

論壇三：	家庭與照顧者的支持
作者：	朱明霞、吳建煒、李衛燕、謝淑玲
機構：	澳門鏡湖護理學院
題目：	澳門失智症照顧者線上學習平臺的效果研究
摘要：	<p>世界衛生組織中文版的澳門失智症照顧者線上教育支持平臺（iSupport）從 2020 年開始在華人地區進行多中心研究。第一個階段在澳門進行調查，瞭解失智症患者對該平臺中文譯本的看法，為該平臺的本地化提供參考。收集澳門的失智症家庭照顧者及社區長者機構照顧者閱讀學習平臺材料後的意見記錄，以及組織他們進行小組焦點訪談進行主題分析。結果顯示：便利化學習和獲得情感支持是失智症家庭照顧者進行線上學習的促使因素，需要對學習平臺進行文化和服務資訊的本地化等。說明澳門家庭照顧者對失智症線上學習平臺具有較大需求，同時要關注平臺的多元、可及和可持續性。第二階段對參與學習平臺的家庭照顧者繼續每月一次網上幹預小組會議，結果：照顧者參與人數不多，但分享活躍，對個案遇到的問題有所借鑒。主動網上學習有關內容不多，每次根據個案問題有指引網上看書相關的單元內容。對個別照顧者的特別需求，進行答疑輔導。</p>

論壇三：	家庭與照顧者的支持
作者：	蔡春足、黃雋恒、何思儀
機構：	瑪利亞社會福利基金會瑪利亞霧峰教養家園
題目：	中高齡智能障礙者照顧機構家屬之照顧銜接及相關政策研究
摘要：	<p>背景與目的：我國當前高齡化社會中，智障者老化健康與生活、家庭的責任與負荷、社區的資源網絡，成為後疫情時代「社會政策」的空前挑戰，而智障者老化照顧需求的滿足，更是政府與民間所必須面對的重要課題。尤其是當家屬走向老化時，照顧銜接的議題更是浮上檯面。本研究之目的主要是瞭解家屬老後對智障者安置的規劃、探討雙老家庭照顧者銜接的準備，以及探究家屬老後對照顧服務的政策期待。</p> <p>方法：本研究邀集八位中高齡之家長，透過五次焦點團體，探討智能障礙者老後長期照顧銜接的議題，對照相關文獻探討，探討雙老家庭照顧者對智障者老化照顧銜接之期待，進而提出政策改善之建議。</p> <p>結果：本研究結果有三個部分：一、照顧機構是雙老家庭現階段最大的依靠；二、子女身體健康的狀況是家長難以割捨的牽絆；三、對於自己身後，多數家長並不期望子女的手足接手銜接照顧，主要是擔心影響他們往後的正常生活。</p> <p>結論及建議：雙老家長非不得已不假手他人照顧，己身願意照顧到最後一刻，而老後則期待將智障者交托給政府或長照機構，期盼能有更完善的照顧機制。建議如下：</p> <ol style="list-style-type: none">1. 凝聚家屬間情感，銜接如父母般的關愛，提早培養手足陪伴智能障礙者下階段之生活。2. 建議政府建構更完善、終身托養的照顧制度，以保障智障者老後的人生。3. 建立家庭醫師模式，提供雙老家庭醫療諮詢與健康維護服務。4. 建立社區化互助照顧機制，透過鄰裏社會支持網絡，提供雙老家庭可及性的支持。

論壇三：	家庭與照顧者的支持
作者：	Chak Kwan CHAN
機構：	Lingnan University
題目：	The Challenges of Informal Caregivers of Disabled and Ill Grandparents
摘要：	<p>With the increasing number of older people suffering from disabilities and chronic diseases, more grandchildren are taking up a caregiving role. This study aimed to fill a literature gap on the needs of this group of carers as there are few research studies on this topic. Thirty respondents who were taking care of disabled and ill grandparents were interviewed from April to July 2023. The respondents were recruited via schools, welfare agencies, young carers' websites, and promotion emails. The respondents included secondary and university students and those engaging in full-time jobs. It was found that this group of carers, especially young carers who were in education, had limited skills in providing social care for grandparents. However, they did not know where to seek professional support when encountering a heavy caregiving burden and feeling physically and emotionally exhausted. Busy caregiving duties also limited the respondents' time for school and university assignments and socializing with friends and work colleagues. This study suggests that social work agencies and schools need to work closely together to hold joint meetings to offer appropriate assistance for young carers who are in education. As this is a relatively vulnerable group of carers, it is imperative to have a care manager assess their needs and arrange support services. Moreover, tailor-made training activities and support groups should be delivered to them to improve their caregiving skills and provide a venue for sharing their experiences.</p>

