency of communication between nurses and dementia patients, and alleviate dementia patients' memory, behavior-related problems and depressive symptoms. Study have also shown that 91.4 percent of caregivers believe their knowledge and skills in dementia care have improved through multimedia education programs on the internet.

Nursing Experience of a Patient with Multiple Surgeries for Rectal Tumor

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ABSTRACT

This report discusses an experience of taking care of a patient with multiple surgeries for the leakage of indwelling ileostomy as well as describes the physical and psychological effects on the patient and his family. The patient with the rectal tumor has the abdominal pain and discomfort. The patient and his wife feel helpless because of the stoma care and multiple surgeries. Nursing care was implemented from September 21 to October 07, 2017. Data collection was performed through direct caregiving, observation, interviews, and chart review. Three major problems were identified: pain, anxiety, and inadequate knowledge of self-care for ileostomy. Based on these problems, nursing interventions were implemented. During the period, the multidisciplinary teams apply the resources of support group in patients with rectal tumor and family members to provide therapeutic communication and empathy. The patient and his wife establish a good and trusting relationship with the care team. His wife could correctly learn the knowledge and skills for stoma care and prevent comorbidities. The interventions reduce the patient's anxiety. Therefore, the care team assist the patient and his wife to overcome the difficulties in the treatment, and be able to face the future with a positive attitude.

Keywords: multiple surgeries, the leakage of indwelling ileostomy, nursing process

Exploring the public's utilization of medical services and health information needs

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Abstract

Background: With Taiwan's population aging rapidly, chronic diseases have become the most important health care problem faced by the public. Therefore, it is important for medical institutions to understand issues such as the public's propensity to seek medical care and related health promotion issues. In order to achieve these goals, it is important to understand a community's health information needs and their utilization of medical services.

Objectives: This study aimed to delineate the public's traits, personal health status, self-management of health, utilization of medical services, and health information needs**.**

Methods: The research participants consisted of community dwellers served by a regional hospital in southern Taiwan. A questionnaire was administered for data collection, 621 valid questionnaires that were returned (77.0%).

Results: The respondents' utilization of medical services was mainly dependent on the accessibility of medical institutions, 49% perceived their health to be normal while 17% perceived their health to be poor, and cardiovascular disease was the most common diagnosis; in terms of the respondents' self-management of health, 61% had received regular adult checkups; 61% had received free cancer screenings within the last two years, and cervical cencer screening being the most common among female participants at 39%. In terms of their health information needs, 68% were willing to attend information sessions and health lectures, with information on hypertension, diabetes, hyperlipidemia, and cancer prevention being the most commonly requested information; 72% were also willing to undergo health screenings. A symmetric correlation analysis (Kendall's tau-b) was used to analyze the correlation between the respondents' self-perceived health and self-management of health. The results showed that a significant correlation exists between patients diagnosed with chronic diseases and their self-management of health (tau-b=0.373, $P<0.01$), while a significant correlation exits between the respondents' self-management of health and their health information needs (tau-b=0.593, $P<0.001$).

Utilizing the Concept of Disability in Nursing Care for a Patient with First Stroke

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Abstract

Background: The golden period of rehabilitation is three months after a stroke, it is important to early rehabilitation treatment for patient with a stroke. This is a case report for nursing experience of an 80-year-old patient who suffered from first-ever stroke and received the individual nursing care plan. The health problems associated with disability were improved and the quality of life relatively elevated.

Goals and Objectives: It is expected that our nursing experience will provide a reference for nursing colleagues to care for similar patients in order to improve the quality of care in stroke patients with disability.

Methods: The nursing period was from October 30 to December 4, 2017. The disability concepts and Gordon 11 functional health pattern were used as assessment guidelines to identify four health problems, including impaired physical mobility, self-care deficit: feeding, bathing, dressing, deficient knowledge (specify), and anxiety. During the period of nursing care, we discussed the daily rehabilitation programs with patient and his family, assist the patient participate in rehabilitation actively to maintain the function of physical activity, and improve his daily life function.

Results/Outcomes: Under the care plan of individual and active encouragement, we adjust the rehabilitation programs on the next day according to physical function performance of patient, so that the patient can achieve the partial ability of self-care. We proactively provide information on disease care and rehabilitation that can be understood in individual cases to decrease anxiety and psychological impact result from cognitive deficiencies of disease.

Resilience among Women Currently Serving in RN-BSN Program

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Background: Highly prevalent burnout in nurses particularly occurs in women who currently serving in RN-BSN program. Resilience is a protective factor to minimize the effects of burnout.

Goals and Objectives: The present study aimed to examine the resilience and related factors among women currently serving in RN-BSN program.

Methods: A cross-sectional study design was adopted. Convenience sampling was employed to recruit subjects from two Universities in southern Taiwan. Measures included demographic data, Chinese Health Questionnaire-12, and Chinese version of the Resilience Scale.

Results/Outcomes: A total of 230 women students with an average 32.1 year of age were recruited. More than half were the nurses of regional hospitals (54.3%), and were married (59.1%). The results of this study showed that the global resilience of participants was moderate. And those who were married, had regular exercise, had religious belief, or perceived physical-mental health reported a higher resilience.

To explore the factors related to the complete ness rate of intravenous catheter combination care performed by nursing staff in the critical unit

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Abstract

Background: According to the Department of Health Services, blood-related infections in the intensive care ward of the medical center were the most common from 2010 to 2017, with a blood flow infection rate of 44% in central venous catheters (CVC). CVC retention provides clinical convenience, but the use of invasive catheters increases the risk of infection in patients, once the risk of bacteremia increases patient mortality (Sheng, Chen, 2017).

Goals and Objectives: In order to improve the improvement value of this unit by 80%, the complete rate of intravenous catheter combination care in the execution center of the critical unit was increased from 56.9% to 91.4%.

Methods: Arrange CVC bundle care education training, design and advocacy supplies to promote CVC bundle care, advocate CVC bundle content and develop audit mechanism, design and evaluate CVC retention checklist, plan CVC care related materials.

Results/Outcomes: Through CVC bundle education training, design promotion, effectively enhance the critical unit CVC bundle cognition up to 90.6%, the use of checking table as a two-way communication reminder mechanism for health care, patient CVC retention rate from January to March 2019 average 18.1% to October 2019 14.1%, With the action CVC to improve the drug exchange convenience, so that the serious unit to implement CVC bundle, the central venous catheter combination integrity rate of 93.7%.

Improving the Implementation accuracy of Multi-Sensory Stimulation (MSS) for ICU Nursing staff

Introduction

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HsSiang-Cyuan home care of nursing department, Kaohsiung Taiwan

Abstract

Background: Multi-sensory Stimulation (MSS) is one of the treatment program for patients with traumatic brain injury (TBI) in the surgical intensive care unit (ICU) of the regional teaching hospital in south Taiwain. However, the implementation efficiency depends on the nursing staff, and the implementation accuracy is less than 50% in the previous investigation. The major reasons of poor accuracy for MSS were 34.5% for lack of MSS recognition and technique, 30% for lack of MMS standard operating procedure, and 24.1% for lack of sufficient MSS tools.

Goals and Objectives: To improve the ability of ICU nursing staff for implementation accuracy of multi-sensory stimulation.

Methods: From Jan 2016 to Dec 2016, we had completed this project including providing in-service education for nursing staff, setting flowchart posters and video, designing appropriate standard operating procedure, and providing sufficient tools.

Results: During the 12 months of this project, the knowledge accuracy of MSS in nursing staff increased from 39% to 92%, and the implementation accuracy of MSS for nursing staff increased from 36% to 81%.

Conclusions: In order to improve implementation efficiency of MSS for TBI patients, we had designed several methods and material in this project and the improvement of accuracy of MSS was significant. Furthermore, we hope to use these skills to educate the families of the TBI patient to perform MSS by themselves and to increase the interaction with patient.

A family-approach nursing experience of applying the Concept of Empowerment to improve the community adaptation in a patient with chronic schizophrenia

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[1 2 3] *Kaohsiung Chang Gung Memorial Hospital Nursing Department*

Background:

Schizophrenia is a chronic disorder that causes widespread cognitive dysfunction, which results in his/her ability to function properly in his/her daily and social life. Empowerment allows the patient to have the opportunity and power to make his/her own decision. Through listening, dialogue, self-reflection, action and engaging the patient, it allows the patient to have more control in his/her life, to increase sense of positive feelings and achievements, to strengthen his/her ability to continuously take care and manage the disorder and hence impacting a larger group and successfully return back to the community.

Goals and Objectives:

The purpose of this case report is to improve the community adaptation by using the Concept of Empowerment to a patient with chronic schizophrenia.

Methods:

The community psychiatric nurse applied the Concept of Empowerment by establishing a therapeutic relationship of trust, using the mutual reflection after the meeting to help the patient understand his situation and motivate him/her to change, develop his illness and life coping skills, and provide him with the employment resources he needs to feel more in control of his life. Data was collected from 1st May to 30th October 2019, using various approaches, including the phone calls, interviews and home visiting with patient and their families.

Result:

The community mental health nurse on the basis of community mental health

care ability, using the Concept of Empowerment for six months, assisted the patient to construct self, to increase confidence and self-worth, to strengthen disease management ability, to cope psychiatric symptoms effectively, and provided home care to promote family two-way communication. The intervention assisted the family recognized the patient's positive changes in stable treatments, believed in the patient's ability to adjust personal life, and became willing to let the patient resume work independently step by step, and thus reduced the caregiver burden of the family.
Keywords: Concept of Empowerment, community mental health care, community adaptation

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The Effect of Blended Learning and Empowerment of Critical Thinking and Professional Self-Concept in College-level Nursing Students

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Abstract

Background:

For the diversified learning style, the traditional teaching can't meet the students' learning needs, and the teacher must keep pace with the times.

Goals and Objectives:

This study aims to apply the blended learning and empowerment to the four-year health assessment and practice courses for the sophomores of nursing department to assess their change in core competence of critical thinking and professional self-concept.

Methods:

With experimental research design, 200 students were involved in the pre-test and post-test of the blended learning and empowerment intervention courses.

Results/Outcomes:

The students' overall critical thinking dispositions are beyond the standard, and the post-test average score is lower than one in the pre-test test ($p < .05$); with the good overall professional self-concept, the post-test average score increases significantly ($p < .001$). Studies have found that teaching methods, teaching style and class management will affect students' learning achievements influence on students' critical thinking. Students' feedback found that blended learning and self-learning-centered empowerment models give a favor to health assessment and practice courses. According to the unit teaching materials, through the operation practice, discussion and sharing in the group are obtained, the learning effect is improved and the confidence level of students are enhanced in the client assessment and care plan. Blended learning provides multiple interactions for teaching and learning, reflects the authenticity and mobility of learning , strengthens the discussion level of students and thinking explore.

Poster Presentation II

A family nursing experience of improving the knowledge of home environment safety of a hypertensive elderly

Hui-Ling Wang [a], Yu-Hua Hsu [b], Pei-Xuan Tian [b], Chia-Chien Li [b], Ya Fen-Yang [b], Ju-Fang Hou [b], Yan-Ru Shi [b], Yu-Chin Hsiao [b].

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[b] *Student, Department of Nursing, Fooyin University, Kaohsiung, Taiwan.*

ABSTRACT

Background: This article describes a family nursing experience of a 69-year-old patient with hypertension for 10 years. Through the process of family assessment and nursing, we caught the family's problem, and integrated internal and external resources of the family to improve their condition.

Objective: To comprehend the risk factors for home safety of the case and help them to improve the housing environment for prevention of falling.

Method: The nursing period was from November 1st to December 13th, 2019. We were using the interviewing skills and observations to collect basic information, developmental stage and housing environment, and identified falls risk is a health problem in this family. We expect that we could encourage this case to learn and understand the correlation and risks between blood pressure control and housing environment through home nursing care and use the e-Book of "The care for hypertension and prevention of falling".

Result: After health education, the patient can comprehend the knowledge of fall prevention and care for hypertension, and besides, the patient didn't fall during the process of family nursing, and patient's blood pressure was remained stable.

Keywords: family assessment, family nursing, elderly, hypertension, home environment safety

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Practical experience of using cross-domain cooperation to offer nursing care to an aged patient facing recurrence of colorectal cancer

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Abstract

Background: Owing to recurrence and deterioration of disease, old-aged colorectal cancer patients would have malignant bowel obstruction, lead to eating disorder, malnutrition and abdominal pain. Therefore, they seek colostomy to alleviate the stress of the intestinal tract. However, they not only have to face their body image changes caused by colostomy, but also have to face their emerging melancholic emotion. What's more, they have a fear for the death, and also worry that they cannot have peaceful and natural death.

Objectives: To assist an aged patient value and accept the importance of the attached stoma and nutritional support, accompany and guide him to speak out his expectation after the disease and the meaning of life.

Methods: Drafting an individualized care program for the patient, physicians, nursing staff, dietician, stoma nurse, oncology psychologist and palliative care team would take care of the patient. The aged patient was taught to use food scissors to cut food into small pieces so as for him to chew them more easily. The nursing staff played a video clip of stoma care process for the patient to be more familiar with the caring procedure of the stoma, intending to strengthen the self-care ability of the patient.

