肝硬化病患疲倦與睡眠品質之相關因素探討

Fatigue and Sleep Quality in Cirrhotic Patients

中文摘要

本研究之目的在瞭解肝硬化病患住院期間的疲倦感與睡眠品質情形，及其與個人基本屬性、疾病特性的相關性、血液檢查數據，並探討肝硬化病患的疲倦與睡眠品質之間的相關性。採相關性描述性研究設計，以方便取樣的方式，在北部一所醫學中心及一所區域教學醫院的肝膽內科病房，選取至少住院滿三天之肝硬化病患爲研究對象，有效樣本爲 115 位，施以結構式問卷調查，問卷包括：個人基本資料表、台灣版簡明疲憊量表（BFI-T）、匹茲堡睡眠品質量表（PSQI），並自病歷中摘錄血液檢查數據、疾病特性等，將所得資料以描述性統計、t 檢定、單因子變異數分析、皮爾森積差相關分析。

本研究結果顯示大多數肝硬化住院病患會經歷中至重度的疲倦感，而疲倦強度會干擾病患日常生活活動功能，以對病患行走能力干擾強度最高，其次爲正常工作之干擾。運動習慣、習慣性飲料茶、咖啡、Child-Pugh 分類與疲倦在統計上有顯著差異。97% 的肝硬化病患睡眠品質不良，運動習慣及抽菸習慣與睡眠品質在統計上有顯著差異。疲倦強度和睡眠品質有顯著之正相關，亦即疲倦強度愈高則睡眠品質愈不好，此研究結果可提供醫護人員在照護肝硬化病患之臨床實務及未來研究方向之參考。

英文摘要

The purpose of this research is to understand the correlation factors between cirrhotic fatigue and quality of sleeping based on the personal characteristics blood test and illness characteristics result analysis. The research design is applying the correlation analysis by the sampling survey. The survey samples are 115, which are surveyed from national medical teaching hospital and regional teaching medical center at Taipei City. The qualifications of the survey are defined as follows: personal basic information and characteristics, the evaluation scale of BFI-Taiwan Form, PSQI, blood data and illness characteristics. The statistics analysis is applying descriptive statistic measure, t test, one-way ANOVA, Pearson correlation analysis .

The research findings are majority of cirrhotic patients had been suffered of middle to severely fatigue. This symptom will disturb the patient’s daily normal activity function such as walking capability. It will have the side effect on the daily routine job. There is significance variance of patient’s habits of exercise, sport, drinking tea, caffeine, Child-Pugh etc. There are 97 percent cirrhotic patients have the low sleeping quality problems. The research finds out that there is significant correlation difference of the sleeping quality and fatigue factors. The more tiredness will cause the lower

sleeping quality. From our research, it will contribute to take care of the cirrhotic patients with better quality of care.