

# 運動誘發性氣喘衛教對氣喘患者成效之探討

## The Effectiveness of an Exercise-induced Asthma Education Program in Patients with Asthma

潘美容;鄭綺;王桂芸;鍾飲文;陳麗娟;陳淑如

### 摘要

本研究主要的目的在探討成人氣喘患者對運動誘發性氣喘(exercise-induced asthma; EIA)的認知、預防和處理運動誘發性氣喘之自我效能及行爲，以及身體活動狀態；並探討 EIA 衛教的成效。研究採實驗設計法(experimental design)、立意取樣，於南部某醫學中心胸腔科門診進行資料收集，資料收集時間爲 90 年 3 月 1 日至 90 年 6 月 15 日，共有 57 位符合條件的個案，以亂數表之方式將個案隨機分配至實驗組 29 人，控制組 28 人。研究結果顯示（一）成人氣喘患者對運動誘發性氣喘認知得分爲  $10.84 \pm 1.83$ 、EIA 預防及處理行爲自我效能得分爲  $87.23 \pm 13.32$ ，身體活動狀態得分爲  $40.49 \pm 11.70$ ，均屬中上程度，而 EIA 預防及處理行爲得分爲  $68.65 \pm 15.76$ ，屬中等程度。（二）EIA 衛教確實可有效改善氣喘患者對 EIA 的認知程度、EIA 預防及處理行自我效能、行爲 ( $p < 0.01$ ) 及身體活狀態 ( $p < 0.05$ )。本研究結果支持 EIA 衛教有其效益，可作為臨床護理人員提昇氣喘者照護品質之參考。

### Abstract

The purposes of the study were to explore the knowledge of exercise-induced asthma (EIA), self-efficacy of EIA prevention and management, prevention and management of EIA behavior, and physical activities, as well as to build up an education program and test its effectiveness. Experiment design and purposive sampling were utilized. The study was conducted at the outpatient department of a medical center in southern Taiwan. Fifty-seven patients with asthma were randomly assigned to an experimental group ( $n=29$ ) or a control group ( $n=28$ ). Results were as follows: (1) The scores of knowledge of EIA ( $10.84 \pm 1.83$ ), of self-efficacy of EIA prevention and management ( $87.23 \pm 13.32$ ), and of physical activities ( $40.49 \pm 11.70$ ) were at a moderately high level. Prevention and management of EIA behaviors ( $68.65 \pm 15.76$ ) were at a moderate level. (2) The experimental group showed a significant improvement in EIA knowledge, self-efficacy of prevention and management EIA, prevention and management EIA behaviors ( $p < 0.01$ ), and physical activities ( $p < 0.05$ ). The findings of this study support the effectiveness of exercise-induced asthma education program, which can be used for clinical nurses to improve the quality of care in patients with

asthma.