• 系統編號	RG9513-3413
• 計畫中文名稱	營養介入對洗腎患者疾病控制模式的建立
• 計畫英文名稱	The Model of Nutrition Intervention Program on Primary Hemodialysis Patients
• 主管機關	行政院衛生署 • 計畫編號 DOH94-TD-F-113-039
• 執行機構	台北醫學大學保健營養學系
• 本期期間	9401 ～ 9501
• 報告頁數	45 頁 • 使用語言 中文
• 研究人員	胡雪萍；楊淑惠 Hu, SP；Yang, SH
• 中文關鍵字	洗腎患者；營養介入；成效評估
• 英文關鍵字	Hemodialysis patients；Nutrition intervention；evaluation
• 中文摘要	腎臟相關疾病所引起的死亡，一直是最近 10 年內國人十大死因之一。國外研究指出患者不易控制其飲食，不願改變其生活模式。故本研究目的爲對初次洗腎患者，利用階段性行爲改變的模式，以患者爲中心作營養教育的介入。由 4 家醫院的腎臟科醫生轉介初次洗腎患者給營養師，結果其中男性 10 人，女性 7 人，平均年齡 58±14 歲，BMI 平均爲 23.6±4.2，5 人有過重或肥胖問題，約 7 成無運動習慣，大多無喝酒或抽菸習慣，營養知識平均 5.5？b2.6 分（滿分爲 10），但對含高鉀及高磷的食物認知較差。應用階段性行爲改變模式後，患者有 3 人在沉思期，10 位在準備期，介入前後血液生化值多在正常範圍內，變化不明顯，血中尿素氮含量有下降，惟血中磷濃度有明顯下降（P<0.05），故此以患者爲中心的營養教育介入模式的建立，未來確可應用於初次洗腎患者，對已洗腎患者是否適用，恐有待進一步的研究探討。
• 英文摘要	The mortality of renal related disease accounted for one of ten mortality in Taiwan within ten years. Many patients reported that compliance with dietary restrictions was the most difficult part of the treatment regimen, because it altered life-style. The objective of this study is to apply the stage of change model and patients-centered nutrition intervention program to hemodialysis patients. We was given ethical approved by 4 Hospital Research Ethics Committee. Ten men and 7 women with a mean age of 58 years, SD=14 participated in this study. Patients had a BMI 23.6？HHHb4.2 and five patients had overweight/obesity problem. Most patients did not smoke or drink, and 70% had no exercise habit. The mean scores of patients？HHH？HHH knowledge on renal dietary restrictions was 5.5？HHHb2.6 out of ten, but knowledge of phosphorus and potassium containing foods was poor. After intervention,

patients had 3 in contemplation stage and 10 in preparation stage. The blood biochemical values were within normal range. The blood urea nitrogen value was changed, but only the blood phosphorous value had significantly difference ($p<0.05$). Instead of the traditional approach of information-giving effective education methods that focus on motivating patients to accept dietary restrictions are needed to set up in all hemodialysis centers.