Results: Clinical care staff should value nutritional support in cancer patients and spiritual care for terminal patients. Evaluation of the patients' physical condition and nutritional screening should be conducted to discover any patients with high risk of malnutrition, and then give them immediate nutritional support. The medical teams held a family meeting with the patient and his family, hoping to strengthen the consensus and engagement of the family. The patient was encouraged to talk about his feelings, it was hoped that the family could respect the wishes of the patient at the end of his life and let him achieve peaceful and calm death.

Psychological Benefit of Horticultural Therapy Activities to Community Elders Over 65

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Abstract

Background:

Taiwan has entered into an aged society since 2018, and many literatures have proven that when we conduct horticultural therapy, the physiological process during the interaction between human beings and plants is positive for the elderly treatment. The therapeutic benefits of horticultural therapy include increasing physical activities, sensory stimulation, promoting thinking, concentration and reminiscence and enhancing cognition.

Goals and Objectives:

We want to promote the mental health of the participants and further their physical health. Horticultural therapy well-being scale is adopted in pretest-posttest for the effectiveness evaluation.

Methods:

32 community elders joined the group horticultural activity carried out for 120 minutes. The questionnaire was performed before and after the activity. The average climbs to 32.75 from 24.59(Horticultural therapy well-being scale) and we can see significant improvements on physical activities, interest/hobby, relief, sense of achievement, logics, social skills and gardening knowledge.

Results/Outcomes:

In this study, we can see horticultural activity create a virtuous circle and promote the emotion, cognition and social relationship of the elderly and hence benefit their mental and physical health.

The Learning Effects of Health Promotion on the Meaning of Life, Positive Beliefs, and Well-being among Nursing Students in Taiwan

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Abstract

Background: Nursing educators have the responsibility to promote nursing students on the meaning of life, positive beliefs, and well-being regarding physical, psychological, spiritual, and social health promotion.

Goals and Objectives: The purpose of this study was to explore nursing students' learning effects for health promotion on the meaning of life, positive beliefs, and well-being in Taiwan, R.O.C..

Methods: The method of the study was one-group experimental design for pre-test and post-test. A purposive sampling was used in the study. 320 3rd year nursing students with five-year rolling course participated in the health promotion course with integration on the meaning of life, positive beliefs, and well-being. The questionnaire on the meaning of life (15 items), positive beliefs (15 items), and well-being (15 items) was utilized in the study. The questionnaire of study was used a Likert scale from 1 point to 5 points. The content validity index (CVI) of the questionnaire was 0.96, as determined by five expert scholars. The reliabilities of the study on the three-part measure with Cronbach's α were as follows: meaning of life 0.96; positive beliefs 0.97; and well-being 0.97. The SPSS 23.0 statistical package was used for all data analysis.

Results/Outcomes: Nursing students showed significant improvement on the pre-test and post-test on the meaning of life ($P<.001$), positive beliefs ($P<.001$), and well-being ($P<.001$) in the learning effects of health promotion course concerning physical, psychological, spiritual, and social health promotion. In the future, nursing educators will continue to equip nursing students on the meaning of life, positive beliefs, and well-being in a health promotion course.

The Relationship of Resilience, Family Support, and Depression among Community-dwelling elders

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Background: The prevalence of depression among the elders in the community is 21%. The elders' depression is associated with psychological and social factors.

Objective: The aim of the study was to explore the relationship of resilience, family support, and depression among community-dwelling elders.

Method: The cross-sectional and correlational design is conducted using face to face interviews. Data was collected by the questionnaires. The sample size was 127 participants with age 65-80 years living in communities in Southern Taiwan. The structured questionnaire includes items of depression, resilience, family support, Activities of Daily Living, and demographic data

Results: The average of depression score in elders with ≥ 2 chronic diseases was higher than ones with only one chronic disease (t=-2.48, p=.014). There was significantly negative correlation between the total depression score and resilience score (r=-.66, p<.001). The higher score of Activities of Daily Living, the lower score of depression (r=-.31, p<.001). The more interactive relationship with family and friends, the lower score of depression (r=-.46, p<.001). The more positive feeling toward family members, the lower score of depression (r=-.54, p<.001).

Conclusions: The results could need to focus on the elders with multiple chronic diseases, the interactive relationship with family and friends, and enhancing the resilience of elders in order to promote mental health of elders.

Keywords: Community elderly, depression, resilience, family support.

Nursing Experience of an Adolescent with Hemodialysis Treatment

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ABSTRACT

This report discusses an experience of taking care of a 17 years old patient with renal tubular sclerosis and uremia as well as describes the physical and psychological effects on the patient. The patient is introvert and his mother is high expressed emotion. The patient is feeling fear and hopeless because of not being able to go back school and lifetime dialysis. Nursing care was implemented from June 27 to August 15, 2017. Data collection was performed through direct caregiving, interviews, and chart review. Three major problems were identified: insufficient knowledge of hyperphosphatemia, disturbed body image, and sense of hopelessness. Based on these problems, nursing interventions were implemented. During the period, the table of foods with high phosphorous was used to teach the patient to limit phosphorous intake through using Facebook homepage of the smartphone. He carried calcium tables anywhere with him to resolve the problem of hyperphosphatemia. His mother knitted a wrist brace for covering the roughness and unevenness of the patient's skin caused by the arteriovenous fistula in order to promote the positive body image. In order to encourage the patient to face the present challenges and wait for the opportunity of a renal transplant, a positive-thinking slogan (Come on!) was posted from his classmates in LINE group. The patient joins the support group of hemodialysis in Facebook to get the sharing experience from others. The patient was relieved of fear and hopeless, became better able to self-manage his diet, sustain hope for the future, and improve her perception of body image. This care experience nurses as a reference to improve the quality of life in an adolescent patient with hemodialysis Treatment.

Keywords: adolescent with hemodialysis, nursing process

Associated Factors of Healthy Dieting among Patients with Type 2 Diabetes

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ABSTRACT

Background: Healthy dieting is the most difficult self-care behaviors among patients with type 2 diabetes mellitus. It is lack of literature about the factors related to dietary self-care behaviors.

Objective: The aim of the study was to explore the associated factors of dietary behaviors in patients with type 2 diabetes.

Methods: A cross-sectional study was conducted. The convenience sample, 240 patients with type 2 diabetes, was recruited from a medical center in southern Taiwan. The participants were interviewed with a questionnaire. The data was analyzed using SPSS version 22.0 Multiple regression was conducted.

Results: The results showed that men had better healthy dieting than women (p <.05), and patients with college degree (including vocational schools) maintained the healthiest diet (p <.05). There was a significantly positive correlation between dietary behaviors and age (p <.05), attitudes (p <.05), dietary self-efficacy (p <.001) and family support (p <.05). Environmental factors were negatively associated with dietary self-care behaviors (p <.001). Regression analyses showed that patients aged (β = .21, p = <. 01) and with higher dietary self-efficacy (β = .33, p = <. 001) had healthier dietary behaviors.

Conclusions: Health education for diabetes patients should be focused on groups of different genders, education levels, ages, dietary attitudes, and levels of self-efficacy. Family and environmental factors should be emphasized as well in health education to promote patients' dietary self-care behaviors.

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Meaningful activities and Communication topics of Taiwanese seniors

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Abstract

Background: Communication, meaningful activities, and social interactions are important to increase seniors' quality of life. Lacking meaningful activities and reducing social communication of seniors may lead to deterioration of cognitive function and depression. Care providers sometimes find it difficult to communicate with seniors and to generate meaningful activities for seniors. Limited information was provided in previous research about Taiwanese seniors' daily meaningful activities and communication topics and habits. Goals: The goal of this study is to provide information about communication habits, and daily meaningful activities of Taiwanese seniors. The information will support care providers to communication with seniors about topics related to them and to generate meaningful activities for seniors. Methods: 42 Taiwanese seniors aged from 65 to 90 years old (mean: 73) were participated in this study. All participants passed Mini-Mental State Examination. The researchers interviewed seniors on a one on one basis for about 20 minutes using a survey questionnaire developed by the authors. The questions in the questionnaire were about seniors' daily activity and communication routine, including partners, time, duration, and location. The researchers also elicited seniors to talk about interested activities and communication topics. Results: Interested activities and communication topics of Taiwanese seniors were listed and ranked. Percentages of activities, topics, and communication habits were analyzed. Result applications were discussed.

The Effectiveness of Nurses care outcome after Ventricular Assistive Devices in Surgical Intensive Care Unit

Li-Hua Lin

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Abstract

Backgroumd: Implantation of ventricular assist devices(VAD) therapy is the best bridge for patients with heart failure to wait for transplantation. But the integrity of postoperative care and the effectiveness of nursing guidance intervention are still lacking.

Goals and Objectives: The purpose of the study is to understand the effectiveness of VAD postoperative care performed by nursing staff before and after standardized protocol in surgical intensive care wards. Method: The design was single group, pre-and-post intervention measurement. The study object was nurses from surgical intensive care unit, the measurement tool was the VAD postoperative care cognitive questionnaire, the VAD postoperative care complete rate check table, and the SPSS software for data analysis.

Results: The results showed that the cognitive correctness rate of VAD postoperative care increased from 70.4% to 90.8% ($p < .05$)after standardized protocol, and the complete rate of VAD postoperative care also increased from 88.9% to 98.8% ($p < .05$). The results confirm that standardized work practice protocol make nursing staff perform care consistently, continuous monitoring mechanism effectively and improve the quality of patient care.

The effectiveness of health education program to improve ability diabetic foot among older people

Hui Ling Wang[a], Wen Hui Hung[b], Yu Ting Kao[b], Ting Jun Liu[b], Yu-Ling Deng[b], Li Qi You[b], Pin Fei Chen[b], Ting Juan Sun[b], Yi Fang Zhang[b]

Background: Foot care is one of the important items of diabetes care. Poor foot care may lead to amputation. The problem now is that the elderly lack knowledge about diabetic foot care, so the intervention of group health education is important.

Goals and Objectives: To understand the effectiveness of group health education interventions in learning of foot care among older people.

Methods: A single group was used to measure the intervention pre-post test. The questionnaire was used to understand the elders' knowledge, attitude and behavior for foot care. The object were 14 elders from a day care center in Kaohsiung, and the measures used included questionnaires pre-post test and satisfaction questionnaires. The teaching method in the process of health education is to use narrative method, model method, reply teaching method and question answering method.

Results/Outcomes: According to the statistical results of pre-post test, it was found that the post-test correct answer rate increased by 27% compared with the previous test. Among them, the elders had the highest knowledge answer rate for self-care for diabetes is the tenth question, "Shoes should be round and deep toe shoes, and wear them tightly, so that they will not be easily loosened and are safer.", from 26.6% to 60%；and the satisfaction survey shows 100%.

It is known from the results that the implementation of the foot care course of the diabetes group health education can effectively improve the diabetes care knowledge and ability of the elderly. It is hoped that the intervention of health education can enable the elderly to learn self-care for diabetes, and this result can be used as a reference for future nursing students to carry out health education measures.

Keywords: diabetes, foot care, group health education

Literature Review of Wound Nursing Care

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Abstract

Background

Skin is the first line of protection for humans and when it is hurt, the human body's mechanism will produce the defensive interventions to prevent the wound from bleeding or inflammation. However, when the defense of skin is broken, the wound will become infected that should be taken care of by the appropriate antibiotics and dressings. Nevertheless, the most common problem of wound care is to misdiagnose the skin problem in the hospital so that healthcare professionals have given the improper care of patient's wound. Consequently, the patient's life might become in the dangerous situation due to the lack of knowledge for the patient's skin care, resulting in deteriorating his/her wound.

Goals and Objectives

The purpose of this study was to review the wound care literature from the CEPS system to summarize the different types of wound symptoms, health problems, and the principles and interventions of wound care.

Methods

The authors have put the keywords "wound", "care", and "nursing experiences" into the CEPS website, resulting in 392 information being identified. When limiting the year from 2015 to 2019, the results showed 178 data and deleted 4 information from Mainland China with the total 174 articles. Additionally, the author deleted the 91 inappropriate and 12 repeated papers by following N3 and would care principles,

resulting in 71 articles. Furthermore, the author categorized the common symptoms, health problems, and the principles and interventions of nursing care by the different wounds.

Results/Outcomes

The results summarized 15 types of wound symptoms, including mechanical damage(avulsion/crack), trauma, postoperative wounds, fistula, burns, crush, cellulitis, necrotizing fasciitis, amputation, herpes, pemphigus, Steven-Johnson Syndrome, tumor and fungating wound. Symptoms of wounds consisted of the character, size, depth, shape, exudation, odor and health problems included pain, skin/tissue integrity impairment, difficulty swallowing, body image disturbance, anxiety, post-traumatic response, and low self-esteem. The principal and nursing interventions of nursing care for the wound included pain relief, wound cleansing, treatment of exudates and odors, taking antibiotics and high-protein nutrition foods, preventing infection, and promoting self-esteem and body image.

Correlation between consciousness and quality of good death in cases receiving hospice home care

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Abstract

Background: The definition of a good death is the integration of many concepts, including relief of physical pain and symptoms, meeting expectations and needs, in general accord with the patients' and families' wishes, affirmation of the life meaning and value, and experience of dignity and respect, and so on. In addition, holistic health care can help the end-of-life process achieve more comfortable status.

Objectives: To discuss the correlation between conscious level of patient while participated initially and quality of good death in cases receiving hospice home care.

