

精神衛生護理對 近代生物精神醫學發展之因應與省思

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摘要：生物精神醫學從二十世紀中葉興起，使精神醫學研究焦點從心轉移到腦，科學典範也由傳統的精神動力學模式朝向心理生理精神模式的典範發展。從1990年起，精神衛生護理受到精神生物醫學許多衝擊，包括：實證性精神衛生護理興起、整合生物學觀點的護理實務工作受到重視、更開放及質疑的照護態度與方式、堅持更持續嚴謹的研討精神。重視生物精神醫學之際，精神衛生護理應同時省思，如何能掌握護理的整體觀及加強護理人員的批判性思考。精神衛生護理應在護理教育、護理實務及護理研究上加強生物精神醫學之相關知能與運用。

Michels & Marzuk,

1993b

Golden Sawicki 1985

Clarke,

2000

關鍵詞：生物精神醫學、精神衛生護理、整體性護理。

前 言

生物精神醫學

mind brain

traditional psychodynamic

psychobiological perspective

Cowan, Harter, & Kandel, 2000; McEnany, 1991; McCrone, 1996

mind

Babich & Tolbert,

Michels & Marzuk, 1993a

1992

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Wolfe, 1994

250

02 27361661 6300

(1)
(2)
(3)
(4)
(5)

1995
生物精神醫學的新進展

二、生物化學

Farde et al., 1992

Glutamate neu-
ropeptides Heninger,
Charney, & Delgado, 1990; Rossen & Buschmann, 1995;
Davidson et al., 2002

24

Cowan et al., 2000

Calarco & Krone, 1991; Davidson et al., 2002

一、腦部結構

Aminobutyric acid

Mann et al., 1996

McCarely, 1996

三、基因方面

Zametkin et al., 1990

Crow

Positron emission tomography, PET

Crow, 1990 Pulver Nestadt Goldberg

1994 100

22q11

McCarely,

22q syndrome

1996

1999

Mann et al., 1996

Davidson et al., 2002

specific biomarker

McCrone, 1996

二、重視整合生物學觀點的護理實務工作

Insel & Charney, 2003

Rose 1998

1999

APP PS1 PS2

1999

Dawson & McCrone, 1996

Trygstad,

1994

生物精神醫學進展
對精神衛生護理的衝擊

三、提供更開放質疑的照護態度與方式

一、實證性精神衛生護理的興起

1990

Abraham, Fox, & Cohen, 1992

Martin, 1999

Clarke,

National Alliance for the

2000

Mentally Ill, NAMI

四、堅持更持續嚴謹的研討精神

McCrone, 1996

因 應

護理教育加強精神生物醫學的相關課程

(Dawson & McCrone, 1996)

McCrone, 1996

(Clarke, 2000)

精神衛生護理對
生物精神醫學進展的省思與因應

Babich & Tolbert, 1992

護理實務加強精神生物醫學相關的知能應用

省 思

把握護理的整體觀

biological

1993

paradigm

American

whole person

Nurses Association, 1994

one-dimensional model

Dawson & McCrone, 1996

Keltner, 1996

1995

Rossen & Buschmann,

訓練批判性思考

加強運用生物精神醫學知能的實證護理研究

holistic care

結 論

1990

參考文獻

1999

13 2 91 104

1995

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Reflections on the Responses of Psychiatric and Mental Health Nursing to the Evolution of Biological Psychiatry

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ABSTRACT: Biological psychiatry was prospecting by scientist in the mid-20 century. This emphasis on the brain is a shift from the focus on the function of mind. The change has led to a paradigm shift in psychiatric thought away from traditional psychodynamic models towards a model influenced by a psychobiological perspective. The impacts of the evolution of biological psychiatry on psychiatric health nursing include: focus on evidence-based psychiatric health nursing, emphasis on integrating biological knowledge into psychiatric health nursing, being open and critical in attitude and style of health care, and insisting on continuing research in psychiatric health nursing. Psychiatric health nurses should reflect the issues of holistic nursing and critical thinking, and increase the coping strategies of knowledge and skill in nursing education, nursing practice, and nursing research.

Key words: biological psychiatry, psychiatric health nursing, holistic care.

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