The background features a stylized landscape with rolling green hills at the bottom. On the left, there are two heart-shaped flowers: a pink one and a blue one. In the center, a green plant with three heart-shaped leaves grows upwards. The sky is a light yellow-green color with soft white clouds. The overall aesthetic is clean, modern, and positive.

護理人員在癌症病人照護的 角色功能與資源整合運用

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癌症希望基金會癌症資源單一窗口專家老師

課程大綱

- 國家癌症照護政策及癌症照護趨勢
- 癌症病人及家屬的照護需求
- 護理人員在癌症病人照護的角色功能
- 腫瘤護理創新角色~The Oncology Nurse Navigator
- 癌症病人資源整合運用



國家癌症照護政策及癌症照護趨勢

- ◆ 癌症盤踞國人死因第一名已31年，佔全部死亡人數28%。
- ◆ 2003年五月公布施行「癌症防治法」，本法所稱癌症防治包括下列事項：
 - 一、推動**防癌宣導教育**與預防措施。
 - 二、提供符合經濟效益之**癌症篩檢**。
 - 三、提供以**癌症病人為中心之正確醫療**、適切照護，以及後續追蹤計畫。
 - 四、提供癌症末期病人**安寧療護**。
 - 五、辦理癌症防治相關研究。
 - 六、建立癌症相關資料庫。

癌症防治目標

◆為加深民眾對癌症預防之認識，並強化民眾將知識轉化為行為的能力，國健署積極推動癌症防治相關工作，維護及確保民眾健康，以達**降低癌症發生率和死亡率為長期目標**。

◆為達上述目標，本署積極推動相關工作包括：

1. 強化國人對癌症防治三段五級預防方法之認知，避免癌症危險因子
2. 宣導檳榔健康危害觀念與開發拒嚼檳榔介入模式，於社會中建構不嚼檳榔文化
3. 整合縣市衛生局及醫療院所資源，提供民眾主要癌症（子宮頸癌、乳癌、大腸癌及口腔癌）篩檢服務
4. 培訓癌症篩檢醫事人力及推動癌症篩檢品質提升計畫
5. 建立台灣地區癌症登記資料庫，整合及蒐集癌症防治相關資料
6. 辦理癌症診療品質提升計畫
7. 推動辦理安寧療護宣導並於非安寧病房推廣安寧共同照護服務；
8. 建立**癌症病友支持網絡及結合民間團體提供癌症病友服務**等，以落實國家癌症防治計畫，並將癌症防治推展至社會每一角落。