論壇三：	家庭與照顧者的支持
作者：	Nan LYU
機構：	Renmin University of China
題目：	The Role of Wisdom on the Association Between Caregiving Burden and Subjective Well-Being of Family Caregivers of Older Chinese Adults with Disabilities
摘要：	<p>Objectives: The present study investigated the moderator role of multidimensional wisdom on the associations between caregiver burden, depressive symptoms and life satisfaction among family caregivers of disabled older adults in China.</p> <p>Method: A quota sampling was used to recruit 789 pairs of disabled older adults and their primary family caregivers in Shanghai, China, in 2013. Multiple-group path analysis was used to test the proposed model.</p> <p>Results: Cognitive, reflective, and affective wisdom were found to moderate the association between burden and depressive symptoms, and that between burden and life satisfaction. Caregiver burden was found to only negatively affect life satisfaction, and positively affect depressive symptoms among caregivers with relatively low wisdom levels. These associations were found to be nonsignificant among those with relatively high levels of wisdom.</p> <p>Conclusion: The findings highlight the important role of multidimensional wisdom in the underlying mechanisms of family caregiving from the perspective of the stress process model. The findings support the application of wisdom in caregiver support programs in Chinese contexts.</p>

論壇三：家庭與照顧者的支持	
作者：	曾思雁
機構：	澳門鏡湖醫院
題目：	與照顧者同行—鏡湖醫院外展服務運作經驗分享
摘要：	<p>背景：面對人口老年化，長期患者家居照護逐漸成為困擾家庭的問題，鏡湖醫院於 2018 年成立外展服務。</p> <p>目的：為病情相對穩定但仍有醫療、護理需求的出院或門診患者，能在家中可以得到適切的醫療、護理、康復和支援服務，提升生活質量。同時減輕家屬的照顧壓力，減少患者的再次入院，提高住院床位使用效率，紓緩輪候入住院舍及再次入院的需要。</p> <p>方法：通過各病區篩選適合外展服務的人群，包括多次反復住院者；出院後仍需要指導或護理者；身上帶有胃腸造瘻口和傷口者；患有心臟或呼吸等慢性疾病胰島素依賴型、癌症患者；中風，截肢者；行動不便的門診覆診者。</p> <p>結果：2018 年 4 月至 2023 年 8 月外展服務超過 10000 人次，服務人數 1400 人，當中提供了大量的照顧者技巧傳授，藥物指導，各種管道更換，傷口換藥等服務，得到了使用者的認可和讚賞，同時亦提高了醫院的服務質量。</p> <p>結論：外展服務的開展，給患者，家人，員工及機構均帶來不少實質性的好處。</p>

論壇三：	家庭與照顧者的支持
作者：	賴碧襄
機構：	臺北榮民總醫院員山分院
題目：	園藝治療對提升專科護理師壓力管理效益之研究
摘要：	<p>背景與目的：由于醫療政策演變，專科護理師是醫院不可或缺的專業角色，也面臨沉重的工作負荷與壓力。研究顯示園藝治療活動可有效提升職場幸福感、促進正向情緒并對壓力紓解有顯著效益。故引發研究者動機，期望藉由園藝治療課程活動來達到紓解專科護理師情緒壓力、降低工作壓力並提高生活品質。</p> <p>方法：本研究針對 10 位專科護理師介入為期六周，每周一次 60 分鐘的活動，并以「園藝治療福祉效益量表」前、後測問卷作為資料搜集工具。問卷的信度之前測 Cronbach' α 值為 0.559，表示可信。</p> <p>結果：研究結果顯示，參與者在「園藝治療福祉效益量表」前測平均值為 16.20 分，經過 6 周活動後進步到 29.60 分，以成就感及心情放鬆的效益最為顯著；以 Pair-T test 檢定比較，發現整體得分除「社交技巧」為顯著差異外，前測得分缺乏的各單項均達極顯著差異。</p> <p>結論：醫療是高度專業又繁忙的工作，專科護理師需在短時間內針對病人問題反饋給醫師并作出正確的醫療決策，常常處于高壓力與過度負荷的情況；此研究成果顯示園藝治療成功的舒緩情緒與工作壓力并促進正向情緒。期望藉由研究成果讓經營者能以園藝治療課程作為營造快樂工作環境及提供調適壓力的舒壓項目，讓員工能有效改善工作壓力及提升工作效率，進而提高工作滿意度及降低離職傾向，為民衆提供高品質高效率的醫療服務品質。</p>

論壇三：	家庭與照顧者的支持
作者：	梁淑華
機構：	明愛家居護養暨照顧者支援服務
題目：	疫情下社區長照服務之介入措施
摘要：	<p>對於大部分長者及照顧者來說，原居安老是絕大部分人的想法。為針對社區上照顧資源較弱的長者及減緩家庭照顧者的壓力，社區長照資源的角色相當重要。在疫情期間，外籍家傭人力短缺、日間中心暫停運作等因素，社區資源難以介入下，家庭照顧者的壓力百上加斤。</p> <p>在疫情時期，社區長照服務如何評估家庭功能，疏導照顧者之壓力及連結不同資源網絡尤其重要。機構針對家庭功能較強和較弱的人士，有不同的介入方式。當家庭照顧者面對突發情況難免變得手足無措，針對以上情況機構會協助家庭盤點現有資源，促進家庭成員溝通，并制定照顧計劃。如主要照顧者因病或未能照顧，個案亦沒有自理能力時，機構會提供培訓予其他家庭成員，及因應情況而提供支援，確保照顧工作順暢。</p> <p>但部分弱勢社群在防疫措施下更顯徬徨，在疫情靜止及高峰期間，機構亦收到外界的求助，如臥床的獨居長者、滯留在澳的外籍病患、有特殊護理需求的體弱人士等，于疫情下難以獲得社會資源。在機構的服務層面下，盡力提供所需要的照護，如有緊急或特殊情況即連結各界資源為有需要人士提供協助。</p> <p>在提升家庭功能的前提下，協助家庭解決問題，對緊急及特殊情況的個案有不同的處遇，增強服務對象在疫情下的抗逆力。</p>

