

心臟移植患者接受運動訓練過程身體心像變化之探討

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摘要

本研究旨在探討心臟移植患者於心臟移植過程中身體心像之變化，並分析新植入心臟對患者的意義和衝擊。研究方法同時採用量性研究與質性研究法，採立意取樣，針對十位心臟移植患者給予連續十週的運動訓練，於運動訓練前、第五週及第十週，分別與研究對象進行深度訪談與量表測量，量表採用 Body Cathexis Scale，資料分析採用內容分析法、Friedman test、McNemar test、Mann-Whitney U test、和 Kruskal-Wallis test。研究結果顯示運動訓練後病患之身體心像滿意度在運動訓練前為 2.47 分、運動訓練後的第五週及第十週分別為 3.17 分和 3.25 分，顯著增加。運動訓練過程中病患對身體功能層面的關注最多；其正向評價行為增加，而負向評價行為減少。顯示運動訓練可有效增進心臟移植患者身體心像之滿意度，並朝向正向之發展。研究結困有助於增進護理人員瞭解心臟移植患者身體心像的改變，並進而提供合適的護理措施，以提昇照護的品質。

Abstract

The purpose of this study was to examine the body image change of heart transplant patients during exercise training. Both qualitative and quantitative methods were used in this study. Subjects were chosen by purposive sampling. The exercise training program was three times per week for 10 weeks. Data was collected by means of interview and the Body Cathexis Scale. Data was analyzed by content analysis, Friedman test, McNemar test, Mann-Whitney U test, and Kruskal-Wallis test. A total of ten valid cases were selected. The results of this study showed that the mean score of body image satisfaction was 2.47 before exercise training, 3.17 after 5 weeks, and 3.25 after 10 weeks of training. The scores at the fifth and the tenth weeks of exercise training were higher than those before training. Using content analysis to quantify the qualitative data, the most frequent dimension of body image was found to be the body function during exercise training. Base on the results of the study, it was concluded that satisfaction of body image was increased and a positive view of body image was enhanced during exercise training. The findings of this study will help nurses understand body image changes of herart transplant patients, provide suitable nursing intervention, and promote the quality of care.