國家癌症防治計畫將邁入第三期 強化受惠一生的「預防」

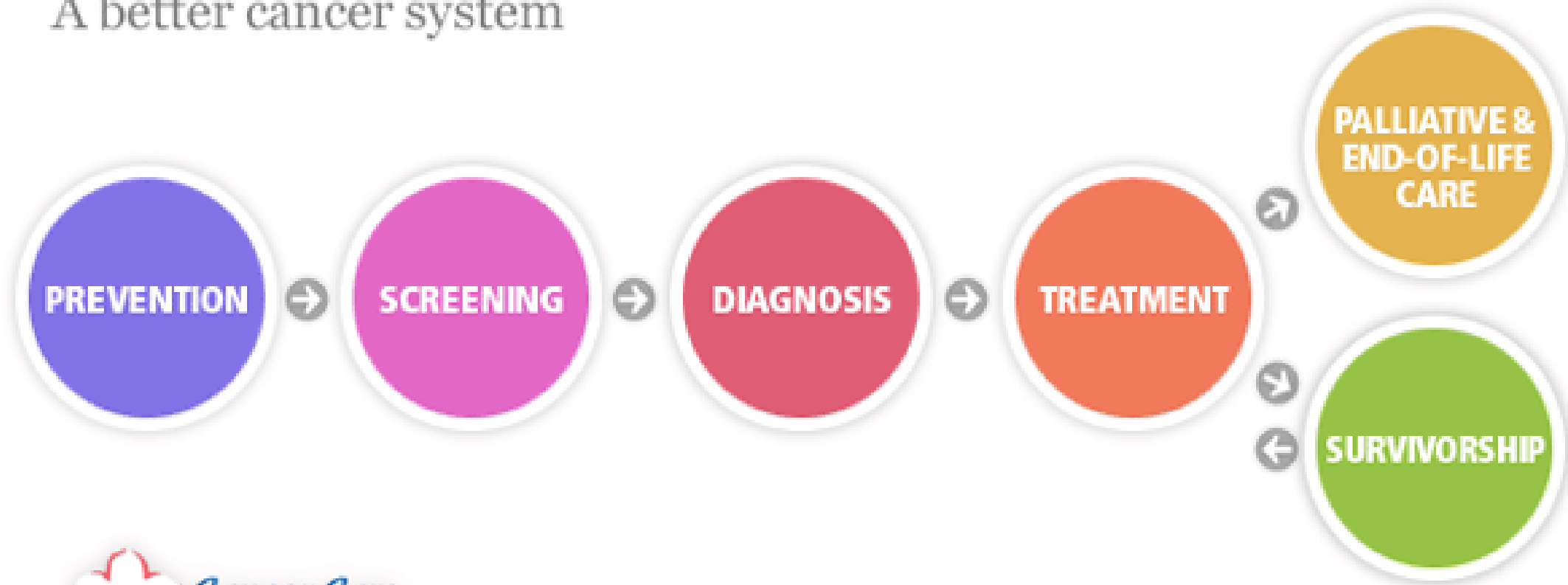
◆自103年起，計畫將邁入第三期，焦點將從過去的**治療、早期發現**，向上力溯至源頭之**預防**。三大新興重點包括：

- 1.防治新興致癌因子—肥胖、飲食與運動不足，強化致胖環境監測與改善、推行「現代國民營養計畫」，並達成規律運動人口倍增；
- 2.持續推廣具預防效果之癌症篩檢，尤其是口腔癌與大腸癌，找出癌前病變加以根除，阻斷癌症發生；
- 3.推出「**癌友導航計畫**」，不錯失任何一位可治療之癌症病人，使早期病人得以治癒，對晚期病人則提供安寧療護，減少病友迷航。

Cancer Journey

The Cancer Journey

A better cancer system



Patient Navigation Across the Health Care Continuum

Patient Navigation



Source: <http://www.hpfreemanpni.org/our-model/>

癌症護理角色

內外科護理學

腫瘤護理學
基礎
進階

安寧緩和護理學

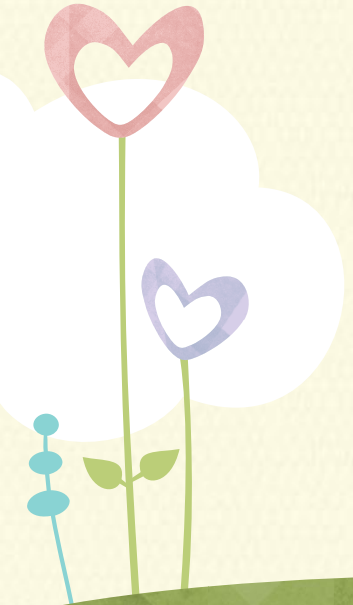
- 癌症陽性篩檢護理師
- 癌症個案管理護理師
- 腫瘤護理師
- 安寧緩和護理師
- 安寧共照護理師
- 安寧居家護理師

基層臨床護理人員對臨床護理人員之角色與業務的看法

1. 監測病人生命功能狀態的運行
2. 判斷疾病或合併症對急性期病人身心反應的影響
3. 執行急重症病人身體功能的健康照護服務
4. 執行與急重症病人有關的醫療健康照護服務
5. 協助病人適應疾病的過程
6. 提供病人及家屬疾病照護的健康訊息
7. 統籌與管理病人疾病恢復過程的健康照護服務
8. 指導病人家屬學習疾病照護的技巧能力

護理角色功能

1. patient assessment
2. patient education
3. coordination of care
4. direct patient care
5. Symptom management
6. supportive care



癌症護理角色功能

◆ patient assessment

1. 疼痛評估(第五生命徵象)