Methods: We performed a retrospective study of patients with duration of receiving hospice home care who died at home or in nursing organization and statistical analysis with Good Death Scale was performed.

Results: A total of 68 patients receiving hospice home care were included. Mean Glasgow Coma Scale scores of patients participated initially was 12.90±2.82, and the average scores of Good Death Scale was 13.66±2.82 while settlement. There was a positive correlation between the above two scale score [r = 0.247 (p=0.043)]. Spearman's rho correlation coefficient was also a positive correlation [r = 0.347 (p=0.004)]. Both of p-value < 0.05 indicated statistical significance.

Conclusion: The clearer consciousness of patients while receiving is, the better quality of good death patients obtain. Therefore, referral to hospice care as soon as possible will have sufficient time to provide and assist patients to obtain better quality of good death.

The effectiveness of 24 classes of aerobic muscle strength training on bone mineral density in adults

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Abstract

Background:

Taiwan has entered into an aged society since 2018, and osteoporosis is a major issue for the elderly. Though many literatures have proven exercise can help strengthen bone mineral density (BMD) and delay the bone loss, building exercise habits is still a long way to go.

Goals and Objectives：

Let fitness instructor plan exercise course for adults which is easy to do at home by themselves in order to promote a healthy life style and awareness.

Methods：

Random sampling is adopted to pick 50 adults in our community without exercise habits. The average age of the experiment group and the control group is 45.56(SD=11.591) and 40.76(SD=10.564) respectively.24 exercise classes last for 12 weeks are integrated into the experimental group.

Results/Outcomes：

The pretest-posttest on bone mineral density of the experimental group doesn't show big difference while the control one shows degeneration. Though there's only insignificant improvement ($p>.05$), from the statistics we can see exercise intervention can help improve bone mineral density.

The Benefits of Life Story Picture Books and Artwork Group Activities on Elderly Residents under Nursing Home Care

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Objectives：To investigate the benefits of life story picture books and artwork group activities on elderly residents under nursing home care.

Methods：This was a quantitative case study involving “observers” as “participants”. 1.5-2 hours weekly, 12 weeks annually to complete their life story picture books and artworks. Through interviews by researchers and volunteers and resident’s self-reviews, the residents were encouraged to share their life experience via artworks (e.g. collage, apply color to cotton paper, pastel painting, watercolor thumbprint art, scratch art, etc.). This study used observational participation (observe the residents transforming their life experience from texts to individualized unique picture book artworks) instead of structural interview for data collection.

Results： The results showed (1)Self awareness and life integration: Use non-verbal communication to facilitate self-review and self reflection, express inner feelings and self-recognition by creative artworks; (2) Emotional relief: Relaxing, feel happiness, relieve anxiety and depressed emotions; (3) Self-recognition: Improve confidence and sense of achievement; and (4) Eliminate social isolation: Increase richness and joy of life, encourage active participation, and improve inter-person interactions.

Implications for practice： Self-review and life integration facilitate social and mental health of the institutional residents, and increase the richness and variety of lives in institution. Combined nursing practice and artwork activities offer warm, touching, creative, various and unique nursing care approaches.

Keywords (3-5 keywords): Nursing home, artworks, picture book of life stories, old institutional residents

Concept analysis of fear for preschool children's

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Background: Fear is one of human's innate emotional feelings, the definition and meaning of fear of the study were rarely published, inpatient pre-school children often misunderstand the reasons for hospitalization, as a punishment, and the emergence of fear, and cognitive development and response to stress skills limited, easy to cause great physical and mental stress and trauma.

Goals and Objectives: The purpose of this study is to carry out a conceptual analysis of the fear of inpatient pre-school children.

Methods: The concept analysis used Walker and Avant (2011) method, included definitions and features to illustrate and analyze the consequences of the causes, as well as to cite empirical reference data.

Results/Outcomes: The defined characteristics of pre-school children's fear include:(1)immediate fear; (2)psychological behavioral instincts; (3)the resulting behavior of an individual trying to escape or face, and the definition of "fear" and "afraid" as the difference between the two.The research in this article can help nursing staff to understand more specifically and correctly the fear of hospitalization faced by pre-school children due to illness and can be applied in nursing profession and clinically and provide a clear basis for theoretical development and research.

A Nursing Experience of Using Therapeutic Play to a preschool children's with Pneumonia

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Background: According to a report released by WHO in 2015, pneumonia is the leading cause of death from infection in children all over the world.The subject of this study is a preschool children hospitalized for the first time, who shows such reactions as crying, fear and resistance to unfamiliar environment as well as invasive treatment. How to relieve hospital pressure and treatment during hospitalization is very important.

Goals and Objectives: This article explores the effectiveness of nursing performed by using therapeutic play on the preschool children with pneumonia for the first time.

Methods: The nursing period was conducted from 14 April to 18 April 2018. Through observation, interviews, as well as direct care processes, and the applications of emotional cathartic play, guidance play, and physiological health promotion play,three nursing issues were identified: ineffective airway clearance, hyperthermia, and fear.

Results/Outcomes: Through therapeutic play, the design of different age group of health care (e.g. stereoscopic storybooks,role play), so that sick children clearly understand the process and purpose of treatment,in order to alleviate the unfamiliar environment and treatment of hospital scare and to increase their willingness for treatment so that the quality of heath care can be enhanced.Therefore, it is suggested that courses on the skills of implementing therapeutic play should be provided to pediatric medical staff,which will benefit the clinical applications of pediatric nursing care.

Nursing Experience With Providing Wound Care for A Adolescent With Chronic Granulomatous Disease

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Background:

This is an adolescents case of chronic granulomatous disease(CGD) with lack of self-management abilities experience, leading to infection and the wounds is deteriorating. Family-centered care and use of social resources to incorporate care plans intervention is important.

Goals and Objectives:

The article described a nursing experience for an adolescent of rare diseases, with CGD complication wound cellulitis**.**

Methods:

The nursing care duration was from May. 7th to May. 20th, 2017. The author collected data by observation, interview and physical assessment to identify nursing care problems, includes infection, lack knowledge of wound care and the health maintenance of diet.

Expected Results:

After teaching special wound dressing skills and caring knowledge, and also through the official website to teach patients and families continues update caring information were very important. At the same time, strengthen patient self-management skills can improve the problem of wound infections. This care experience has provided a reference for CGD cases in clinical setting.

Improvethe Community Adaptation of One Bipolar Patient: A Nursing Experience Applying Strengths Perspective

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[1 2] *Kaohsiung Chang Gung Memorial Hospital, Nursing Department*

Backgroud:

The cognition and attitude of bipolar patients and their families result in different drug adherence and treatment prognoses.Transform the problem-oriented care to an intervention which focusing on strengthening personal superiority may promote patients'willing and improve their interpersonal and family relationship.

Goals and Objectives:

The purpose of this case reportwastoreveala nursing experience of improving the community adaptation of one bipolar malepatient in our day care ward by using the strengths perspective.

Methods:

During the period from 1st January to 30th October 2019, we comprehensively approached to the bipolar male patient and his family by phone calls, face-to-face interviews and home visiting. We also evaluated the patient's major issues of community nursing care were violence risk, disorganized thought and poor medical adherence, respectively.We applied the strengths perspective by adoptingan equal attitude to establish partnership with the patient, and used merit evaluation to explore the advantages of himself, his family and community,rather than discussing pathological behavior.The community psychiatric nurse care also emphasized the patient'spotential and encouraged futurewilling. The above-mentioned nurse care successfully guided the patient's self-awareness, assisted him to confirm the problems, promoted his motivation to manage family and community life, and overcame the mood symptoms with maladaptive behaviors.

Result:

After ten months of intervention with the strengths perspective, we assisted the patient to receive treatment with better adherence and to modify the inappropriate behaviors of touching female. His temper tantrums and tense family interaction were improving.His function was enhanced and he couldplayafamily role of being his mother's caregiver.

This case report suggests the strengths perspective of community nursing care can help bipolar patients to stabilize their symptoms and promote ability of family and community adaptation.

Keywords: strengths perspective,bipolar,family community adaptation

The effect of diabetic foot care education programs for the elderly in the day care center

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Background :The elderly population accounts for more than 40% of all diabetic populations. Of the complications of diabetes, foot-related lesions are the most common. Poor care of foot can cause severe necrosis and amputation. Therefore, foot care is a very important issue.

Goals and Objectives : To investigate the effectiveness of group health education program for foot care for the elderly.

Methods : pre-test and post-test design. We provide 40-minute health education for 15 elders in the day care center. The teaching methods include narrative method, model method, question answer method, reward answer method and reply teaching method.

Results/Outcomes :Based on pre-test and post-test results, the average answer rate of the elders in the pre-test is 50%, and the average answer rate of the post-test is 60%. In addition, the correct answer rate of the post-test is increased by 10% compared to the previous test Effectiveness.

Conclusion: Diabetic foot care education programs can increase elders' cognition, skills, and attitude of diabetic foot.

Keywords: Diabetes, Foot Care, Foot Exercise, Wound Care, Education programs

The effectiveness of a group health education in fall prevention

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Research Background:

Fall may cause physical injury, or even death in the elderly. The rate of fall-related deaths increases with age.

Purpose of study：

To explore about the effectiveness of group health education in preventing fall.

Research Method：

Group health education was conducted for 30 elders in a day-care center in Kaohsiung, and the methods of pre and post-test, rewarded answering, and reply to teaching were used to understand the elders' knowledge and skills improvement of fall prevention, as well as the effect of attitude change.

Results/Outcomes：

The statistical analysis shows that the correct answer rate of the question is 81% in the pretest, and the correct rate of the posttest is increased to 94% after the health education. This shows that the health education is effective for the elderly, and it will continue to support fall prevention education for improving the public's knowledge about fall prevention.

Keywords: fall prevention, group health education, elderly

2020 International Healthcare Conference

Extraction and Healthcare Application of Cinnamon Leaf Pure Dew to Elderly Persons

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Abstract

The steam distillation method was used to extract the pure dew of cinnamon leaves, and the percentage of essential oil content was determined. Cinnamon leaves essential oil and pure dew were applied to health promotion products for elderly persons.

Background: Cinnamon leaves from Taiwan have anti-inflammatory, antibacterial, anti-oxidation, inhibition of cancer cell growth, and uric acid lowering activities. The crude extracts of the cinnamon leaves were designed to implement activities for elderly persons to promote health and well-being.

Goals and Objectives: Using steam distillation to extract Taiwan native cinnamon plant. We have determined oil content of the cinnamon leave pure dew. Five products of the cinnamon leave pure dew were designed to implement activities for elderly persons

Methods: We obtained *Cinnamomum Osmophloeum* Kaneh from Kaohsiung, Taiwan. Preparation of the pure dew from cinnamon leaves by steam distillation method. Determination of the oil content of the pure dew. The cinnamon leaves pure dew was applied to health promotion activities of elderly people.

Results/Outcomes: Optimum extraction conditions of pure dew of *C. Osmophloeum* using steam distillation were established. Elderly health promotion products, including "Healthy Cinnamon Drink", "Cinnamon Mosquito Repellent Liquid", "Cinnamon Anti-Frizz Shampoo", "Cinnamon Moisturizing Lipstick" and "Cinnamon antibacterial hand-made soap" were practiced to the aboriginal elderly.

To improve the accuracy of the cervical smear specimen delivery process in obstetrics and gynecological clinics

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Abstract

Background: The collection and transportation of specimens after a Pap smear is an important task, with any errors affecting diagnosis and treatment of patients. According to statistics, 4,991 specimens were sent out in the obstetrics and gynecology clinic from January 1, 2019 to July 7, 2019. Eighteen specimens were returned, and the rejection rate was 0.36%. Therefore, we hope to improve the specimen delivery process through improvement and staff training, thereby improving and reducing the specimen rejection rate.

Goals and Objectives: The overall plan of the cervical smear procedure is to reduce the rejection rate of specimens from 0.36% to 0%.

Methods: According to the "Procedures for the Management of Pathological Examinations and Inspections", checklists were developed, and data were collected and analyzed by observation methods. The targeted criteria included procedures, software and hardware equipment, and staff awareness; consequently, we commenced carrying out improvement programs, formulating standard operating procedures for smear specimens and templates for specimen collection, and arranged education and training for the entire process.

Results / Outcomes: 1. The correct packaging of the cervical smear specimen reached 100%. 2. The integrity of the cervical smear specimen transportation process reached 100% post-implementation of the project.

Historical and Cultural Characteristics of Long-term Care at Mennonite Christian Hospital, Hualien, Taiwan

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Abstract

Background: In order to satisfy the needs of the rapidly aging population of Taiwan, Mennonite Christian Hospital in Hualien as a private sector to provide long-term care services has been deeply involved in the community care system of Hualien County.

Goals and Objectives: MCH has made prominent contributions to remote areas in Hualien and developed its characteristics of care. This study, hence, aims to investigate the history and background of MCH and the characteristics of care for aboriginal inhabitants.

Methods: This study uses observation as its main method of research. During the two weeks of visit at MCH, the researchers had an opportunity to observe the home care of elderly. The researchers try to describe its characteristics and how it is different from that in the urban areas.