論壇三：	家庭與照顧者的支持
作者：	鄭又榕、譚瑰賢、梁淑敏
機構：	澳門鏡湖護理學院、澳門明愛頤安護老院
題目：	澳門失能長者照顧者的照顧壓力與自我效能之相關性研究
摘要：	<p>目的：旨在調查澳門失能長者主要照顧者的照顧壓力和自我效能的現況，以及兩者之間的關係。</p> <p>方法：橫斷面描述性研究，以方便抽樣，于 2023 年 2 月至 3 月期間，在某機構屬下的長者服務機構及親友推介招募研究對象參與調查。問卷內容包括長者及照顧者的個人基本資料、日常生活能力量表、照顧者壓力指數中文版、一般自我效能量表。以 SPSS 22.0 統計軟件進行分析；分別以描述性統計和推論性統計分析照顧者的照顧壓力現況、與自我效能的相關性以及照顧壓力的影響因素。</p> <p>結果：成功收集 115 份有效問卷，照顧者 60.9% 為女性，平均年齡為 61.68 ± 12.90 歲；照顧者的照顧壓力總得分平均值為 14.10 ± 6.04 (屬中等壓力)；照顧者的自我效能得分平均值為 24.23 ± 5.47，得分百分比為 60.6%。照顧者的照顧壓力與自我效能呈中等偏弱負相關 ($r = -0.330, p < 0.001$)；多元迴歸分析結果顯示照顧者的照顧壓力總分的影響因素依序為自我效能總分、有接受長期照顧服務、每天照顧時間在 16 小時或以上。</p> <p>結論：澳門失能長者主要照顧者的照顧壓力呈中等程度，失能長者有接受長期照顧服務，照顧者自我效能低及每天照顧時間在 16 小時或以上者，其照顧壓力較高。</p> <p>建議：政府及相關機構採取措施減輕照顧者壓力，包括強化社區健康教育以提升照顧者的自我效能；構建整合式照顧服務體系，并設立部門統籌長照服務；重視社區護理人力及培訓以增加照顧者支援。</p>

論壇三：	家庭與照顧者的支持
作者：	John CK LAU, Zoe CM KWOK, Kate WK YUEN, Helen YL CHAN
機構：	The Nethersole School of Nursing, The Chinese University of Hong Kong
題目：	Health Coaching on Physical and Psychological Well-Being Amongst Family Caregivers
摘要：	<p>Background: Health coaching is an effective strategy for self-management of chronic diseases. However, there has been limited evidence about its effects within primary health care. This paper reports the preliminary effects of health coaching on physical and psychological health of family caregivers.</p> <p>Methods: This is a prospective multi-site three-arm parallel randomized controlled trial conducted in various community centres and district health centres in Hong Kong. Middle-aged family caregivers with cardiometabolic risk but free from any diagnosis of cardiometabolic diseases were recruited. They were randomly assigned to one of the three groups: Health coaching group, mHealth-supported coaching group, or control group. Participants in the first two groups received three 60-minute individualized health coaching sessions delivered by nurses over three months via telecommunication. In addition, participants in the latter group have access to a mobile application for seeking health information, recording health data, and connecting with other participants for peer support. The control group received usual care. The primary outcome was health-promoting lifestyle, whereas the secondary outcomes were stress, anxiety, depressive symptoms, and physiological parameters. Data collection was conducted at baseline and three-month follow-up.</p> <p>Results: As of 2nd August, 46 participants completed the follow-up assessment. Their mean age was 46.8 (SD 6.1), ranging from 40 to 62. The majority were female (84.8%), had completed senior secondary education or above (89.1%) and were currently employed (71.7%). Compared with the control group, the two health coaching groups had higher proportions of participants showing improvements in INTERHEART score which evaluates cardiometabolic risk, Health-Promoting Lifestyle</p>

	<p>Profile score, depressive symptoms and body mass index, with a significant difference in the waist-hip ratio ($p = 0.035$).</p> <p>Conclusion and implications: Family caregivers are at risk of health problems given the tensions in caregiving tasks. Our findings suggested that nurse-led personalized health coaching has the potential of improving physical and psychological outcomes among family caregivers. The mobile application for self-help management provides additional support in empowering family caregivers with health-related knowledge. However, the findings should be interpreted with caution due to the small sample size, convenience sampling strategy and short follow-up duration. This study shed light on the potential of integrating health coaching into primary health care services to expand the coverage for promoting the well-being of family caregivers.</p>
--	---