

# 「好的護理」對護理人員的意義

## The Meaning of “Good Nursing” for Nurses

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### 摘要

本研究係針對「護理論壇—好的護理面面觀」研習會的全體會員，經過四個步驟的反思，以了解與會護理人員對「好的護理」之解釋。透過與會護理人員於研習會結束前，在 A4 白紙上寫下「好的護理」來資料收集，經過歸整共發展出兩個取向、九個類目、187 個行為單元。好的護理對護理人員的意義即是：護理人員能夠不斷賦權、專能、無限問展，以用心、自主、真誠的態度，表現出尊重、可溝通的助長他人過程。即護理人員能夠不斷的擁有 3E (Empowerment, Expertise, Exploitation)，表現出 CARING (Communicable, Autonomous, Respecting, Intentional, Nourishing, Genuine) 的過程。文中針對目前護理工作環境、專業自我概念及專業知能的發展等多所檢討與建議。

### Abstract

The purpose of this study was to describe the meaning of “Good Nursing” for nurses. The samples were the members who participated the seminar of “Nursing Issues—Multi-profile to Good Nursing.” Through reflection, data were collected by asking the subjects to write down the meaning of “Good Nursing” on the papers. Using content analysis, there were 2 dimensions, 9 categories, and 187 behavior units to describe “Good Nursing”. The meaning of “Good Nursing” for nurses was that through empowerment, expertise, and constant exploitation, nurses are autonomous, genuine, respectful, and communicative in nourishing people. Using these principles to improve the working environment, to increase professional self-concept, and to enhance the professional knowledge and skills for nurses were discussed.