Results/Outcomes: While working with seniors in the community, the MCH staff have to consider their cultural backgrounds and values in order to design individualized care service and activities. The results can be used by educators to remind nursing students how culture influences on-site care service. The stories and core values of MCH may be integrated into literature courses or life education to set models for the students and develop their empathy. Besides, multicultural issues may also be emphasized with local, aboriginal cultures. They will learn that respect for each other's culture is the key to communication and will lead to better patient-nurse relationship in their future career.

Effect of Board games Design in the elderly population

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Abstract

Background: An aging society gives rise to a lot of elderly related issues - elderly face decreasing physiological function which causes fear of going outdoors, which then worsens both physical and mental deterioration. Board games can bring energy and decrease the aging process - games that train the brain can increase blood flow to the organ and decrease memory deterioration.

Goals and Objective: To understand the current usage and limits of board games as they apply to the elderly population.

Methods: Semi-structured interviews were conducted with a focus group of professionals. These interviews were then transcribed and examined using content analysis.

Results: 10 professionals were interviewed. Three key points were identified in designing board games. 1)Suitability: The games should meet the physiological, mental, and social requirements of the elderly. For example, games should have saturated colors with larger contrast to help the elderly see components clearly, the content of the game should take into account the values and life experiences of the elderly. This would then allow them to connect their experiences and thoughts as they learn to solve problems. 2)Time: The games should be designed to take about 45-60 minutes. 3)Awareness of self and respect for others: enjoyable games would increase the elderly's motivation to participate, ability to concentrate, and sense of competition, increasing their social interactions.

Conclusion: With lack of leisure activities, deprived of mental and physical stimulation, a viscous cycle of deterioration in capacity is formed. To improve the lives of the elderly, designing a variation of board games and training professionals to lead these activities would go a long way in improving the quality of life or the elderly.

Effectiveness of elders' knowledge and skills about strength training through group health education

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Abstract

Background: Strength training can slow down the aging process, increase muscular endurance, improve limb coordination and effectively prevent falls, thereby improving the quality of life of elders.

Objective: The purpose of this project is to understand the effectiveness of elders' knowledge and skills about strength training through group health education.

Method: The subjects were 30 elders from a Day care center in Kaohsiung, over 65 years old. Group health education is carried out with ppt, narrative method, demonstration teaching method, game teaching method, and rewarding methods to promote elders to understand the related skills of muscle training. The KPI effectiveness is evaluated before and after the health education.

Results: According to the results of this strength training education, the elderly don't know much about that before they are educated. After the education, the rate of correct answering for strength training increased from 20% to 60%, indicating that the health education intervention is indeed effective.

Conclusion: Strength training and related health education intervention have many advantages to the elders. It is suggested that they can be organized in the future to improve the physical function of the elders and prevent falls.

Keyword: strength training, group health education, elder

Salfasalazine in Uveitis: a meta-analysis

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Background

Acute uveitis is common condition caused by a variety of diseases, including autoimmune diseases, infectious diseases, injuries, and malignant diseases. Recurrences of uveitis can lead to irreparable damage to the vision accuracy. Recurrent uveitis should be treated with appropriate drugs to avoid damages.

Method

We reviewed the articles in years between 1995 and 2018 with the keywords of salazosulfapyridine or sulfasalazine and uveitis to evaluate the efficacy of Sulfasalazine treatment in patient with uveitis. A systematic review and meta-analysis were done using updated data on individual patients from all available case-controlled trials that compared salfasalazine with placebo. The databases were including Google scholar, Pubmed, and EMBASE

Result

The 2 case-controlled compared trials was included from 55 articles in the databases of Google scholar, Pubmed, and EMBASE. Data for 48 patients from these 2 case-controlled trials were included. Overall, the results showed slight reduction of annual relapse rate in the SSZ treatment group with a mean difference of -0.69 (95% Cl -1.39–0).

Conclusion

This small improvement in annual relapse rate in the patient with uveitis from salfasalazine encourages further study of drug treatment of these condition.

Exploring the Use of Community Long-Term Care Services among Elderly with Disability in Rural Areas of Southern Taiwan

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Abstract

Background: The elderly with disability in rural areas of southern Taiwan have a low utilization of community long-term care services. The relevant literature is limited.

Objectives: The aim of the study is to explore the use of community long-term care services among elderly with disability in the rural areas of southern Taiwan.

Method: This cross-sectional and correlational study is designed using convenience sampling (n = 100). The participants were recruited from three districts which contain eight villages in rural areas of southern Taiwan from January to June 2019. Data was collected from the questionnaire which the participants were asked to complete.

Results: Of the 100 survey respondents, day care services are utilized the most. Utilization of day care services in predisposing factors: Participants with higher age utilize day care services more (p=.002). Participants who are widowed, divorced, separation, and single, were more likely to utilize the services (p=.009). The older adults who have more knowledge of day care services are more likely to utilize the services (p<.001). Enabling factors: Participants who lived alone have higher utilization of day care services (p=.004). Participants who have low social participation are more likely to utilize the services (p=.017). Participants who receive the services show less interactions with family and friends (p=.003). Middle- and low-income families were more likely to utilize home care (p=.014). Need factors: Participants who think the services met their needs are more likely to utilize the services (p<.001).

Conclusion and implications: Future need to promote the long-term care services to elderly with disabilities in rural areas. The policy makers can use the findings as a reference to promote the rescores of long-term care services and simplified the access of the services to increase the utilization among disabled elderly in rural areas.

Nursing experience of a solitary living middle-aged man with family dysfunction

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Abstract

Background:

The paper is about the nursing experience of a solitary living middle-aged man who stayed in the intensive care unit for suffering from heart failure and pulmonary edema. Over the nursing period from January 14 to February 1, 2018, we found that there are no family to care him. Therefore, we established a health problem in Family process dysfunction.

Goals and Objectives:

Through multidisciplinary teamwork and discussion, as well as arrangement of family meeting, his family members were guided to participate in companying and caring for the patient in order to achieve a wellness model for both the patient and his family.

Methods:

The researcher collected related information through open-ended interviews, observation and physical assessment, encouraged the patient to express his feelings on his mind with actively listening and caring in the nursing process and made overall evaluation and analysis in the aspect of physiology, psychology and spirit.

Results/Outcomes:

After the case was transferred from the ICU to the ward, seeing the mother and brother took turns to take care of the case in the ward, and accompied the case to execute the exclusive "Limited Water Diet Plan Form" and "Schedule of Cardiac Rehabilitation Exercise Plan". After discharging form the hospital, finally he fulfilled his hope to live with his family.

Understanding Determinants of Health Care Professionals' Perspectives on Bidirectional Referral System Continuance and Performance

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Abstract

Background: Referral systems aim to drive the functions of each medical department in the regions where they are implemented, as well as to achieve the hierarchy of medical care by means of reimbursing outpatient fees in tandem with the bidirectional referral systems. With respect to the development and introduction of bidirectional referral system, the implementation of complete technical evaluations and planning and the appraisal of health care professional (HCPs) in regard to the usage of the system are important issues.

Objectives: This study aims to investigate factors influencing the continuing use of bidirectional referral system and individual work performance from the perspective of HCPs.

Methods: A questionnaire survey was used to collect data from HCPs who were experienced in using bidirectional referral system of a Taiwanese teaching hospital. 101 valid questionnaires were returned (66.4%). The collected data were analyzed using the WarpPLS 6.0 software.

Results: The results revealed that bidirectional referral system continuance (R^2 =.506) was mainly affected by perceived usefulness, trust, and user satisfaction, whereas individual performance (R^2 =.401) was affected by bidirectional referral system continuance. In addition, user satisfaction (R^2 =.548) was affected by confirmation and perceived usefulness of bidirectional referral system, whereas perceived usefulness (R^2 =.521) was affected by confirmation and ease-of-use. The individual work performance generated from the use of the bidirectional referral system are as follows: the system effectively improved the exchange of information between medical teams, completed bidirectional referrals in a more efficient manner, and enhanced the patients' quality of continuous care. The results can also serve as a reference for improving systems, promoting seamless medical information flows, and developing niches with regard to the hierarchy of medical care.

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Title: Navigating through the complex healthcare system: lived experiences of patients with idiopathic pulmonary fibrosis

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Abstract

Background: Worldwide, the prevalence of patients with idiopathic pulmonary fibrosis (IPF) has been increasing over the last ten years. There is an increased financial cost of IPF treatment and poor diagnosis with a median survival rate between 3-5 years from the time of diagnosis to the death. Patients with IPF often experience ongoing symptoms of dyspnoea, dry coughs, sleep disturbance and emotional distress, which often result in loss of independence and restriction of daily activities. The diagnosis and management of IPF patients often remain as a challenge for clinicians. **Aim:** This study aimed to explore the lived experiences of the disease journey and care needs of patients with IPF. **Methods**: A phenomenological approach was used to guide this study. A semi-structured face-to-face one on one interview was conducted with a purposive sampling of sixteen IPF patients in a respiratory unit of a tertiary hospital in Beijing, China. Qualitative data was analysed using thematic analysis. **Results**: Thematic analysis of the participant narratives uncovered four main themes, including the long and confusing journal to reach diagnosis, living with the disease, understanding the disease and treatment, and desire for continuity of care. **Conclusions**: The findings offer an in-depth understanding of the lived experience of the disease journey and the care needs in patients with IPF. There is an urgent need to enhance the care delivery to this vulnerable population. To meet the health demands of IPF patients, it is important to develop effective education programs for health professionals and IPF patients as well as to improve the care models of healthcare systems, especially in the remote area in order to enhance the principle of continuing care for IPF patients in the communities.

The Long-term Care Insurance system for the elderly in Japan

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Abstract

Background: As of 2015, Japan's population was 127.1 million, and although the population is declining, the elderly population is on the rise. Under these circumstances, the Long-term Care Insurance system was launched in April 2000 as a scheme for society to support the elderly, over and above the regular medical insurance program. Goals and Objectives: This report describes Japan's elderly population, the current status of the Long-term Care Insurance program, and discusses the issues Japan will face in the future. Methods: We analyzed changes in the elderly population, the aims of the Long-term Care Insurance system, current status of the service structure, and the changes in the number of certified persons (recipients) and their financial status based on materials compiled by the Ministry of Health, Labour and Welfare. Results/Outcomes: The population aged over 65 was 33.5 million in 2015, it had more than doubled to 1990 level. Meanwhile, the ratio of the elderly to the total population increased from 12.0% in 1990 to 26.6% in 2015. The number of certified persons has increased steadily from 2.18 million in 2000 to 6.44 million in 2018. The total cost for the insurance system has increased from 3.6 trillion yen in 2000 to 10.3 trillion yen in 2016. Discussion: Japan's population over 65 will increase, and also see a decline in the working-age population (aged 15 to 64), supporting the growing needs of the elderly will become a major social issue for the workforce. Long-term Care Insurance costs will see the largest growth rate, creating a new scheme for society is critical where those affected can live independently and according to their wishes while still keeping contact with their communities.

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Title

Impressions and expectations of overseas students participating in the IPE Seminar in Niigata University of Health and Welfare -From the free description of the seminar

Matsui Yumiko

Niigata University of Health & Welfare

Abstract

Background

Recently our university has been collaborating with university students from abroad to do IPE seminar together. Now, in addition to the Philippines and Taiwan, there are many foreign participants from Malaysia, Sri Lanka and Vietnam, so the number is increasing. In 2018, 14 students, from the Philippines and Taiwan, participated.

Goals and Objectives

In order to perform meaningful activities at IPE seminars for overseas students, an annual survey is needed to know what they want to improve about their groupwork.

Methods

A questionnaire (Japanese and English versions) was distributed to all students on the last day of the seminar and collected after the seminar meeting. The distribution was 150 cards, the collection was 109, and the collection rate was 72.7%.

Results/Outcomes

Overseas students commented that the seminar was meaningful, and the faculty members and students were kind. They surprised that students of various occupations had a great deal of support for the patient and caregiver. But some students commented that there were many unclear points such as location and time because they could not participate in the orientation, so it was necessary to prepare for overseas participants by sending them electronically in advance.

The Effect of Aloe Vera Gel on Prevention of Pressure Ulcers

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Abstract

Background

Aloe vera gel has protective effect on skin and mucous membranes so it is often used topically to improve blood circulation, to decrease cell damage and to accelerate skin healing.Recent studies indicate that aloe vera gel not only promote wound healing but also prevent pressure ulcers.

Goals and Objectives

The study aimed to explore the effect of aloe vera gel on prevention of pressure ulcers through evidence-based practice.

Methods

The answerable clinical questions using PICO should be formed based on steps of evidence based practice and Chinese and English keywords and synonyms were 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 Nov, 2019.

Results/Outcomes

The SR collecting 23 trials showed the aloe vera gel had statistically significant effect on prevention of pressure ulcers and healing of skin wound compared with the control group. The RCT was a randomized, triple-blind clinical trial. The result showed that the incidence of pressure ulcers in the intervention group was lower than the control group and reached statistical significance($p=0.047$). The incidence of pressure ulcer in intervention group was 5.1%, and the one in control group was 21.1%, NNT=7. The SR and RCT revealed aloe vera gel could prevent pressure ulcers effectively. Therefore, it is important to offer information regarding evidence-based preventive care to the families and patients who are at risk of pressure ulcers.

Nursing Care Experience of a Patient who Diagnosed with First Stake

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Abstract

Background：

Stroke is the third leading cause of death, produces the greatest number of hospitalizations for neurological disease. Up to 50% of stroke patients have some functional disability within 6 months of an ischemic stroke event. This article describes the experience of caring for a 64-year-old male who was admitted to hospital due to having an ischemic stroke attack and reduced physical function for the first time.

