

## 病人衛教光碟措施對接受磁振造影檢查老年病人之研究

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### 摘要

磁振造影檢查的環境可能會對老年病人造成威脅及不適，進而導致焦慮。臨床上常在磁振造影檢查前會發給病人書面的磁振造影檢查衛教單張來減輕病人的檢查焦慮，但這些書面資料內容可能不適合有閱讀困難或焦慮的老年病人使用。此前趨研究採一組前後測研究設計，來評值磁振影檢查病人衛教光碟措施對接受磁振造影檢查老年病人磁振造影知識及焦慮程度之影響。19 位老年病人在磁振造影檢查前除了得到書面磁振造影檢查衛教單張之外，另外接受十分鐘附有語言選擇功能的磁振造影檢查病人衛教光碟措施。所有研究對象在檢查前都以磁振造影檢查知識問卷及焦慮狀態量表進行前測及後測資料收集。Wilcoxon 符號等級檢定結果發現老年病人在接受磁振影檢查病人衛教光碟措施後，其磁振造影檢查知識顯著地進步 ( $Z=-2.18, p=0.029$ ) 且焦慮顯著地降低 ( $Z=-3.44, p=0.001$ )。目前臨床缺乏人力進行面對面的病人衛教，加上放射科繁忙，磁振影檢查病人衛教光碟措施為一有效、簡單方便的衛教措施，可促進老年病人磁振造影檢查知識及降低檢查的焦慮程度。

關鍵字：老人、磁振造影、焦慮、光碟、病人衛教

# **A study of A DVD patient education program for elderly patients undergoing Magnetic Resonance Imaging procedures**

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## **Abstract**

The magnetic resonance imaging (MRI) environment may be intimidating and unpleasant for elderly patients undergoing MRI procedures and may cause anxiety. Written materials about MRI which are distributed to the patients undergoing MRI prior to their examinations have been the common strategies to reduce patients' anxiety in many clinical settings. However, written information may be inadequate and may not be read when elderly patients have difficulties in reading or have considerable anxieties. This pilot study used a one-group pre and post-test design to evaluate the effect of a DVD patient education program on MRI knowledge and level of anxiety in elderly patients undergoing MRI procedures. Nineteen participants received a 10-minute MRI DVD patient education program with the option of selecting preferred language prior to their MRI procedure in addition to routine MRI printed material. All participants were assessed for MRI knowledge by a MRI knowledge questionnaire and their level of anxiety by Spielberger Trait Anxiety Inventory-State (STAI-S) at baseline and post-test prior to their MRI procedure. Wilcoxon Signed Rank test indicated that after receiving the MRI DVD patient education program, the MRI knowledge of the elderly patients were improved significantly ( $Z=-2.18$ ,  $p=0.029$ ), and their anxiety was reduced significantly ( $Z=-3.44$ ,  $p=0.001$ ). While there is short of staff for face-to-face patient teaching for procedures in the clinical settings, a MRI DVD patient education program can be a strategy which is effective, easy to implement, and requires less staff in a busy radiological department to improve understanding of MRI procedures and reduce anxiety of elderly

patients undergoing MRI procedures.

Keywords : elderly, magnetic resonance imaging, MRI, anxiety, DVD, patient education