

輕中度和重度肺功能障礙慢性阻塞性肺疾病患者運動自我效能和運動測試結果比較之探討

Comparison of Exercise Self-Efficacy and Exercise Test Results between Mild-Moderate and Severe Lung Function Impairment Patients with Chronic Obstructive Pulmonary Disease

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摘要

本研究目的在探測肺功能障礙程度對運動自我效能和運動測試結果之影響。以立意取樣法，選取台北市四家地區級以上醫院，48位接受門診追蹤治療之慢性阻塞性肺疾病患者為對象。資料收集法包括跑步機運動測試、肺功能測試和填寫問卷。問卷包括資源訊息量表、運動自我效能量表、呼吸困難量表和焦慮量表。以逐步回歸、卡方檢定、t檢定分析資料。結果顯示輕中度肺功能障礙患者比重度肺功能障礙患者有較高的運動自我效能，較正向的過去經驗和較高的運動量。但整體而言，平均最高運動量偏低，僅 2.94mets，且大部份患者（72.9%）低估自己的運動能力。過去的運動經驗是兩組病患運動自我效能的最佳預測變項。本研究結果有助於在發展個別化的護理措施，來增進慢性阻塞性肺疾病患者的運動能力。

Abstract

The purpose of this study was to examine the impact of lung function impairment on exercise self-efficacy and exercise test results in chronic obstructive pulmonary disease (COPD) patients. A descriptive and correlation design was used. Data was collected by means of a treadmill exercise test, a lung function test, and a structured questionnaires, which included a Self-Efficacy Information Source Scale, a Treadmill Self-Efficacy Scale, a Dyspnea Scale, and a State-Trait Anxiety Inventory. Stepwise regression, chi-square, and test were used for data analysis. A total of 48 subjects who met the selection criteria were selected from four mediumsize hospitals by purposive sampling. Results of the study demonstrated that the mild-moderate group had higher exercise self-efficacy, more positive performance accomplishments, and higher peak workload than the severe group. However, the average peak workload for all subjects was extremely low (2.94 mets) and the majority of subjects (72.9%) under-estimated their treadmill performance. The

patients past experience was the most important predictor in self-efficacy for both groups. The findings of this study have implications in the development of individualized nursing interventions to help COPD patients improve their exercise performance.