Goals and Objectives：

A nursing care plan objective were to provide disease-related knowledge, which included strengthening self-confidence in rehabilitation, increasing self-care ability through health education and improving skills in daily life, reducing dependence towards life to reduce stress perceived.

Methods：

Through the data gathered, interviews, active listening, physical assessment, and medical record review were analyzed to identify the patients' health problems, including impaired physical mobility and its induces related main stressors.

Results/Outcomes：

The care experience found that nurse staff provides a proper nursing intervention that can improve patients' self-care ability, reduces patient-perceived stress among the first stroke attack.

The effect of exercise on physical functional performance of older adults in long term care facilities: a meta-analysis

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Abstract

Background: Average 5 years of sitting-style life, about 7% of men and 12% of women have at least one physical functional action showing a decline. Exercise is commonly used to refer to physical activity performed during leisure time, improve or maintain physical function performance or well-being.

Purpose: To explore the effectiveness of exercise on physical function performance in older adults.

Methods: Systematic review with meta-analysis was conducted of randomized controlled trials published up to December 2017. Using computer-based searched five databases including Medline, CINAHL, PubMed, Google Scholar and Airiti Library (CEPS). Using the search terms such as exercise, older adult, physical activity and long-term care facilities. Quality assessment was undertaken using a modified form of the Sackett and the Jaded scale.

***Results*:**In seven studies medium- to high-quality randomized controlled trials were selected, Meta-analysis showed that exercise was measured in the studies that included 784 participants. The countries of studies included Sweden Canada, Spain, and Taiwan. The exercise interventions on the physical function performance (95% CI: -0.155 to 0.277, Z= 0.553, p =0.581). The selected articles had high heterogeneity (I^2=28.932, p=0.207).

Conclusions: This systematic review demonstrated that exercise is significantly effective on strength, balance, walking speed, and endurance in the LTNH older adults. The effects on upper extremity muscle strength and activity of daily living were inconsistent. It is recommended that future studies should target for more explorations of the characteristics of the LTNH older adults, it is important to consider the baseline physical functional and demand in implementing proper intervention programs and assessment tools.

A Project to Promoting the Academic Completion Rate in Emergency Nurses

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Abstract

Background: When professional nurses are systematically trained to improve the quality of clinical care, patients' satisfaction along with the medical service should also increase; especially for those patients who suffer complex and severe diseases and are hospitalized after emergency treatment. Although academic research is one of the important professional competences in the clinical ladder system, few nurses still proactively exploiting reports or related training courses.

Goals and Objectives: The aim of this study is to improve the nursing staff academic competence in an acute care unit.

Assessment Methods: Between 2016 to 2017, the completion rate of the clinical ladder program was 16%. The reasons identified during analysis were: lack of motivation to achieving clinical ladder, lack of abilities in literature researching and reviewing, lack of the preceptor to instruct writing without colleagues to complete.

Results/Outcomes: The study is performed from 2018 to 2019, which included holding literature research education, arrange one-on-one preceptor to instruct nursing staff, and perform regular review to ensure the project is implemented. The result showed that nursing staff academic reports completed rate was improved to 68.6%. Aside the project effectiveness, nursing staff could master self-learning progress, and the managers could also monitor completion progress at any time. This implementation should improve professionalism and increase the confidence of nursing staff in service delivery as well as improving clinical care quality.

Using evidence to discuss the effectiveness of health education intervention to improve cancer screening detection rates

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Kaohsiung Medical University Hospital, Kaohsiung, Taiwan

Background: According from the Ministry of Health and Welfare in 2018, cancer is still the top ten cause of death. In addition, the National Health Service of the Ministry of Health and Welfare, there are the convenient way to survey caner. It is necessary to strengthen the public's awareness of cancer screening and the concept of early detection and treatment. The health care workers can give relevant information through the professional image of the relationship. Cancer prevention and treatment policies for current and early treatments not only improve survival rates, but also effectively reduce cancer mortality. **Goals and Objectives**: To explore the effectiveness of health education intervention to improve cancer screening detection rates in an empirical way. **Method**: Through empirical methods, six Chinese and English databases, including Huayizhong Library, PubMed, CINAHL, WOS, ProQuest, Cochrane Library and other databases using keywords for health education were searched, using the following criteria:(Education, Health education, Intervention teaching), cancer screening search (Cancer screening, Cancer Early detection); Limited publication time being 5 years - 13 articles were included. **Results/Outcomes**: Nine RCT findings suggest health education interventions could increase public awareness of cancer, disease screening knowledge and attitude, but one study also mentioned that individual behavior was a factor. Three SR and 1 case control study also showed effectiveness in promoting people's willingness to undergo screening.Through intervention measures, people's awareness and knowledge about cancer screening could be improved; however, the actual implementation of screening activities still relies on follow-up supervision and advice from medical staff, which can effectively promote the behavior of engaging in screening to achieve higher cancer detection rates.

A concept analysis of Postpartum fatigue

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[2] Assistant Professor, School of Nursing, Fooyin University, Kaohsiung, Taiwan

Abstract

Background: Postpartum fatigue is a common postpartum discomfort. It affects not only the maternal daily life, physical and mental health, but also affects postnatal rehabilitation, maternal role competence, and maternal-child attachment.

Purpose: The present paper conducts a concept analysis of Postpartum fatigue.

Methods: The author used the Walker and Avant conceptual analysis model to clarify the definition of Postpartum fatigue, to determine the defining attributes, to construct model, related, borderline, and contrary cases, and to identify antecedents and consequences.

Results/Outcomes: The defining characteristics of the Postpartum fatigue are as follows:(1)Postpartum women's subjective feelings, including physical, psychological, contextual, and environmental changes; (2)Postpartum unpleasant experiences; (3) Unbearable fatigue and exhaustionduring Postpartum.

Conclusions/Implications: The postpartum fatigue concept analysis confirms the multifaceted nature of postpartum fatigue and the clinical issues that need to be taken into account.Moreover, clearer interpretation of postpartum fatigue offers a comprehensive approach to understanding maternal emotional health during the postpartum period. It helps to improve the understanding of postpartum concept by medical staff and evaluates, also makes recommendations for nurses involved in practice, research, and health policy.

Key words: Postpartum fatigue, concept analysis

Community Health Assessment: A Study of Yongfang Village.

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Research background: Each community has individual health needs due to its different population and geography. Therefore, it must be understood through community assessment and used as a reference for subsequent improvement.

Research purpose: To identify the health issues of Yongfang Village, and understand the needs of the people in the community through community health assessment.

Research methods: Data collection was conducted through windshield surveys, literature surveys, and questionnaire surveys to understand the feelings of the people and the problems in the community. By using Goeppinger to determine the priority of community health issues.

Research results: According to the results, the top priority issue was air pollution, with a total score of 243 points, followed by was unsafe traffic (237 points), poor eating habits (190 points), and insufficient dynamic activity (125 points).

Conclusion: Through community assessments to understand community issues, and look forward to serving as a reference for future improvement to help community issues to improve.

Keywords: Community, Health Assessment, Goeppinger

Poster Presentation III

Effects of Chemotherapy for Early Lung Cancer Based on SDM Model

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Abstract

Background: For stage IB patients with early stage lung cancer, adjuvant chemotherapy is needed after surgery, but often hesitant or even unwilling to treat. With the aid of this tool, in addition to increasing the patient's willingness to treat and achieve good two-way communication Benefit and purpose.

Goals and Objectives: Early stage lung cancer Stage IB cases use this tool to provide clinicians with reference through empirical data, which can clearly provide patients with treatment options to prevent relapse and prolong survival.

Methods: After operation doctor informs patient can choose oral or injection chemotherapy , then calls coach to use SDM assistive tools, analyzes the advantages and disadvantages two medical options then confirm decisions. Finally, collected questionnaire before and after using the SDM model, about satisfaction, understanding, medical decision.

Results/Outcomes: In 2018 ~ 2019 ，9 cases were received, after using SDM model, satisfied were 87.5%, understood were 100%, Patient make a medical decision 100% .Based on this PDA, one patient selected oral chemotherapy for 107 years. Eight cases in 108 were choses with oral chemotherapy drugs.

2020 International Healthcare Conference

Healthcare Development of Natural Chinese Herbal Medicine Dyes for Hair Dyeing

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Kaohsiung, Taiwan

Abstract

In recent years, the trend of consumption of hair-related products has gradually turned to natural and green, and products that require the addition of herbal ingredients have become the fastest growing items among them. A variety of natural herbal pigment dyes have been extracted and applied for hair dyeing.

Background: General hair dyes contain certain harmful chemical components, such as diaminotoluene, dinitro-p-phenylenediamine, aminodinitrophenol, etc., which can cause cell chromosome aberrations, and some people will have allergic reactions.

Goals and Objectives: Chronic accumulation from long-term use of general hair dyes may induce cancer. Chinese herbal medicine is used for dyeing hair. It is safer to use Chinese herbal medicine for hair dyeing.

Methods: Weigh 100g of various Chinese herbal medicines into ethanol. Soak for 5-7 days and concentrate under evaporator, respectively. Add henna and water into various concentrated extract, heat and stir evenly. Dye the grey hair using the solution. After soaking, rinse with water to observe and record the color change of the grey hair.

Results/Outcomes: Henna, its main component is 2-hydroxy-1,4-naphthoquinone, and it also contains an indigo component, which can be combined to produce a black dye. The anthraquinone compound contained in *Polygonum multiflorum* belongs to an organic dye, which has better coloring effect. The curcumin extracted from turmeric is dyed bright red under alkaline conditions, yellow when acidic, and brown when iron salts are formed. The curcumin extract can be used for yellow hair dyeing.

Construction of Emergency Nursing Information Decision Making System and Evaluation of Its Value in Nursing Education

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Background: Emergency caregivers who are first-line caregivers need to assess the condition of the patient in a short time. And they will to provide the correct and prompt medical care to reduce possible disability and death for patients. However, such professional decision-making ability is a result of the accumulation of many clinical experiences, which is difficult for the first-time learning for nursing students.

Aims: The aims of this study were to development of an app for emergency care information decision-making system and examine the effectiveness for nursing students.

Methods: The two phases were carried out. The first phase was to develop the emergency care information decision-making app system. The expert content validity was conducted. The second phase was the quasi-experimental design. The convenience sampling for students who have taken the emergency nursing course and agreed to participate (experimental group n= 22, control group n= 39). Experimental group received the 2 weeks emergency care information decision-making app system but control group none. Data collection the case analysis tests, and nursing core literacy questionnaires were given before and after intervention.

Results: The expert content validity index (SCVI) of the emergency care information decision app system is .82 to.89, which has good validity. The results showed the statistically significant differences of core literacy scores in basic medicine (t=-3.011, p=.004), nursing ability (t=-2.578, p=.012), critical thinking (t=-2.226, p=.030), total score (t=-2.700, p=.009) and the case analysis test score (t=7.419, p=.000). The average satisfaction of the experimental group of the emergency care information decision-making app system was 4.82 (easy to use) and 5.52 (usefulness). This emergency care information decision-making app system can help the nursing students to learn. It is having the convenience, complete and in-depth, and guiding critical thinking and auxiliary clinical practices.

The Use of Elastic Socks among Adult with Preventing Deep Vein Thrombosis : A Systematic Review

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Background: Symptoms of deep vein thrombosis(DVT) include chronic leg pain, swelling, and may develop fatal complications such as pulmonary embolism. However, how to confirm the effectiveness of elastic socks, strengthen the patient's willingness to adhere, in order to reduce comorbidities and improve the quality of life.

Goals and Objectives: A systematic review on the effectiveness of elastic socks in preventing deep vein thrombosis.

Methods: A systematic literature review was performed from 2014 to 2019, searching PubMed, The Cochrane Library, Cinahl, and CEPS databases. Enter the synonyms or related words of the keyword “elastic compression stockings” , “deep vein thrombosis” , and then use the Boolean Logic to search the database. After reviewing the exclusion criteria, a total of 1 literature met the exclusion criteria.

Results/Outcomes: This systematic literature review included a total of 1 literature, 1a levels of evidence. A total of 11 RCT were included in this literature, of which 9 RCT were used for meta-analysis. The results showed no significant adverse reactions were reported, no DVT occurred, and no serious events (pulmonary embolism or death) were reported. The effectiveness of using elastic socks cannot be evaluated at this time, and in the future a lot of randomized controlled trials are still needed to prove the results.

The Effects of Receiving Oral Function Training for an Stroke Elder Wth Nasogastric Tubes

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Second Name: Chiung-man Wu, Associated professor

Country : Taiwan

Abstract

It is estimated 19-81% of stroke victims experience swallowing difficulty and speaking problems after a stroke. Around half of them might improve during the first seven days；however, 11-13% of stroke victims still have both troubles after six months of stroke. Untreated swallowing and speaking problems often causes victims have troubles of food intake and communication. After a long term period, victims often have nutrition problems and trouble of relationship with other persons.

