

台灣心肺復甦術教學之文獻探討

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摘要

心肺復甦術(Cardio-Pulmonary Resuscitation, CPR)教學在台灣推廣已逾 30 年。儘管如此，研究指出仍有 95%患者並未接受到院前 CPR，因此 CPR 教學方法、評量方式及成效為何值得探討。本文以文獻分析方式探討 1970-2006 年間國內發表之 CPR 教學研究，共 13 篇符合收案條件。其結果發現，過去 CPR 教學仍以講授法為主，授課時數 3 至 4 小時居多；有 11 篇自擬教學評量工具，顯示出缺乏一致性的評量工具；6 篇進行 CPR 技術評核，僅 1 篇評估 3 個月後的技能保留。13 篇研究皆顯示，受教後學習者 CPR 知識有顯著提升；8 篇對 CPR 執行態度進行前後測或與控制組比較，有 4 篇研究報告無顯著差異；進行 CPR 技術評核的 6 篇研究中，有 3 篇前後測無顯著差異。本文據此提出對未來教學與研究之建議。

關鍵詞：心肺復甦術、教學成效、文獻查證

Literature review of Cardio-Pulmonary Resuscitation Training Program in Taiwan

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Abstract

Cardio-Pulmonary Resuscitation training programs have been disseminated over decades in . Despite this, previous literature indicates that 95% of patients who might have benefited from CPR prior to the arrival of professional medical care failed to receive it. Therefore, an investigation of CPR training methods, training effectiveness, and related measurement instruments seems warranted. Our purpose was to investigate and review Taiwan-published CPR training studies in 1970 to 2006 via literature analysis. There were thirteen papers that met the criteria for inclusion after an analysis of their training subject and program. The results showed that the main teaching method for CPR training continues to be giving a lecture and the lecturing hour is about 3 to 4 hours. In 11 of 13 articles, the researchers had created their own measurement instrument to evaluate CPR training effectiveness, indicating the lack of a standard instrument for such evaluations. An evaluation of CPR skill demonstration was found in 6 of 13 papers, and only one had assessed the participants' skill after three months. All 13 researches manifested that the subjects' knowledge of CPR increased as a result of a training course. Of the eight articles that performed a pre-post instruction evaluation of CPR attitudes, half showed no significant improvement. Likewise, of the six articles evaluating CPR skills improvement, half showed no significant change. In these regards, our article provides suggestions for further research.

Keywords: cardiopulmonary resuscitation 、 training effectiveness 、 literature review