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教學指引



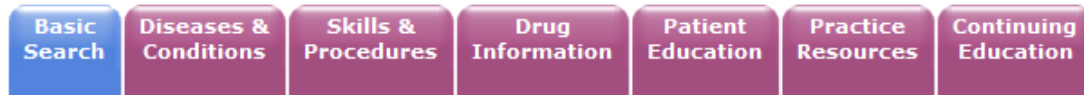
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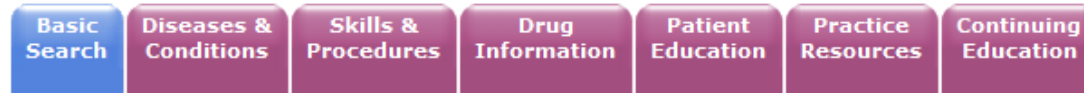
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Nursing Reference Center 通過護理專用圖形界面為護理專業人員，學生和教師提供最佳可用和最新的臨床證據和參考資訊。在本指引中，您將學習如何搜索和瀏覽NRC以及如何使用其他功能，包括結果列表和文章詳細信息頁面。

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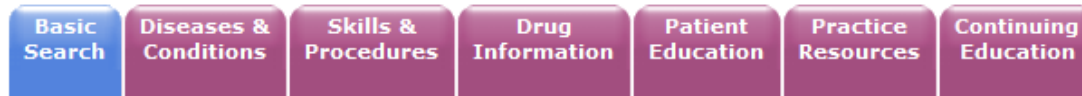
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Engelke Z; Pravikoff D; CINAHL Nursing Guide, EBSCO Publishing, 2014 Dec 26 (Nursing Practice and Skill - CEU, image)



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Database: Nursing Reference Center

Patient Education: Teaching the Adult with Diabetes Mellitus, Type 1

Contents

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Nursing Practice and Skill

By: Zeena Engelke, RN, MS

Cinahl Information Systems, Glendale, CA

Edited by: Diane Pravikoff, RN, PhD, FAAN

Cinahl Information Systems, Glendale, CA

[Link to Skill Competency Checklist](#)

[What is Patient Teaching for the Adult with Diabetes Mellitus, Type 1?](#)

• **Diabetes** mellitus, type 1 (DM1; formerly known as insulin-dependent or juvenile diabetes) is a metabolic disorder characterized by glucose dysregulation due to beta cell dysfunction leading to severe insulin deficiency. Treatment requires strict glycemic control through use of insulin, diet, and exercise (For information, see [Quick Lesson About ... Diabetes Mellitus, Type 1](#))

• **What:** Patient education for adults with DM1 is the process of providing information to the patient and patient's family to improve their knowledge of DM1, improve self-care skills, and enhance their abilities to cope with chronic illness. Patient education of adults with DM1 involves a teaching and learning process regarding early diagnosis, treatment, self-management, and management of **diabetes**-related complications

• **How:** A variety of learning and motivational activities (e.g., direct instruction, telephone communications, written materials, email, Internet and other computer-mediated options, DVD/video and audio recordings, support groups, demonstrations and return demonstrations, self-help groups) can be utilized to support the patient in learning




• **Where:** Patient education for adult patients with DM1 is usually provided in an outpatient clinician office or in the hospital setting, including in the emergency department

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以HTML格式查看快速學習課程，實證照護清單，藥物和法律訴訟都包含超連結，可以在網頁中點選。在此頁面中，您可以選擇列印，發送電子郵件或儲存該文件。

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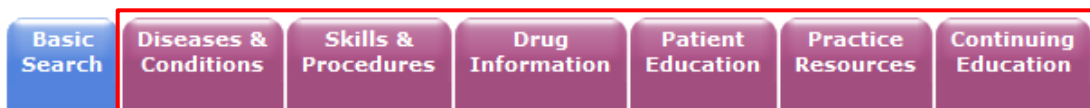
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Key Content

Diseases & Conditions includes:

- **Quick Lessons**
Clinically-organized nursing overviews that are designed to map the nursing work flow
- **Evidence-Based Care Sheets**
 Evidence-based summaries on key topics incorporating the best available evidence through rigorous systematic surveillance

疾病和症狀頁籤下可以瀏覽實證照護清單和有關特定疾病和症狀的快速學習課程。快速課學習程提供描述疾病和症狀，典型的診斷和治療進展測試，以供護理人員在照護期間可以介入的方向等資訊。

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實證照護清單提供了已知的證據，以及如何治療疾病或病症。

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[Aboriginal People in North America with Diabetes Mellitus, Type 2: Providing Culturally Competent Care](#)

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Skills & Procedures includes:

- **Skills/Procedures**

Clinical papers detailing the necessary steps to achieve proficiency in a specific nursing task, including skill competency checklists which can be used to determine a nurse's proficiency in performing needed skills

- **Cultural Competencies**

Documents that cover key considerations in providing culturally competent care to a specific group

通過“技術和程序（**Skills & Procedures**）”頁籤，您可以查看詳細說明實施特定護理任務的必要步驟的臨床文件，或為特定群體提供跨文化護理的關鍵考慮因素。

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AHFS Drug Information Essentials

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- Latest coverage of over 5,000 trade and generic drugs
- 50 comprehensive drug classes
- IV therapy tips organized by Direct IV, Intermittent Infusion, and Continuous Infusion
- Comprehensive Patient/Family Teaching and Home Care Tips

AHFS Drug Information Essentials:

- Over 11,700 represented medicines plus manufacturers of drug products
- Separate drug monographs for systemic topical and EENT drug formulations
- Drug interactions, cautions and toxicity
- Extensive dosage and methods of administration

“藥物資訊（ Drug Information ）” 頁籤下可以瀏覽詳細的藥物資訊。“藥物資訊” 頁籤上的條目按藥品公司名稱和專論名稱列出。 您可以通過指定主題名稱並選擇戴維斯護理人員藥物指南或AHFS藥物資料庫進行瀏覽。

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- Handouts based on the best available evidence
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Title: Abdominal Aortic Aneurysm Repair By: Fucci MJ, Health Library: Evidence-Based Information, March 1, 2014
Database: Nursing Reference Center

Abdominal Aortic Aneurysm Repair

Contents	(AAA Repair)	Related Information
Definition Reasons for Procedure	Definition The aorta is the largest artery in the body. The abdominal portion of the aorta carries blood to the abdomen, pelvis, and legs. Sometimes the walls of	Quick Lessons Skills

“病患教育（ Patient Education ）” 頁籤下用於瀏覽基於證據的病患教育手冊。 許多文件都有多種語言版本（中文需額外付費），也會包含詳細的醫學圖片。

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Patient's Name

Mary Dolan

Healthcare Provider's Name

Dr. Smith

Department

Phone

555-6587

Notes

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Articles to Print

☒ 1. Type 1 Diabetes

列印病患教育資料時，您可以使用NRC自定的列印輸出功能，將給病患的訊息添加到文件中。選擇“列印”選項後，系統會提示您輸入相關信息。

Patient's Name:	Mary Dolan
Healthcare Provider's Name:	Dr. Smith
Phone:	555-6587
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Type 1 Diabetes

(Insulin Dependent Diabetes Mellitus; Juvenile-Onset Diabetes; Ketosis-Prone Diabetes; "Brittle" Diabetes; Diabetes Mellitus Type 1; Diabetes, Type 1)

Definition

Diabetes is a higher level of glucose in the blood than is normal. Glucose travels through your body in the blood. A hormone called insulin then helps glucose move from your blood to your cells. Once glucose is in your cells it can be used for energy. A problem making or using insulin means glucose can not move into your cells. Instead the glucose will build up in your blood.

In type 1 diabetes, the body does not make insulin. This will lead to the build up of glucose in the blood, also called hyperglycemia. At the same time, your cells are not getting glucose they need to function well. Over a long period of time high blood glucose levels can also damage vital organs. The blood vessels, heart, kidneys, eyes, and nerves are most commonly affected organs.

Type 1 diabetes is often found during childhood and young adulthood.

Causes

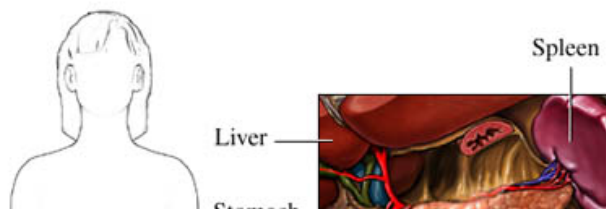
Our immune system keeps us well by fighting off and destroying viruses and bacteria. Unfortunately, sometimes the immune system attacks healthy tissue. Most type 1 diabetes develop because the immune system attacks and destroys the cells that make insulin. These cells are in the pancreas.

It is not yet clear why the immune system attacks these cells. It is believed that some people have genes that make them prone to getting diabetes. For these people, certain triggers in the environment may make the immune system attack the pancreas. The triggers are not known but may be certain viruses, foods, or chemicals.

Type 1 diabetes may also develop as a complication of other medical conditions. It may develop in:

- People with chronic [type 2 diabetes](#) who lose the ability to make insulin.
- Some with [chronic pancreatitis](#) or pancreatic surgery. They may lose the cells that make insulin.

The Pancreas

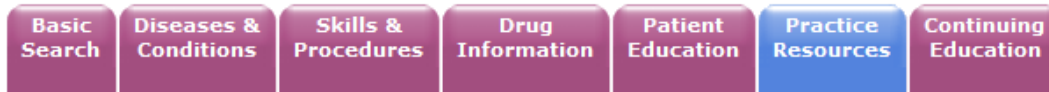


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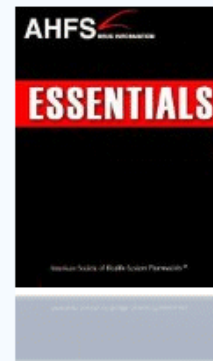
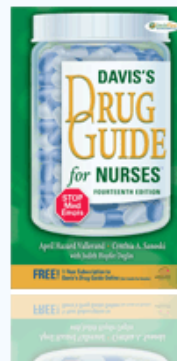
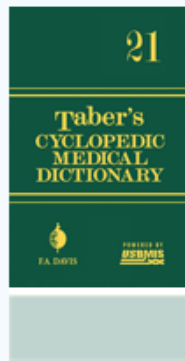
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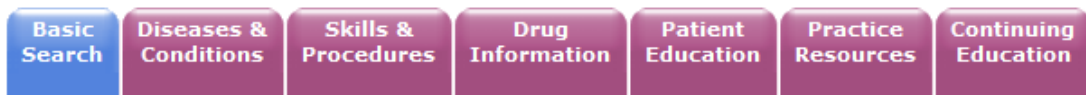
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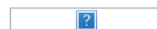
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