This paper shared the experience of caring a 68-year-old male stroke victim who had swallowing difficulty and speaking troubles and had a Nasogastric tube (NG) tube discharged to home. After having a series of oral functional training, and having proper type food and dinning training from a home care nurse, the victim was successfully removed his NG tube. The training included 5-10 times/day and 10 minutes/time of vocalizing and oral function training. In addition, choosing appropriate dining tools, proper position and having proper type and ingredients of food, and training the caregiver preparing appropriate food and suitable feeding skills were important training strategies. After three months of training, the victim gradually had his food from NG switching to oral and his NG tube was removed at the third month after discharge.

Nursing experience about loneliness in a elderly person living alone by using Swanson care theory

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PhD,RN,Assistant Professor,School of Nursing ,Fooyin University, Taiwan[2]

Abstract

Background:

Ther is an elderly elder who has become lonely because of her widowhood. It is important that how can we help the widowed elderly living alone to walk out of loneliness, re-establish life goals and meanings, improve their adaptation to life, and improve the positive emotions of the elderly to achieve a better life.

Goals and Objectives:

The article describes an example about nursing care experience by using of Swanson Care theory, to improve the loneliness of an 82-year-old women because of her widowhood.

Method:

The care time was from April 2nd to June 2nd, 2019. The authors identified care issues through observations, interviews, and physical assessments.

Results/Outcomes:

Use a holistic assessment to understand the situation of the physical, psychological, intelligence, society and embarrassment of the case, and to establish health problems such as anxiety, potential risk of loneliness and risk of falling, and to demonstrate effective communication and interpersonal skills, and then establish good therapeutic interpersonal relationships.By providing supportive and practical care through care, understanding and companionship, build a sense of self-confidence and empowerment, enable them to achieve self-care, reduce loneliness and anxiety.

Preliminary Study on Stroke Care Learning Experience for Nursing Students by Stroke Simulation Experience Camp

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Background: Chronic diseases are a common phenomenon in modern civilization, long-term care is urgent; and how to take care of chronic patients with stroke and delay the deterioration of the disease is something that clinical nursing students cannot ignore.

Goals and Objectives: This article explores the learning experiences and feelings of nursing students in stroke case care through role playing.

Methods: Using qualitative research method, taking 58 nursing students in a junior college as the sample. Through the "stroke simulation experience camp", the limbs of the nursing students are tied with joint restraints, crutches, gloves, wearing heavy vests, slippers, and after experience the inconvenience of everyday situations, write down experiences and share experiences. After informed consent, the content analysis method was used for data analysis.

Results/Outcomes: Summarize two themes (1) Empathy: 1. adjustment of physical changes 2. load of daily life 3. empathy for compassion (2) Core competence: 1. ability to solve problems 2. application of basic medicine 3. professional ethics literacy. By sharing the experience of role-playing in the stroke simulation experience camp, it helps nursing students to be closer to patients when learning to care for stroke patients, and to better understand their inconvenience caused by stroke, and to promote the interest of nursing students in the care of chronic diseases and invest in the field of long-term care in the future.

Keyword: Stroke Simulation Experience Camp, Nursing Students, Stroke

Cancer Patients Applied Shared Decision Making by personal digital assistant for Choosing their Chemotherapy Treatments

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Abstract

Background: Shared decision making (SDM) is the process through which patients and their medical provider mutually explore therapy goals, risks/benefits, and treatment options regarding medical care. Decision-aids are tools to help with the values clarification process and assess decisional needs and potential decisional conflicts. For short-term treatment of cancer patients, Patients and medical providers are troubled by choosing peripherally inserted central catheter (PICC) or Port-A . Therefore, by developing this personal digital assistant (PDA) tool , patients can understand the implantation methods of the pipeline .

Objectives: To develop and assess acceptability of a decision-aid for suitable infusion circuit

Methods: When the medical provider have arranged a treatment plan and decides to start short-term chemotherapy infusion,.Patients who need to undergo short-term chemotherapy be provided PDA to refer to the choice of injection circuit. Then calls counsellor to use SDM assistive tools, analyzes the advantages and disadvantages two medical options then confirm decisions. Finally, collected questionnaire before and after using the SDM models, about satisfaction, understanding, medical decision.

Results/Outcomes: From 2018 to 2019, there were two eligible cases. By knowing the placement of the circuit, anxiety can also be reduced.

2020 International Healthcare Conference

Quit Smoking Behavior and Related Factors in Outpatients among One South Regional Teaching Hospital : Application of the Transtheoretical Model

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Abstract

Background: Smoking will influence the health and affect the social and economic burden.

Goals and Objectives: This study aims to explore any correlations between cessation-specific knowledge, attitude toward quit smoking, self-efficacy in quit smoking and quit smoking behavior intention among outpatients.

Methods: Designed as a cross-sectional study, the valid samples of this research were 100 outpatients in one south regional teaching hospital in Kaohsiung. They were selected by using questionnaires from June 6, 2019 to Octorber 30, 2019. A self-administered questionnaire was employed that gathered data. The collected data were analyzed by using descriptive statistics, independent samples t-test, Pearson’s correlation coefficient analysis, and multiple linear regression analysis.

Results/Outcomes: The results showed that outpatients for quit smoking were pre-contemplation accounting for 68.7%, contemplation accounting for 10.0%, preparation accounting for 5.3%, action accounting for 7.3% and maintenance accounting for 8.7% based on transtheoretical Model. A

positive correlation was identified between cessation-specific knowledge, attitude toward quit smoking, and quit smoking behavior intention among outpatients. Moreover, according to the regression analysis, two factors (cessation-specific knowledge and attitude toward quit smoking) were considered into the model and its total variance explained reached 53.2%.

Improving Removal Rate of Urinary Catheters within Two Days after Surgery for Orthopedic and Surgical Patients

Chi-Fang Chen、Han-Lin Yen、 Mei-Ling Sung

Tainan Municipal Hospital (Managed by Show Chwan Medical Care Corporation)

Abstract

Background: A catheter is built into the operating room. When the catheter is indwelled for more than two days, the risk of urinary tract infection (UTI) will increase every day after the catheter is indwelled, and the number of hospital stays and medical expenses will increase Increase, so this project is aimed at improving the catheter indwelling patients for more than two days, hoping that early removal can improve patient hospitalization safety. This study establishes a system to improve the removal rate of catheters in two days.

Methods: Action plan includes: (1) investigation of existing condition of the clinical units; (2) Catheter placement procedure for inpatients; (3)Analysis of the causes of indwelling catheter in inpatients; (4) Identify causes and circle important ones; (5) Countermeasure formulation and countermeasure implementation; (6)Confirm the effect of urinary tube removal within two days; (7)Guidelines for catheter removal after orthopedic and surgical inpatients; (8)inclusion in education and training program for physicians and nurse.

Results : The rate of removal of foley catheter reduced from an average of 36.5% before intervention between May 24 to June 30, 2018 to an average of 53.2% after intervention between Jan. 01 to Feb. 28, 2019. In addition, the infection rate of indwelling catheters in general wards has decreased from 0.36 ‰ before improvement to 0 ‰ after improvement.

The present situation and prospect of the pension mode of "migratory bird old man"

Yuan Zheng

International Nursing College of Hainan Medical University, Hainan Province, China

Abstract

Background： With the development of economy and the improvement of people's living standard, "migratory bird tourism" has gradually attracted people's extensive attention. Hainan has unique natural and cultural conditions to develop it.The development of "migratory bird tourism" and pension industry can not only provide high efficiency and quality tourism service for the migrant elderly people, but also promote the development of the service industry, which is another great push for the development of the national economy.

Goals and Objectives： Analyze the prominent problems existing in the current migratory bird tourism pension model and related systems, discusses and puts forward scientific measures to constructs and improves this model.

Methods： Based on the literature review, systematically analyzes the development status and existing problems , and puts forward the countermeasures and prospects of the migratory bird tourism pension model.

Results： At present, there are some problems in the migratory bird tourism pension model, such as imperfect medical security system, inadequate government propaganda and popularization, inadequate institutional hardware facilities and substandard nursing service quality.The government should strengthen the support to improve the medical security system, encourage communities and institutions to adjust and optimize services, train professional service personnel, and pay attention to the construction of humanistic environment on the basis of providing basic needs.Hainan should combine its unique geographical advantages, full consider the needs of the elderly from different places, and build an all-round pension mode with physical and mental intervention, so as to truly promote the physical and mental health of individuals.

The necessity of constructing the community health management model of "migratory bird old man"

Yuan Zheng

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Abstract

Background： The pace of China's aging society is gradually accelerating, and the migratory bird tourism pension model is emerging. Community health management refers to the whole process of comprehensive monitoring, analysis, evaluation, and providing health advice and guidance as well as intervention on health risk factors of individuals in the community.

Goals and Objectives： Constructing the community health management model of the migrant elderly people can not only improve the single pattern of the current pension mode and promote diversified development, but also the community play the role of "health gatekeeper" , bringing the health management of the migrant elderly people in the community with comprehensive physical and mental intervention.

Methods: Based on the literature review, systematically discusses the value and significance of constructing the community health management model of migrant elderly people.

Results： It is a new attempt and exploration to construct a special pension mode according to the regional characteristics and the nature of population.Community health management can be close to the residents, and can fully consider the needs of different places, not only pay attention to the physical condition , but also about the mental health of the elderly, and on this basis provide complete and continuous health care services,really from the promotion of individual health to play a "health gatekeeper" role.

2020 International Healthcare Conference

Subject: Workplace safety and violence incident reporting rate

Liu Mei-Na[1] (Head Nurse of Taichung Wang Bridge Branch)、Zhang Lan-Ying[2] (deputy director of Taichung Wang Bridge Branch)

Purpose (Background & Purpose)

The purpose of this research is to understand the impact of workplace safety and violence incident reporting rate.

Methods

The study was designed as a descriptive study, with convenient sampling. A total of 120 valid samples were collected from the nursing staff in the southern hospital. The research tools used structured questionnaires, basic personal data, and information about nursing staff's knowledge, attitudes, and behaviors. Study the variables of each question in the questionnaire and how to choose them, explore personal variables, including factors such as gender, education level, belief, etc., and worry about the impact of workplace safety on the rate of reporting violence; analyse information.

Results

Analysis found (1) There is a significant difference in the reporting attitude of the nursing staff service unit. (2) There are significant differences in the educational level and cognitive inconsistency of nursing staff. (3) There are significant differences in concerns about workplace safety, self-belief, busy work forgetting, and whether they are in charge. (4) There is a significant difference in unfamiliar patient safety reporting procedures. (5) There are significant differences in the standards of management methods for patient safety notification by unit managers. (6) There are significant differences in fear of workplace safety, lack of a positive working environment, and fear of punishment.

2020 International Healthcare Conference

Subject：Discussion on factors of care attitude of clinical teachers' professional and internship students

Liu Mei-Na[1] (Head Nurse of Taichung Wang Bridge Branch)、Zhang Lan-Ying[2] (deputy director of Taichung Wang Bridge Branch)

Research Background

Clinical teachers should strive to become good teachers and friends of intern students, give career guidance, and carry out a substantial and long-term salary transmission, so that they can develop a rich life on the long learning journey, and clinical teachers shape their identity with professional value.

Research purpose

The purpose of this study was to understand the factors that influence clinical teachers' professional and student care attitudes. Collect the appraisal form of the intern students through the data of the intern students' self-answer or question-by-item interviews.

Research methods

The sample number of participants in this study was 110 students. The research tools were collected using structured questionnaires, personal basic information, and interviews in the form of student learning evaluation forms. Study the variables of each question in the questionnaire and how to choose them, explore personal variables, including factors such as gender, education level, belief, etc., and analyze the behavior of clinical teachers and the care attitude of students in practice; describe in Chinese version of SPSS 22.0 Sexual data analysis.

Results

The research analysis found that (1) there are significant differences in providing a safe internship environment, being able to establish a good relationship with patients, showing enthusiasm in caring for patients, and giving positive feedback to the good work performance of intern students. (2) There can be significant differences in the teaching quality of teaching students who can arouse the interest of students, spend enough time on students, assist students to find relevant information or websites, and can ask students to evaluate nursing clinical teachers.

Using SDM model to help early prostate cancer patients choose curative treatment

Chen Yi-Wen

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Abstract

Background: In the case of early prostate cancer, receiving curative treatment can reduce the recurrence rate and prolong the survival rate. The radiation therapy and HIFU in curative treatment have indicated that the five-year survival rate can reach 100%, but the treatment method, cost and Treatment courses vary widely. When faced with treatment options, patients cannot make decisions because of strangeness. Using SDM (Medical-patient-sharing decision) helps patients to reach the best feasible treatment plan based on their own preferences and values.

Goals and Objectives: The use of the SDM model allows early prostate cancer patients to understand the advantages and disadvantages of treatment options and enhances treatment willingness to assist patients in making appropriate decisions to reduce relapse and prolong survival.

Methods: When the doctor informs the patient that he can choose radiation therapy or HIFU, he starts SDM to analyze the advantages and disadvantages of the two medical options, and the patient decides the treatment method. Questionnaires of satisfaction, medical decision outcomes, and anxiety levels were collected after using SDM.

Results / Outcomes: A total of 14 cases were received from 2018 to 2019. Before using SDM: there were 14 treatment options that were unclear and could not make a choice. After using SDM: 5 patients were selected for radiation therapy, 6 were given HIFU, 3 were actively monitored, and anxiety From 4 points to 1.7 points (out of 5 points), the satisfaction rate was 97%.

