

護理人員體適能及健康相關生活品質之研究

A Study of Physical Fitness and Health-Related Quality of Life among Nursing Staff

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摘要

本研究旨在了解護理人員的體適能、健康相關生活品質狀況。研究對象為自願的護理人員 99 名，體適能測試項目包括心肺功能、肌力、身體反應、柔軟度及身體組成，研究工具包括健康相關生活品質量表(SF-36)。結果顯示本研究護理人員的心肺功能（預估最大攝氧量值）為 11.57METs，年齡愈輕，柔軟度愈好，腰臀圍比愈低，身體質量指數愈低。健康相關生活品質的生理功能層面，明顯高於心理功能層面。研究結果可提供改善護理人員體適能及生活品質策略參考。

Abstract

The purpose of this study was to examine physical fitness and health-related quality of life among nursing staff. Ninety-nine volunteer nurses participated in this study. Measurements of physical fitness included functional capacity, muscular strength, physical reaction, flexibility, and body composition. A subject's quality of life was measured by means of the SF-36. Results of this study revealed that the average estimated functional capacity was 11.57 METs. A significant positive correlation between age and flexibility and a negative correlation between age and body mass indexes were observed. With respect to quality of life, the average score for physical component summary was higher than score for mental component summary. The findings of the study can serve as a reference for improving nurses' physical fitness and quality of life.