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| • 計畫中文名稱 | 失智長者進食困難評估與改善措施之模式建立 | | |
| • 計畫英文名稱 | A model of assessment and interventions for feeding difficulties in people with dementia | | |
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| • 英文關鍵字 | dementia；feeding difficulty；；；；；； | | |


• 中文摘要

近年來失智老人的相關照護已成爲台灣醫療的重點。餵食或進食困難是失智老人常見的問題且容易導致進食量減少、體重下降、脫水及營養不良等問題。然而營養及脫水問題是失智老人主要死亡原因。協助住民進食是護理之家之照顧服務員主要工作，但他們往往缺乏足夠的訓練而無法確認失智老人的進食問題進而提供有效的改善方法。失智老人由於智能下降往往無法直接受訓練來改善進食或餵食困難，訓練餵食者成功協助餵食、改善進食困難及營養不良等問題是必要的。因此，良好的評估工具可以協助篩檢及確認餵食或進食困難問題，進而發展相關措施。 本計畫爲期四年。總計畫的目的爲發展及建立一個良好的模式用來評估失智老人之餵食困難及提供相關教育訓練措施。前兩年爲工具發展及測試，目的在發展一份具有文化敏感的餵食困難篩檢量表並建立良好的信效度。筆者於之前相關研究中透過概念分析提出餵食困難模式，而量表則會基於餵食困難模式而發展。另外，預計邀請專家學者、臨床照顧者及 185 位失智老人參與研究以建立問卷之信效度。信度方面則採用內在一致性、訪員間一致性及再測信度。而效度則採用專家效度、效標效度及建構效度。再則採用相關及回歸探討失智老人餵食困難發生率及相關因素。後兩年則爲針對照顧服務員發展協助餵食之教育訓練並測試效果。筆者於博士論文中已初步發展照顧服務員餵食教育訓練，但礙於經費及研究限制，導致訓練時間不足、個案數過少及缺乏失智老人效果之測量而限制教育訓練之推廣。因此，將修訂教育訓練之內容，延長訓練時間及加強相關技巧練習並測試教育訓練效果。針對照顧服務員期望教育訓練可以改善其照顧技巧及餵食滿意度，而且改善失智老人之進食量、進食時間及餵食困難程度。計畫將採用前後測實驗設計法。預計將邀請 78 位照顧服務員並隨機分派至實驗組及對照組。實驗組則接受協助餵食困難教育訓練而對照組則接受協助沐浴困難教育訓練。另外，失智老人將按照先前發展之量表得分，將其餵食困難分爲三大類嚴重、中度及輕微。每位照顧服務員在前後測協助三位失智老人進食，每個程度各一位。研究人員則於用餐時間觀察照顧服務員餵食之行爲並測量前後測失智老人在進食量、進食時間及進食困難程度之改變。期望能建立餵食教育訓練對照顧服務員及失智老人之效能進而推廣教育訓練及提供未來發展相關措施之參考。



• 英文摘要

Nearly 80% of dementia patients have feeding difficulties. These feeding difficulties are associated with reduced food intake, dehydration, weight loss, and malnutrition. Nursing assistants (NA) in nursing homes are primary caregivers who feed patients, but they receive the least training to adequately handle feeding difficulties. NAs often fail to identify feeding difficulties and appropriate feeding strategies because of insufficient knowledge. Educating NAs to manage feeding difficulties is essential because the cognitive impairment of many residents preclude training them to manage their feeding difficulties. Using an appropriate instrument to assess the feeding difficulty among people with dementia can help nurses to identify the problems of individual patients and provide interventions such as caregiver education and supervision, and making appropriate referrals to an interdisciplinary health care team. Thus, an instrument that can measure the feeding difficulty in people with dementia and have sufficient sensitivity to detect the change in eating ability is a major concern in managing difficulties in feeding of people with dementia. It will be a four-year study. The major aim of

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| | this study will establish a model of assessment and interventions for feeding difficulties in people with dementia. The purpose of the first two-year period of this total project will develop a culturally appropriate instrument which will be called “Assessment of Feeding Difficulty in Taiwanese Dementia” (AFDTD) based on the model of feeding difficulty that has been proposed by the PI (Dr. Chang) to assess the feeding difficulty of people with dementia and establish the psychometric properties of the instrument, including its validity and reliability. A total sample of 185 people with dementia will be enrolled for completing all the measurements. Reliability of the instrument will be measured by internal consistency, inter-rater reliability and test-retest coefficients. Validity of the instrument will be measured by content validity, criterion-related validity, and construct validity. In addition, the prevalence and associated factors will also be investigated in this study period by Pearson correlation and regression analyses. The next two years will develop interventions for reducing feeding difficulties in people with dementia. A comprehensive feeding skills training program has been develop by Chang (2005). The small sample size and lack of outcome measurements for people with dementia are the limitations for the effects of this program. The proposed randomized clinical trial will assess the effects of a longer and more comprehensive feeding skills training program on NA and outcomes of people with dementia. The training will include 2 one hour in-service classes and 5 days of hands-on training. The content of the program will include information about feeding difficulties related to dementia, assessment and interventions for different types of feeding difficulties. In 78 nursing assistants randomly assigned to a feeding training program or bathing difficulties training (2 one hour in-service classes), pre and post test assessments will be made for nursing assistant outcomes (feeding skills and job satisfaction related to feeding patients with feeding difficulties) and dementia resident outcomes (food intake, feeding time, feeding difficulty). The research assistants will categorize residents into one of the three level of feeding difficulty by using AFDTD scale. Four residents with each level of feeding difficulty will be recruited in each nursing home. To allow determination of the effectiveness of NA training for each level of feeding difficulty, NAs will be randomly assigned to feed a resident with each level of feeding difficulty (NA will feed a total of 3 residents at pre and post test). NAs will feed the same residents at pre and post test. Research assistants will observe nursing assistants feeding people with dementia with 3 different level of feeding difficulty. The proposed study will establish NA and resident outcomes and provide direction for further refinement of the intervention. Once the effectiveness of the feeding training program has been established, further research will be needed to determine the effectiveness of implementing the feeding training program in real world conditions. |