

# 主訴乳房疼痛病人之遵醫囑行爲研究

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## 摘要

目的：探討主訴乳房疼痛病人之社會人口學特徵、相關知識與自覺嚴重性，以及遵醫囑行爲。材料與方法：以立意取樣的方式，從臺北市某區域醫院一般外科門診病患中，篩選主訴乳房疼痛之女性初診病患爲研究對象，以自填式問卷與電話追蹤訪談方式收集資料，包括病人基本資料、複診檢查和診斷結果，以及醫囑遵從與病情改善情況等三個部份。結果：有 98.5% 的樣本爲肌膜疼痛，並不是真正乳房部位之疼痛，68.3% 的樣本知道如何進行乳房自我檢查，有將近 87.7% 的樣本表示滿意醫師之看診。在無須給藥的樣本中，有遵醫囑做伸展運動而改善疼痛的情形具顯著差異( $p = 0.013$ )。結論：大多數的病患，包括有乳房腫塊或是乳房良性病灶的婦女，在遵從醫師指示做肌肉伸展運動後，都能獲得明顯的改善，顯示衛生教育的介入對於此類病人誠屬必要。(慈濟醫學 2003; 15:169-174)

關鍵語：乳房疼痛，肌膜疼痛，遵醫囑，伸展運動

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## Abstract

Objective: The purpose of this study was to investigate patient characteristics, related knowledge and compliance behavior of patients with breast pain. Materials and Methods: Data were collected by self-administered structured questionnaire and a follow-up telephone interview, from a purposive sampling of outpatients in the surgical department of a regional hospital at Taipei. Results: Approximately 98.5% of the diagnoses in respondents were myofascial pain rather than mastalgia. Only 68.3% of female respondents, knew how to conduct a breast self-examination. Around 87.7% of respondents were satisfied with their visits according to the follow-up telephone survey. Among respondents who were not given a drug treatment, pain relief for those who conducted stretching exercise was significantly better than those who did not exercise ( $p = 0.013$ ). Conclusion: Most respondents, including those who had lumps or benign lesions, had significant symptom improvement after stretching exercises. In this regard, health education intervention is very important. (Tzu Chi Med J 2003; 15:169-174)

Key words: mastalgia, myofascial pain, compliance, stretching exercise

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