• 系統編號	RN9311-0224
• 計畫中文名稱	產後家訪或電話諮詢對母嬰健康的成效評估---實證護理研究
• 計畫英文名稱	The Effects of Postpartum Home Visitation and Telephone Consultation on Maternal Child Health: The Study of Evidence---Based Nursing
• 主管機關	行政院國家科學委員會
• 計畫編號	NSC91-2314-B038-043
• 執行機構	臺北醫學大學護理學系
• 本期期間	9108 ~ 9207
• 報告頁數	15 頁
• 使用語言	中文
• 研究人員	陳靜敏; 簡逸毅 Chen, Ching-Min; Chien, Yi-Yi
• 中文關鍵字	產後照護; 護士家訪; 工具發展
• 英文關鍵字	Postpartum care; Nurse home visitation program; Instrument development
• 中文摘要	懷孕生產對婦女而言是一大挑戰，產後階段更是女人生命成長過程及其角色轉變的關鍵時刻。但隨著我國全民健保的施行，產婦的住院天數銳減，醫療院所提供的照護勢必無法滿足個案的需求，因此社區內的產後照顧措施更形重要。本三年之研究計畫旨在透過實驗設計，藉護理人員家訪或電話諮詢服務，來提昇婦幼的健康，並作爲基層保健醫療實證護理的佐證。第一年爲描述性相關研究設計，以世代研究方式，藉由護理人員家訪，運用深入訪談之質性研究法及發展結構式量表與生化測量的量化研究法，瞭解產婦在出院前、以及產後 2 週內（出院 1 週內）與 1、 3、 6 個月的各時間點的婦幼健康照護需求，再據以擬定第二階段之介入性措施方案。另爲測試研究工具信、效度，本研究由病歷取得已生產 1、 3、 6、 12、 18 及 24 個月且符合收案條件的婦女名冊，以郵寄方式，同時收集各階段婦女其於產後關注、產後憂鬱、照護需求被滿足情形、健康促進生活方式、社會支持、及父母照護自我效能等方面的現況。家訪部份共追蹤 9 名，郵寄部分共回收 122 份問卷。研究結果顯示，經過家訪介入，婦女在母乳哺餵率、減重方面皆有不錯之成效。由生化指標亦可看出傳統「坐月子」習俗對婦女健康之可能威脅。而婦女在不同階段關注的焦點亦有不同，但以對生理需求最爲關注。產後兩週在健康促進生活型態、社會支持及產後憂鬱等的問題與照護需求最強。大規模問卷調查結果發現產後各階段對生理需求的關注仍爲最高；健康促進生活型態及產後憂鬱以產後第一個月最差。單因子變異數分析與 t 檢定皆發現在產後憂鬱、飲食習慣與照顧寶寶的自信度方面皆建議社區式產後照護的必要性。
• 英文摘要	The length of hospital stay for postpartum mothers and their newborn infants has been decreased since the implementation of NHI in Taiwan. A standard of care addressing the postpartum needs with a shortened hospital stay, however, has not been established. The purpose of this project is to explore the impact of nurse home visitation and telephone consultation programs on maternal child health, and to provide a research-demonstrated model on evidence-based nursing.

The first year of this three-year project is to utilize both descriptive correlational design and cohort. A total of 9 subjects were recruited from postpartum units in two hospitals in Taipei with separate data collection sections. These women were followed to develop standard care plans addressing the postpartum needs of mothers, newborns, and families. Another 122 subjects recruited from hospital chart reviews in their 1st, 3rd, 6th, 12th, 18th and 24th months postpartum were invited to validate set of instruments. Results of this study indicated that home visitation can impact on breastfeeding and loss weight. Biochemical data revealed the dangerous of doing the month ritual on health promoting lifestyle. In various time intervals, subjects were most worried about physical postpartum concern. Just getting homes (2 weeks postpartum) was the most significant period for interventions on health promoting lifestyle, social support and postpartum depression. Results of the mail surveys indicated high levels of reliability and validity of the instruments. Results of ANOVA and t-test demonstrated the necessary of scientific measures in effects of community postpartum care and to develop the knowledge of evidence-based nursing.