

婦女接受子宮頸抹片檢查護理介入之成效

Pap Smear Behavior in Women: A Nursing Education

Intervention

朱湄惠(Mei-Hui Chu);陳靜敏(Ching -Min Chen);張碧真(Pi-Jen Chang)

摘要

本研究主要探討護理介入對婦女接受抹片檢查之成效。研究目的有：1.瞭解婦女對子宮頸癌及子宮頸抹片檢查的知識、信念及接受抹片檢查行為的現況；2.探討影響婦女對子宮頸癌及子宮頸抹片檢查的知識、信念及接受抹片檢查行為的相關因素；3.比較衛教措施前後，婦女對子宮頸癌及子宮頸抹片檢查的知識、信念及接受抹片檢查行為的變化差異；4.探討衛教措施對婦女接受抹片檢查行為的適用性。研究設計採縱貫式追蹤、類實驗研究法，在兩所醫院門診單位以方便取樣隔週收案，一週為實驗組，一週為控制組；收案日婦女自填問卷施行前測；前測施行後，實驗組以個別衛教介入，控制組未施以介入性措施；回收有效問卷 144 份。於收案日後兩星期以郵寄問卷方式進行第一部份後測，回收率 68.8%，第二部份後測於一個月電話訪談，參與率達 80.6%。研究結果發現大多數婦女曾接受過抹片檢查（122 人，84.7%）；受檢主因為“自己覺得健康很重要應該去做檢查”、“到醫院順便做檢查”及為“健康檢查的項目之一”。大部分婦女並未定期受檢（89 人，61.8%），主因是“沒有時間”、“覺得做抹片檢查時要暴露身體，很不好意思”、“忘記了”。實驗組對子宮頸癌及抹片檢查的知識、罹患性認知及受檢的行為與意圖有明顯增加；而介入性措施後做抹片檢查的比率，為未有介入措施者的 2.65 倍。結果顯示護理人員利用婦女於門診候診時推薦抹片檢查，可增加婦女的知識，並提醒婦女定期受檢，培養婦女定期接受抹片檢查的行為習慣。

Abstract

The purposes of this study included: (1) to explore and to identify factors related to women's knowledge and health beliefs about cervical cancer and Pap smears and current Pap smear behavior; (2) to compare the effects of nurse's intervention on women's Pap smear behavior; and (3) to explore the effectiveness of nursing intervention in OPD for women's Pap smear behavior. Through longitudinal follow-up and quasi-experimental research design, this study was carried out using convenient sampling in OPD of two hospitals. To avoid contamination, subjects were separated. The experimental group was studied for one week, and the control group for another week. Data were collected through questionnaires. The experimental group received nurse's intervention and recommendations while the control group did not. 150

subjects participated in this study and 144 effective questionnaires were returned. The first part of post-test was carried out by mailed questionnaires two weeks after pre-test with a 68.8% response rate. The second part of post-test was done by telephone interview four weeks after pre test with a response rate of 80.6%. Major findings included: Most of women have Pap smears before (122, 84.7%). The major reasons for having Pap smear were “belief that the health is very important”, “part of hospital visit” and “part of a physical check up”, Women who did not regularly have Pap smear replied that (89, 61.8%) “having no time”, “being ashamed to expose bodies”, and “just forgetting it” were leading causes. The experimental group who received nursing recommendations had improved in knowledge, perceived susceptibility score and improved behavior and intention to give a Pap smear. Nursing intervention was the only variable predicting the change of pap smear utilization behavior (OR=2.65, 95%CI=1.13-6.23). Based on this study nursing intervention has effectively improved OPD women's knowledge level and health belief of cervical cancer and as well as improving their Pap smear behavior.