Concept Analysis of Relocation Stress

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Abstract

Background

Relocation stress is a sensory perception feeling, when the patient changes from one environment to another without being prepared.

Objectives

To explore definitions,attributes, antecedents, consequences and empirical referents of relocation stress and clarifies the conceptusing three types of cases to improve better comprehension of relocation stress.

Method

Current literature on relocation was short of systematic conceptual analysis. This paper conducted a concept analysis of relocation stress in accordance with the concept analysis steps outlined by Walker and Avant (2011).

Result

Relocation stress is the stress caused by environmental changes. The attributes of relocation stress were presented as: 1. relocation stress is involuntary, 2. relocation stress occur moving from a familiar or secure environment to an unfamiliar environment, and 3. after relocation changes the physiological and psychological social statues. The antecedents of relocation stress included: unfamiliarity with medical staff, the environment, and treatment procedures; and further results in the following: decreased patient quality of life, decreased coping ability, and uncertainty.

Concept Analysis of Present

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Ya-Lie Ku[2] Associate Professor

Chia-Chen Wu [3] Assistant Professor

College of Nursing, Fooyin University

Abstract

Purpose of the Study

The purpose of this study was to conduct concept analysis of present.

Methods

The author applied the steps of concept analysis by Walker and Avant into integrating related to literature, including the definitions from the dictionary and literature, defining characteristics, antecedents, consequences, concept map, evidences-based references, and nursing clinical and research implications.

Results

The concept of present means accompanying and getting together as the human being interaction process of helping others and themselves. The antecedents included two dimension of intersubjectivity and being with and the previous one included respect, listening, and communication; while the later one included empathy and belonging. Consequences included the positive and negative responses. Positive responses included physical comfort, psychological comfort, and spiritual well-being; whereas the negative responses included the physical, psychological and spiritual suffering.

Nursing Clinical Implication

Present is the essential component of caring nursing intervention. Although currently there is no evidences-based references of indicators and measurement for the concept of present, healthcare professionals could further understand the concept of present through the concept and cases analysis because it should be distinguished from the present by the general people and the quality of present by the professionals. It is expected that the author could develop the indicators and measurement as well as the nursing care protocol for presenting with the patients, providing as the reference for clinical healthcare professionals to presenting care of the patients.

Keywords: Present, Nursing, Concept Analysis

Assisting an elderly person in their initial migration involving stress and shock experience

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Background

Taiwan's populationis aging, with the proportion of elderly residents increasing yearly, and family structures are undergoing changes. The physical and mental health of elderly people is affected bythe migration process of moving into aninstitution, which can cause stress and even diseases. How they can be helped to adapt to life inaninstitution is a crucial subject.

Goals and Objectives

To assist a 92-year-old person to share experiences of stress and shock regarding theirmigration to an institution, and to establish a therapeutic interpersonal relationship to improvetheir life in the institution.

Methods

The nursing care duration was from July 30 to August 16, 2019. Through peer analysis, listening, companionship, and physical assessment, the authors usedcomprehensive assessment of the elderly individual to determine care issues.

Results/Outcomes

Physical, psychological, social, and spiritual assessments were performed to identify care issues, including migration stress syndrome,reduced self-esteem, loss of autonomy, unfamiliarity with the environment, high fall risk, and unintentional weight loss leading to malnutrition. The author employedthe same reason, listened, and provided companionship to enhance the sense of security of the individual in the organization, help them participate in activities, accelerate their integration into group life, and improve their adaptation.

Effectiveness analysis after interventional whole-body spinal stretching exercise-Community Aged Fitness

Wu Trong Neng
DEPARTMENT OF HEALTHCARE ADMINISTRATION

Wu Sheng Han
DEPARTMENT OF HEALTHCARE ADMINISTRATION

DA CHIEN Health Medical System, Miaoli, Taiwan

Abstract

Background:

As you get older, your life will gradually evolve from a state of self-care to a state that requires help from others. Previous research has pointed out that proper exercise interventions can provide good prevention for silver hair's daily activities and environmental adaptation, enable older people to successfully age and improve quality of life.

Goals and Objectives:

This article designs whole-body spine stretching exercises mainly for the training of silver-haired pelvic activity, spine activity, limb softness and balance control. To investigate the fitness effects of silver-haired tribe in C-level long-term strongholds after the whole-body spine extension exercise intervention.

Methods:

Recruiting seniors over 65 years old as test subjects, Divided into the control group (mainly health promotion activities) and the experimental group (whole body spinal extension exercise) for 12 weeks of intervention, And a week before the start, the fitness test and questionnaire for the silver-haired people were collected At the 13th week, a post-test of fitness for the silver-haired race was performed.

Results/Outcomes:

The research is currently underway. It is expected that the fitness of the silver-haired people in the experimental group and the control group will be different.

SDM model was used in patients with high risk recurrence of stage II colon cancer to select postoperative chemotherapy.

Ya Ting Lu

Tainan Municipal Hospital (Managed by Show Chwan Medical Care Corporation), Tainan, Taiwan

Abstract

Background: Patients with high-risk recurrence of stage II colon cancer, after surgery can choose chemotherapy or regular follow-up. In non-high risk recurrence group five-year survival rate after surgery is 78%, but high-risk patients only 63%. If chemotherapy is given to high-risk recurrence patient, the five-year survival rate can increase from 63% to 77%. But chemotherapy is divided into oral (UFUR) and injection(5-FU). After surgery, patients and their families are often anxious and don't know which decision is best for them. Research points out that SDM (shared decision making, SDM) mode allows medical staff to use empirical results to combine patients' own preferences and values to jointly reach the best feasible treatment option.

Goals and Objectives: The main purpose of this study was use SDM model to select oral or injection chemotherapy or regular follow-up, in postoperative patients with high risk recurrence of stage II colon cancer.

Methods: After operation doctor informs patient can choose oral or injection chemotherapy or regular follow-up, then calls coach to use SDM assistive tools, analyzes the advantages and disadvantages three medical options then confirm decisions. Finally, collected questionnaire before and after using the SDM model, about satisfaction, understanding, medical decision and anxiety.

Results/Outcomes: In 2018 ~ 2019, 37 cases were received, after using SDM model, satisfied were 97%, understood were 95%, "Didn't know how to make a medical decision" from 65% dropped to 32%, anxiously from 84% dropped to 40%.

SDM model was used in patients with stage III colon cancer to select postoperative chemotherapy.

Ya Ting Lu

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Abstract

Background: Adjuvant chemotherapy should be performed after surgery in colon cancer of stage III, which can reduce the chance of recurrence by 40% and reduce the mortality rate by 33%, which is significantly longer than the survival rate of patients with surgery alone. Chemotherapy is divided into oral (Xeloda) and injection (FOLFOX). The five-year survival rate is 70.9% with injection, but only 55.6% with oral, However, injection chemotherapy requires hospitalization, while oral only needs to be taken at home. After surgery, patients are often anxious and don’t know which decision is best for them. Research points out that SDM (shared decision making, SDM) mode allows medical staff to use empirical results to combine patients' own preferences and values to jointly reach the best feasible treatment option.

Goals and Objectives: The main purpose of this study was use SDM model to select oral or injection chemotherapy, in postoperative patients with stage III colon cancer.

Methods: After operation doctor informs patient can choose oral or injection chemotherapy, then calls coach to use SDM assistive tools, analyzes the advantages and disadvantages two medical options then confirm decisions. Finally, collected questionnaire before and after using the SDM model, about satisfaction, understanding, medical decision and anxiety.

Results/Outcomes: In 2018 ~ 2019, 29 cases were received, after using SDM model, satisfied were 90%, understood were 93%, "Didn't know how to make a medical decision" from 56% dropped to 31%, anxiously from 76% dropped to 52%.

The effects of health promotion intervention on the elderly in the community

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Abstract

Background: Health promotion motivates the elderly to pay more attention to health, to understand and learn the relevant knowledge of health while encouraging the elderly to live independently and become a proficient self-care provider. As aging, the possibility increase and the frail elderly is more susceptible to external pressure than the normal in occurrence of undesirable health outcomes. Hence, health promotion involving early can not only enhance social participation of the elderly, but also reverse the frailty and prevent the occurrence of disability.

Objectives: 1. To investigate the current situation of the frail elderly. 2. To analyze the effects of the elderly health promotion intervention against frailty.

Methods: This is a quasi-experimental research design, and randomly selected 48 elders as objects. The intervention period is 12 weeks, 2 hours per week and using pre-posttest. The basic information includes gender, age, education, marriage, religion and Kihon Checklist. It is analyzed by SPSS22 software, and compare the difference between before and after with paired t-test, while p value less than 0.05, it means statistically significant.

Results: There are total 48 participants involved, with the age of less than 70 years old(60.4%), 70-81 years old(37.5%), and above 81 years old(2.1%)；with the gender of 12 males(25%) and 36 females(75%); with the marital status of married 96%(46 persons)； with the education of primary school 31%(15 persons) and high school 17%(8 persons); with the religion of Buddhism 40%(4 persons) and Taoism 50%(34 persons). 4 persons lived alone (8.35) and 44(91.7%) were not. There was no obvious difference between health promotion and frailty, which including：activities (t=-0.26；P=-0.79), oral teeth (t=1.47；P=-0.15), gloominess(t=-1.45；P=-0.15). A possible reason might be that the intervention of 12 weeks is too short, or the elderly is quite healthy, that resulted in no obvious difference. Health promotion can improve the frail elderly, however, there are less research about this consequence with respect to the content. Nevertheless, we hope this project could be widely used into the elderly and various care environment as well.

Discussion of the Proportion of Taking Fall-Risk-Increasing Drugs Among Falling Elderly Inpatients in a Metropolitan Academic Hospital of Southern Taiwan

Hung Wan-Hsuan

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Abstract

Background: Falls are common cause of injuries. Especially for the elderly, falls can cause serious or even fatal injuries. According to the cause of death statistics made by Health Promotion Administration in Taiwan, the falls were the second leading cause of fatal-accidents among seniors over 65 years old in 2018.

Goals and Objectives: Among hospitalized patients, many falls are related to medications. The purpose of this study is to investigate the proportion of the elderly who were taking fall risk increasing drugs (FRIDs) and had falls during hospitalization in a metropolitan academic hospital in southern Taiwan.

Methods: We collected the cases data of falls inpatients in a metropolitan academic hospital in southern Taiwan from January 1st to December 20 2019. Based on the list of Fall-risk-increasing drugs (FRIDs) issued by the Swedish National Board of Health and Welfare (NBHW), we further surveyed whether the cases were taking FRIDs or not. Descriptive statistics were conducted and presented.

Results/Outcomes: From January 1st to December 20 2019, total 38 inpatients had falling incident. Among them, 19 inpatients are over 65 years old (the average age is 76.4 years old). Besides, as many as 13 elderly inpatients (68%) were taking FRIDs.

In conclusion, medical personnel must provide fall protection with extreme caution toward those taking FRIDs elderly inpatients.

A Preliminary Study on the Effectiveness of Application of Board Games in Nursing Students' Learning [Prenatal checkup]

Abstract

Chen-Mei Hsu

Department of Nursing, Fooyin University, Kaohsiung City, Taiwan

Background/Purpose

Traditional teaching methods cannot improve students' motivation for learning, and are lack of independent learning training. Therefore, a board game-based teaching model was adopted to improve the effective learning of nursing students' [prenatal checkup].

Method

20 nursing students in grade 4 and grade 5 of the five-year majors were selected, they were taught to use a teacher self-made prenatal checkup Monopoly Board Game in the 2nd week of the internship to assist the nursing students in learning [prenatal check], and a theoretical test was conducted before and after the prenatal checkup monopoly game.

Results

The study finds that there are significant differences in the pre-test and post-test scores of the 20 students, which shows that this teaching mode is helpful for students to learn the prenatal check-up. In addition, the students' experience reflected that this teaching mode can help understand the difficulties and considerations of pregnant women in making choices in the prenatal check-up, improve the effectiveness of learning and the willingness to learn, and can be extended to clinical teaching in the future.

A Nursing Experience of a Hypertension Patient with Cardiogenic Pulmonary Edema Caused by Medication Noncompliance

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Abstract

Background: This paper detailed a nursing experience of a 48 year old male patient with hypertension who is poor compliance his anti-hypertensive drugs for nine years, which led to heart failure and cardiogenic pulmonary edema. The intervention that have been designed to enhance the hypertension self-care knowledge, attitudes, and behaviors of patients are taught in nursing education.

Goals and Objectives: The aim of this paper is to describe the experience of providing care for a hypertension patient with cardiogenic pulmonary edema caused by medication noncompliance.

Methods: The author provided caregiving methods by following Gordon 11 function health patterns analysis, including observation, interview, physical examination, and actual care giving for collect data during the period of March 6th to 12th, 2018. Identified major health problems were gas exchange dysfunction, anxiety and noncompliance. We aided the patient to improve his health issues and family whom also encouraged whom result in reducing anxiety. Then assisted the patient to confront the lethality of hypertension, which inspired his confidence to follow prescription directions and to establish medication regularity, and initiated progressive multimedia health education to teach accurate disease information and regain the habit of medication compliance.

Results/Outcomes: We recommended integrating this multimedia teaching intervention into clinical care practice as one measure to improve the quality of care provided to patient with chronic illnesses by medication noncompliance.

