在職工作之心臟衰竭患者疾病知識、自我照顧行爲與睡眠品質之探討

Study of Disease Knowledge, Self-Care Behavior and Sleep Quality of Workers With Chronic Heart Failure

中文摘要

本研究目的主要探討在職工作之心臟衰竭病患的疾病知識、自我照顧行爲與睡眠品質結果之相關性，以作爲確認國內仍在職工作之心臟衰竭病患自我照顧行爲之現況，以建立此類病患自我照顧相關之資料參考。本研究收案對象爲北部某區域教學醫院心臟衰竭門診病患共 50 位，以結構式問卷分疾病知識、自我照顧行爲、睡眠品質等三部份填答，並運用心率變異測量儀紀錄患者之心率變異度。所得資料以 SPSS 16.0 套裝軟體進行資料分析與檢定。

研究結果顯示：1.本研究之研究對象在疾病知識方面之認知程度不高，其整體知識總平均得分僅有 7.5±3.9。2.年齡、教育程度與疾病知識以及教育程度與自我照顧行爲在統計上達顯著差異(p＜ .05)。3. 整體性自我照顧行爲與整體性疾病知識呈現正相關(r = .54, p< .01)。4.研究對象之基本屬性與睡眠品質在統計上均未達顯著差異，但其中 NYHA 疾病分級與白天嗜睡情形在統計上達顯著差異(p ＜ .05)。5. 研究對象之 HRV 與睡眠品質好壞及白天嗜睡情形均無統計上之顯著差異。

藉由本研究結果能讓護理人員知道病患實際上的專業需求，並在適時適切的護理時機下，協助患者產生動機及認知到自我照顧對疾病治療的重要性，使其能與疾病共存，進而達到良好的自我照顧。

英文摘要

The purpose of this study was to investigate the relationship amount the disease knowledge, self-care abilities and self-reported sleep quality of patients with heart failure but still in working. According to our study, we can confirm the current condition of self-care abilities in heart failure workers and establish the database of this kind of patients.

We recruited fifty patients with heart failure from cardiologist outpatient clinics of a regional teaching hospital in the Northern Taiwan. We used structured questionnaire to analyze the disease knowledge, self-care abilities and self-reported sleep quality of these patients. Their short-term heart rate variability (HRV) was also examined. All Data was analyzed with SPSS 16.0 software package.

Our result revealed that: 1. The disease knowledge cognition level of our subjects was low and the total knowledge cognition score was only 7.5±3.9. 2. There was significant relationship between age, education level, disease knowledge and self-care abilities (p< .05). 3. There was positive correlation between self-care ability and total

disease knowledge score ($r= .54$, $p< .01$). 4. There was no significant correlation between the characteristics of the subjects and their self-reported sleep quality. There was significant correlation between New York Heart Association (NYHA) classification and daytime sleepiness ($p< .05$). 5. There was no significant correlation between HRV parameters, self-reported sleep quality and daytime sleepiness.

This study is helpful for nurses to understand the importance of self-care of these patients. Under proper nursing situations, they can help patients to motivate and understand the importance of self-care. This can lead to the best self-care of these patients.