

個別性護理指導對初產婦新生兒照顧認知及母親自信度成效之探討

Effects of Individual Nursing Instruction on Infant Care Knowledge and Maternal Confidence of Primiparas

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摘要

本研究目的是探親個別性護理指導對初產婦母親生兒照顧認知、母親自信度及初產婦感受到照顧問題總數的影響。採準實驗設計，以立意取樣方式，先取 63 位初產婦為對象，分為實驗組 30 名及控制組 33 名。實驗組除接受病房錄影帶、座談外，在出院當天接受研究者利用新生兒照顧護理指等手冊給與個別性護理指導及出院的辦理。研究所得資料以 SPSS/PC 套裝軟體進行卡方檢定、t-test、皮爾森積差相關、單因子變異數分析等相關統計方式分析。研究結果如下：(1)實驗組的新生兒照顧認知改變量(KICCI)及母親自信度改變量(MCQI)高於控制組。(2)實驗組在產生後所感受到照顧問題的總數(SCPPP)低於控制組。(3)新生兒照顧認知改變量(KICCI)及母親自信度的改變量(MCQI)分別與初產婦感受照顧問題總數(SCPPP)呈負相關。(4)初產婦的年齡、知識來源、新生兒性別及是否有分娩合併症等基本屬性部份影響到新生兒照顧認知及母親自信度。根據研究結果，未來在護理的運用上，此個別性護理指導模式可以做為護理人員提供護理指導時的依憑，使初產婦對親生兒的照顧更為清楚。

Abstract

The purpose of the study was to explore the influence of individual nursing instruction on the infant care knowledge (KICC) and maternal confidence (MCQ) of primiparas and sums of care problems of primipara' perception (SCPPP) during the first two weeks postpartum. A quasiexperimental design with purposive sampling was adopted for this study. A selected group of 63 subjects was divided into an experimental group comprising 30 subjects and a control group comprising 33 subjects. The researcher provided individual nursing instruction to the experimental group. The data was analyzed using SPSS/PC software, including chi-square test, t-test, Pearson correlation, and one-way ANOVA. The results were: (1) After individual nursing instruction, primiparas in the experimental group improved their scores for infant care

knowledge (KICCI) and maternal confidence (MCQI). (2) The sum of care problems of primipara' perception (SCPPP) about infant care of the experimental group was significantly lower than the SCPPP of the control group. (3) Infant care knowledge and maternal confidence were negatively correlated with the sums of care problems of primipara' perception (SCPPP). (4) There was a significant relationship between primiparas (and infants) characteristics and infant care related factors. Based on the research findings, individual nursing instruction program is effective and should be more prevalently used in the future.