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• 計畫中文名稱	心臟移植患者接受有氧運動訓練後其身體調適和身體心像變化之探討	
• 計畫英文名稱	Physical Adaptation and Body Image Change after Exercise Training among Heart Transplant Patients	
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• 中文關鍵字	心臟移植；有氧運動；運動訓練；身體調適；身體心像	
• 英文關鍵字	Heart transplantation；Aerobic exercise；Exercise training；Physical adaptation；Body image	
• 中文摘要	<p>心臟移植患者雖然在術後生理功能獲得改善,但礙於國內缺乏心臟復健照護,再加上長期藥物副作用和定期性侵入性檢查,對患者身體和心理造成極大的衝擊,以至於存活越久,對生活品質的滿意度越差。心臟復健,特別是其中的運動訓練,可有效改善患者的心肺功能和心理健康,因此,本研究藉由運動訓練的施行,來探討國內心臟移植患者,在運動訓練過程身體調適和身體心像之變化。本研究為一描述性相關性研究,採立意取樣法,選取 10 位符合選樣條件之心臟移植患者為對象,給予有氧運動訓練和輕度肌力訓練。訓練計畫為期十二週,每週三次。每次運動包括暖身運動、肌力訓練、有氧運動、和冷卻運動。每位患者在運動訓練前後皆需接受運動測試和填寫身體活動功能狀態量表和身體症狀困擾量表,並於運動訓練前、中、後,填寫身體心像量表各一次。資料以 SPSS/PC+軟體建檔及進行統計分析。研究結果顯示,十週運動訓練之平均出席率為 74%,經十週運動訓練後,身體心像滿意度(<math>X^2=12.6, p=0.001</math>)、最大攝氧量(<math>t=-6.871, p&lt;0.0001</math>)、和身體活動功能狀態(<math>t=-2.765, p=0.022</math>)均顯著增加,運動前身體心像的滿意度與身體症狀困擾程度呈負相關,與最大攝氧量呈正相關。</p>	
• 英文摘要	<p>Side effects of medicine, intrusive physical examination, and lack of the cardiac rehabilitation have negatively physical and psychological impacts on the heart transplantation patients, which results in poor quality of life for these patients. Cardiac rehabilitation, particularly exercise training, can significantly improve a patient's functional capacity and psychological well-being. The purpose of this study was to examine the influence of exercise training on the physical adaptation and body image change among heart transplant patients. This is a descriptive and correlation study. Patients who met the selection criteria were recruited in the study. The training program was three times per week for 12 weeks. Each session consisted of warm up exercise, muscle strength training, aerobic exercise, and cool down. Exercise intensity was set between 20% and 80% of</p>	

VO<sub>2</sub>max. A graded exercise test was conducted to determine each patient's maximal functional capacity (VO<sub>2</sub>max) before and after exercise training. A patient had to complete the Duke Activity Status Index, and Symptom Signs Checking List before and after 12 weeks exercise training. Also, body image change during exercise training was assessed by means of the Body Cathexis Scale. The spss/pc+ statistical software package was used for data analysis. The results of the study revealed that the attendant rate was 74% during 10 weeks exercise training. Body image ( $X^2/df=12.6, p=0.001$ ), maximal oxygen uptake (VO<sub>2</sub>max) ( $t=-6.871, p<0.0001$ ), and physical function ( $t=-2.765, p=0.022$ ) were significantly improved after 10 weeks exercise training. Body image was negatively correlated with the degree of physical symptoms. A significant relationship between body image and VO<sub>2</sub>max was observed, also.