糖尿病患者與其治療團隊成員之互動對於患者自我照顧行爲的影響

Impact of the Interaction between Diabetic Patients and Their Health Care Providers Team on Patients'Self-care Behavior

中文摘要

本研究之主要目的在於探討糖尿病患者與其治療團隊成員之互動關係及病患特質,對於患者自我照顧行爲的影響,研究發現希望可以提供給糖尿病治療團隊的成員與病患參考,並進一步達到提高患者自我照顧行爲的遵從性之目的。

本研究爲一横斷性研究,以加入糖尿病照護網的台北市某區域醫院爲個案醫院,並以在該院已接受過兩次(包括初診)完整衛教的糖尿病患者爲研究對象。本研究於民國九十五年四月四日至五月三十一日,以面訪方式對上述研究對象進行問卷調查,以了解糖尿病患者與其治療團隊成員的互動關係及患者自我照顧行爲的執行情形,共成功面訪 154 份問卷。

本研究的主要發現如下:

一、糖尿病患者與其治療團隊成員的互動關係

糖尿病患者絕大多數都滿意與其治療團隊成員的互動關係,尤其是與糖尿病衛教護理師以及營養師的互動關係方面,約有 90% 的患者都給予高度的認同。就糖尿病患者的特性與其治療團隊成員的互動關係而言,僅有年齡此變項與新陳代謝科的醫師互動達到統計上的顯著意義。複迴歸分析的結果則顯示,糖尿病患者的特質僅對於與新陳代謝科醫師互動關係此應變項達顯著的影響力,對於與糖尿病衛教護理師以及營養師的互動關係方面則均未達統計上的顯著意義。

二、患者的自我照顧行爲

受訪的糖尿病患者在自我照顧行爲方面,以「藥物與血糖的自我照顧及定期回診」此項行爲平均得分最高。而就互動關係與患者的自我照顧行爲之相關性而言,糖尿病患者與衛教營養師的互動關係越好,在其飲食自我照顧行爲的執行度則越高。糖尿病患者若與整個治療團隊成員的互動關係越好,在其藥物與血糖的自我照顧行爲以及定期回診的執行度則越高。就患者特質與其自我照顧行爲之相關性而言,70 歲以上的患者在飲食自我照顧行爲控制上比 30-49 歲的患者爲佳。罹病時間在二年至未滿五年及滿十年以上的患者,在服藥狀況、血糖監測及定期回診方面都比五年至未滿十年的患者爲佳。而複迴歸分析的結果則顯示,患者的特質及與其治療團隊成員的互動關係對患者的「飲食」與「藥物與血糖的自我照顧及定期回診」這兩項行爲具有顯著性的影響力。

根據研究結果,本研究提出以下的建議:

一、針對糖尿病治療團隊的建議

醫師應開設「衛教門診」以增進醫病關係,並加強病人正確的衛教觀念及提高患者自我照顧行爲的執行程度。治療團隊成員針對自我照顧行爲執行度較差的個案應加強衛教或採行個案管理的方式。另一方面,醫院可以多舉辦病友團體講座,透過病友的經驗分享與鼓勵,使患者更有信心控制好糖尿病。

二、對未來研究者的建議

後續研究者可以從醫病雙方分別發放問卷進行調查,以了解糖尿病治療團隊成員與患者的互動感

受之間是否有落差，進而找出需改善的部份。此外，未來研究者也可運用糖尿病共同照護網的病患護理及營養衛教的相關記錄檔案，可使研究結果更為客觀且深入。

英文摘要

The purpose of this research was to investigate the impact of the interaction between diabetic patients and their health care providers team and patients' characteristics on patients' self-care behavior. Research findings may help to increase compliance of diabetic patients regarding their self-care behavior.

The cross-sectional study took place at one regional hospital of Taipei which has joined the medical care network of diabetics. The research used face-to-face interview with diabetic patients at the sample hospital, from April 4th to May 31st 2006. In the end, 154 patients were successfully interviewed.

The main results of the research were as follows:

1. Interaction between diabetic patients and their health care providers team

（1）Ninety percent of diabetic patients felt satisfied with the interaction with their health care providers team, especially with nurses and nutritionists.

（2）There was the significant difference between patients' age and the interaction between diabetics and metabolic physicians.

（3）Characteristics of diabetic patients was significantly related to the interaction between patients and metabolic physicians, only.

2.Patients' self-care behavior

（1）Among all diabetic patients' self-care behavior, taking medication was done most well.

（2）The interaction between diabetics and nutritionists was significantly related to diabetics' self-care behavior of diet.

（3）The interaction between diabetics and health care providers team was significantly related to diabetics' self-care behavior of taking medication.

（4）Patients over 70 years old conducted self-care behavior of diet better than those between 30 and 49 years old.

（5）Patients who had been sick for 2 to 5 years or more than 10 years performed the self-care behavior of taking medication better than those for 5-10 years.

（6）Patient's characteristics and the interaction between diabetics and health care providers team were significantly related to diabetics' self-care behavior of diet and taking medication.

According to research findings, health education clinics can improve the doctor-patient relationship. Besides, health care providers team can use case management to improve diabetics' self-care behavior. Diabetic patients can share experiences of self-care behavior in the hospital. Further research should compare relationship among diabetics and health care providers team or refer to patients' health care records to enrich the depth.