護 理 研 究

第廿六次護理研究論文發表會暨兩岸護理學術交流
The 26th Annual Nursing Research Conference

深耕社區：護理引領慢性病照護
Delivering Quality, Serving Communities:
Nurses Leading Chronic Care

台灣護理學會
第廿六次護理研究論文發表會暨兩岸護理學術交流
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一、 活動主題：深耕社區：護理引領慢性病照護
(Delivering Quality, Serving Communities: Nurses Leading Chronic Care)

二、 辦理單位：台灣護理學會護理研究委員會
中國醫藥大學護理學系
中國醫藥大學附設醫院護理部

三、 辦理日期：99年9月3-4日(星期五、六)

四、 辦理地點：中國醫藥大學立夫教學大樓B1國際會議廳(台中市北區學士路91號)

五、 活動內容：

第一天：9月3日（星期五）

時間	活動內容	主講人	主持人	地點
08:00-08:30	簽到 Registration			一樓中庭
08:30-09:00	開幕式Opening（開場表演） 致歡迎詞 Welcome 發表會簡介 Conference Introduction	黃建華 理事長 黃榮村 校 長 蔣立琦 主任委員	蔣立琦 主任委員	B1國際會議廳
09:00-10:30	專題演講 I Keynote Speech I Nurses' Power Fight against Chronic Diseases	Dr. Masako Kanai-Pak (金井Pak雅子 ICN理事)	尹祚芊 ICN第二副理事長	B1國際會議廳
10:30-10:45	休息 Break			
10:45-12:00	專題發表 I Symposium I 成功發表國際期刊的訣竅	周桂如 教 授 許敏桃 教 授 陳美伶 教 授	鄭 綺 教 授 簡莉盈 教 授	101講堂
	專題發表 II Symposium II 成功獲得國家型研究經費補助的藍海策略	孫秀卿 助理教授 徐亞瑛 教 授 黃美智 教 授	王秀紅 教 授 黃宣宜 教 授	102講堂
	專題發表 III Symposium III 成功運用實證護理提昇護理品質	陳玉枝 主 任 李翠萍 護理長 盧素真 護理長	蔣立琦 教 授 高靖秋 主 任	103講堂
09:00-12:00	海報展示 Poster Presentation	論文發表者 Presenters		二樓中庭 一、二、三樓廊道
12:00-13:00	午餐 Lunch/簽到 Registration			
13:00-14:40	優良護理研究海報論文發表獎評選			二樓中庭
14:40-16:00	分場論文發表 I Concurrent I	論文發表者 Presenters	各場次主持人 Moderators	101-105講堂 201-205講堂
13:00-16:00	海報展示 Poster Presentation	論文發表者 Presenters		二樓中庭 一、二、三樓廊道
16:00-	簽退 Sign out			

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第二天：9月4日（星期六）

時間	活動內容	主講人	主持人	地點
08:00-08:30	簽到Registration			
08:30-10:00	專題演講II Keynote Speech II Chronic Disease Prevention and Management: Global Trends and Nurses' Initiatives	陳肇始 教授	蔣立琦 主任委員	B1國際會議廳
10:00-10:20	休息 Break			
10:20-11:40	分場論文發表II Concurrent II	論文發表者 Presenters	各場次主持人 Moderators	101-105講堂 201-205講堂
08:00-12:00	海報展示 Poster Presentation	論文發表者 Presenters		二樓中庭 一、二、三樓廊道
11:40-13:00	午餐 Lunch／簽到 Registration			
13:00-14:30	專題演講III Keynote Speech III 談弱勢族群之醫療照護	鄧素文 處長	盧美秀 監事長	B1國際會議廳
13:00-15:00	海報展示 Poster Presentation	論文發表者 Presenters		二樓中庭 一、二、三樓廊道
14:30-15:00	閉幕式Closing (含頒發海報論文獎)		蔣立琦 主任委員	B1國際會議廳
15:00-	簽退 Sign out			

S38. 運用自我效能理論探討安養機構老人運動行為之預測因子

Applying Self-Efficacy Theory to Explore Predictors of Exercise Behavior Among Older Adults Residing in Residential Care Homes

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Min-Ling Yen	Department of Nursing, Kuang Tien General Hospital

Purpose　This study applied the self-efficacy theory to explore predictors of regular exercise behavior among older adults residing in residential care homes.

Methods　We adopted a cross-sectional research design and used purposive sampling to collect data from 120 older adults residing in three residential care homes in Central Taiwan. Data collection instruments included a background data sheet, the Self Efficacy for Exercise Scale, Outcome Expectations for Exercise Scale and self-reported regular exercise behavior. Data was analyzed using SPSS/Windows 17.0 statistical software.

Results　Only 35.8% of subjects engaged in regular exercise. The three most frequently mentioned types of exercise activities were walking (72.5%), performing calisthenics (27.5%) and practicing qigong (12.5%). All exercised on a daily basis, with most exercising either 30 or 60 minutes per day (39.2% and 21.6%, respectively). Significant differences were found between regular exercisers and non-regular exercisers in number of chronic diseases, perceived health status, functional status, past exercise participation, self-efficacy expectations and outcome expectations. Older residents who exercised regularly had fewer chronic diseases, better perceived health status and functional status and higher self-efficacy expectations and outcome expectations related to exercise. In addition, older residents with a regular exercise history prior to institutionalization tended to keep their exercise habit afterward. Logistic regression analysis indicated past exercise participation (odds ratio = 13.03, $p = 0.000$, confidence interval = 3.89-43.69) and self-efficacy expectations (odds ratio = 1.06, $p = 0.000$, confidence interval = 1.04-1.08) to be significant predictors of regular exercise behavior.

Implication for Practice　Sedentary lifestyle can cause further loss of function and influence quality of life. The findings of this study provide important information about the exercise behavior of older adults residing in residential care homes. Understanding the influence of exercise behavior predictors will be helpful in developing interventions to motivate older adults to initiate and maintain regular exercise behavior.

Key Words　self-efficacy theory, residential care home, elderly, exercise behavior