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Pilot Study of the Attitude Towards Advanced Care Plan with Chinese Culture in Taiwan

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Abstract

Background: Since June 2019, the percentage of elderly people aged 65 years and over was 14.9% in Taiwan, and officially defined as an “aged society”. The majority of elderly people aged 65 or older have numerous chronic diseases in their end of life. However, people always hope that their loved ones could receive medical treatment for living as long as possible. Nearly 30% of National Health Insurances was claimed in three to six months before death. However, these treatments might not delay their death and could lead to an unsatisfied quality of life. The concept of advanced care plan (ACP) in Taiwan is still a new issue, although Palliative Care Act has been declared in Taiwan for respecting the autonomy of terminally ill patients and to protect their quality of life.

Goals and Objectives: The aim of the study was to explore the people’s attitude towards Advanced Care Plan with Chinese Culture in Taiwan in order to provide appropriate information for people’s ACP making.

Methods: A self-designed questionnaire was designed to assess the participants’ knowledge, attitude and behavior intention. The questionnaire contained 28 questions that covered the three domains (knowledge, attitude and behavior intention). The people who volunteered for senior resident care services were invited to complete the questionnaire. All responses were anonymous.

Results/ Outcome: Forty participants have responded; 60% (n=24) were female. The majority were under 50 years of age. In area of attitude, 75% (n=30) of respondents reported positive attitude toward to ACP making. Only 20% (n=8) reported that they had knowledge and behavior intention. The announcement of information about the ACP making needs to be improved.

Using a Cross-Team Cooperation Model to Assist a Multi-Problem and Care Experience for a Patient with Perforated Colorectal Cancer

Chi-Fang Chen

Tainan Municipal Hospital (Managed by Show Chwan Medical Care Corporation)

Abstract

Background: A Cross-Team Cooperation Model has currently become the most important clinical care model. Based on a Cross-Team Cooperation Model, different professionals can realize the value of collaboration and make the best clinical decision through efficient communication, and achieve better quality for patients care. Objectives: Apparent challenges during patient care are enumerated below: 1. Family members failing to understand the disease and treatment process.2. Importance of temporary colostomy to change the defecation route for colorectal cancer obstruction and perforation treatment. 3.Lack of caregivers and decision makers. Through this process of collaboration of people from different department, problems facing the patient can be dealt effectively and patient's confidence built for her to face subsequent treatments. Methods: A 50-year-old female with mental deficiency suffered from abdominal pain for three weeks. She lives with an elderly mother and an mentally retarded brother, it was not until she came down with high fever when she was sent to our hospital. Shock was noted. Colloids, blood transfusions, antibiotics, and vasopressors were ordered. Abdominal CT images revealed loculated fluid and mottled air in left iliopsoas muscle. Sigmoid colon tumor with obstruction was detected and received diversion loop distal T-colostomy. A cross-team cooperation was organized during her hospitalization in resolving the issues facing her and she was able to return home through this cross functional collaboration and communication. Results: The human-centered medical environment is also an important factor in enabling patients to continue the second stage of treatment.

SDM is used in patients with portal vein invasion of liver cancer to choose oral target drug or hepatic arterial infusion chemotherapy.

Pei Han Zeng

Tainan Municipal Hospital (Managed by Show Chwan Medical Care Corporation), Tainan, Taiwan

Abstract

Background: Liver cancer in Stage III with hepatic portal vein involvement, the average five-year survival rate is 10%, but without treated only 4-8 months. The choice of treatment is oral target drug (Sorafenib) or hepatic arterial infusion chemotherapy (HAIC), the average survival time of oral target drugs was 13.2 months, and hepatic arterial infusion chemotherapy was 30.4 months. However, hepatic arterial infusion chemotherapy requires placement of a vascular graft, which is prone to complications such as bleeding, displacement or infection, and requires multiple hospitalizations. Research points out that SDM (shared decision making) mode allows medical staff to use empirical results to combine patients' own preferences and values to jointly reach the best feasible treatment option.

Goals and Objectives: Use SDM mode to clarify the patient's confusion to advantages and disadvantages the treatment, then make the most appropriate treatment choice.

Methods: The doctor informs the patient of the oral target drug or hepatic arterial infusion chemotherapy treatment options, and the individual doctor uses the SDM mode to explain the puzzle to the patient in order to confirm the final decision. Questionnaires were then used to collect results on satisfaction, cognitive understanding, and medical decisions.

Results/Outcomes: A total of 9 cases were treated from 2018 to 2019. After using the SDM mode, the satisfaction rate was 92%, and the cognizable understanding was 92%. The “unable to make a decision” dropped from 58% to 17%.

Explore the relationships between body mass index and physical fitness of freshman in a southern university

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Abstract

Background: Modern people's eating habits are mainly high-fat, high-sugar diets, plus reduced activity, resulting in the problems of overweight increasing year by year. According to research, high body mass index (BMI) is not only an important indicator of the incidence of other lesions in the body, but also an important factor in the poor physical fitness.

Objectives: The purpose of this study is to explore the relationships of the BMI and physical fitness on freshman in a university, as well as a reference for weight-loss course planning.

Methods: The 329 students were randomly recruited from the freshman of a southern university, included 230 boys and 99 girls. The height, weight and fitness test were carried out respectively, and the statistical software was analyzed using SPSS Statistics 22.0, with the data analyzed application Pearson correlation coefficient.

Results: The results showed that the correlation between BMI and physical fitness of freshman as follows: (1) Male group: The BMI and cardiopulmonary endurance had a positive correlation ($r = 0.266$; $p<.01$) which means that the students with higher the BMI to run 1600 meters, the more time it took. However, there was a negative correlation between BMI with standing long jump ($r=-0.308$; $p<.01$) and sit-ups ($r=-0.306$; $p<.01$). Obviously, the higher the BMI could lead to the worse explosive power and the worse muscular endurance. Furthermore, there was no significant correlation between BMI and sit-and-reach test (2) Female group: There was a negative correlation between BMI and standing long jump ($r=-0.209$; $p<.05$) showed that the higher the BMI could lead to the worse explosive power. However, there was no significant correlation between BMI with cardiopulmonary function, sit-up and sit-and-reach test. The BMI highly affects physical fitness. Thus, weight-loss course planning should strengthen the training of physical fitness in the future.

Comparison of Care Quality for Home Patients by Different Caregivers

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Abstract

Background

Foreign nursing care has become the main source of long-term care, but research on the quality of care is still lacking.

Objectives

The purpose of this study was to evaluate the care quality of home care provided to older adults in caregivers were either family members or foreign care workers.

Methods

Data from July 2016 to May 2018 was retrieved from the records of a home care agency in new Taipei city. A total of 155 older adults were included for analysis. Compare the effects of foreign nursing care and either family members with different relatives on the rate of home resettlement, fall and crush injuries.

Results

There was no significant difference in the rate of tube replacement and the incidence of falls. However, there was a significant difference in the incidence of crush injuries among the elderly people who were cared for by the spouse and children ($p < 0.01$), and there were also significant differences in the number of hospitalizations ($p < 0.03$).

Outcomes

The study findings showed that family caregivers provided better care to older adults than foreign care workers. The government should re-evaluate the open-door policy for foreign care workers and provide more long-term care resources and support for family caregivers who are willing to take care of disabled older relatives

Effect of light therapy on middle-aged and elderly patients with long-term hemodialysis

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Abstract

Background：Bright light therapy (BLT) is an effective treatment for seasonal affective disorder and non-seasonal depression. Depressive symptoms are common psychiatric comorbidities in mid-aged and older adults with hemodialysis.

Aim：The purpose of this study was to assess the effeteness of BLT for depressive symptoms among mid-aged and older adults with hemodialysis.

Method：In this clinical trial, we randomized hemodialysis patients with mild to moderate depressive disorder to treatment with BLT (±10,000 lux) or a control group. Participants were treated for 6 weeks. The primary outcome of the study was the Beck Depression Inventory II (BDI-II) score. Secondary outcome was salivary cortisol concentrations. Assessments were repeated at the beginning of treatment, and 3, and 6 weeks after treatment. Data were analyzed by GEE.

Results：We enrolled 60 participants. BDI-II scores were significantly improved with BLT group compared to those of control group from T0 to T1 (β= -7.567; P<0.001) and from T0 to T2 (β= -6.200; P=.0006). Total salivary cortisol secretion decreased in the BLT group, while it increased in the control group (B [SE] = −8.11 [3.93], p = 0.04).

Conclusion：The findings provide additional evidence for an active effect of light therapy for long-term hemodialysis patients on depression an underscore the need for an expanded randomized clinical trial.

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Factors associated with caring behavior among caretakers

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Abstract

Background : Factors associated with caretakers' caring behavior influence care quality in LTCFs. However, research on caring behaviors associated factors are scarce among caretakers in LTCFs.

Goals and Objectives : To examine caring behaviors of caregivers who are caring for older residents in long-term care facilities (LTCFs) in Southern Taiwan, and to explore the underlying factors in order to explain and predict caregivers' caring behaviors.

Methods : A cross-sectional design employing the short form of Self-Transcendence Scale, Caring Behaviors, Revised Kogan's Attitudes toward Old People Scale, institutional and socio-demographic information. A sample of caretakers (nurses and nurse-aids) from LTCFs in southern Taiwan was recruited. Questionnaires and interviews were conducted to collect data anonymously after approval from all participating LTCFs. Descriptive and stepwise multiple linear regression analysis were used to analyze the data.

Results : Findings from this study would indicate that caring behavior is influenced by personal attributes, and institutional characteristics.

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Emergency Nursing Care for a Cirrhotic Ascites Patient Complicated with Dyspnea

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Abstract

Background: This patient of this article is a 48-year-old male suffering from cirrhotic ascites complicated with dyspnea in Emergency.

Goals and Objectives: The aim of this paper is to describe the experience of providing care for a patient with powerlessness. This patient has suffered from hepatic ascites in combination with dyspnea.

Methods: The author provided caregiving methods by following Gordon 11 function health patterns analysis, including observation, interview, physical examination, and actual care giving for collect data during the period of February 14 to 16 of 2018. Identified major health problems were fluid overload, and altered body image. During the period of nursing care, we provided an appropriate individual nutrition support health education after discussion with dietitian and families. Individualized nursing interventions included progressive exercises program to improve the activity intolerance and encouraged self-view his appearance and faced that change in progress of illness. On the psychological level, listening, and communication skills were utilized to understand the patient's powerlessness, with positive encouragement to combat the disease for ultimately restore confidence and overcome the powerlessness.

Results/Outcomes: After discharge from hospital, track patient's self-care skills by telephone interview. This nursing experience serves as a reference for clinical nurses who care for cirrhosis of liver patients with ascites, about their physical and psychological care, and to provide good guidance with intervention for increase patient self-care ability, while reducing the psychological stress of families.

Nursing Experience of Applying Comfort Theory for Caring a Patient with Terminal Colorectal Cancer

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Abstract

Background: Terminal cancer patients encountered physiological, psychological and spiritual disturbances and these problems may cause emotional distress, hopelessness, depression, and suicide. This paper described the nursing experiences of an colorectal cancer patient.

Goals and Objectives: Applying comfort theory for caring a patient with terminal colorectal cancer.

Methods: During terminal stage. Then ursing period was from March 5, 2017 to March 6, 2017 and the authors collected physical examination, interviewed, observed family interaction, and tracked by telephone after hospital discharge along with use of Kolcaba comfort theory. Results from this nursing experiences found that patients had pain, death anxiety and risk for disuse syndrome health problems.

Results/Outcomes: Through team cooperation, we enhanced the cognition of the patients and caregivers about the palliative care, through the authors relieved uncomfortable pain of the case by maintaining comfort position and pain control, such as pain drugs treatment and aromatherapy. By means of listening, companionship, empathy, acceptance, and the involved religious worker, to help the case facing death with the power of spiritual. To lighten the load by providing care skills and finding resources for family members, so that it is centered around the case and his families. The authors expected that this experience can be beneficial for nursing professional by fostering a greater understanding of using comfort theory in terminal cancer patient.

The experience of caring a patient with acute cerebral infarction of left medulla oblongata

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Abstract

Background:

According to the statistics of the Ministry of Health and Welfare, cerebrovascular accident for the fourth leading cause of death in Taiwan (Ministry of Health and Welfare Department, 2018). Stroke is the main cause of human disability. Rehabilitation treatment and integrated care during the golden period of treatment can restore the function and reduce the burden of follow-up hospitalization and family and social care.

Goals and Objectives: The purpose of this article was to describe the nursing care experience of a patient with acute cerebral infarction of left medulla oblongata.

Methods: The nursing care duration was from July 15 to August 13, 2019. The author collected data by reviewing charts, clinical observation, and interviewing the patient.

Results/Outcomes: The patient's major health problems included right limbs parasthesia and dysphagia accompanied with gait disturbance. The patient's clinical symptoms were improved and relieved through antiplatelet agent, antihyperlipidemic agent and careful hydration were prescribed and PAC programs. During PAC program period, well motivation about rehabilitation program was found. His trunk coordination and balance was the important part of rehabilitation program. We anticipated this nursing care experience could provide a guide for the nursing staff on caring patients with similar clinical condition.

Key words: stroke、paresthesia、post-acute care program

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~The Continuity of Care across Lifespan:

Engaging Patients to Promote Patient Safety and Quality of Care~

(2020 健康照護國際研討會)

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