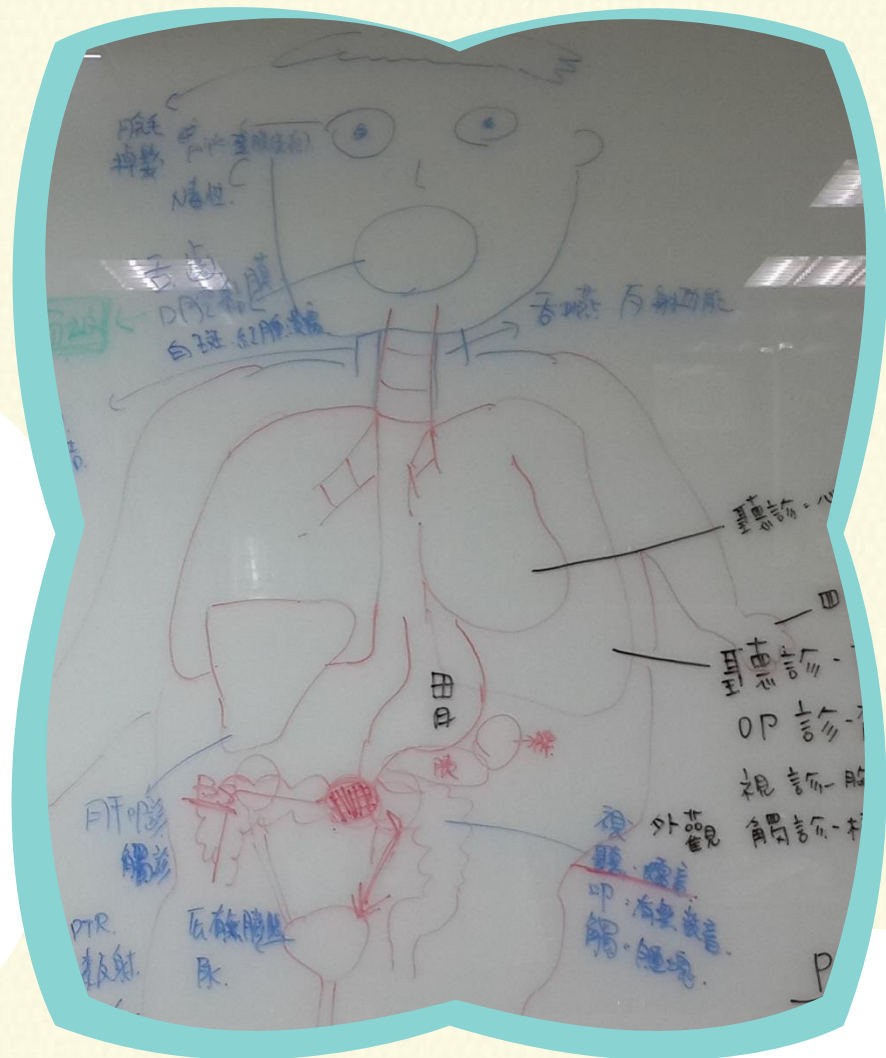
2. DT(distress thermometer)

(第六生命徵象)

1. 化學治療副作用評估

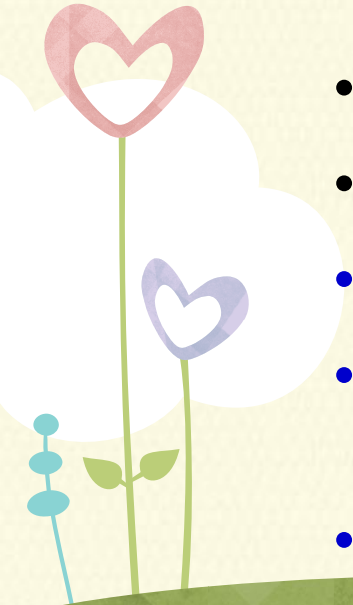
口腔黏膜炎、放射線皮膚炎

2. 血液管路及外滲預防評估



Educational Content Guidelines:

- **Timely, complete and accurate information** is provided related to:
 - Cancer prevention and screening
 - Diagnosis and prognosis
 - **Treatment plan and alternatives to treatment**
 - Tests: reason for and results from
 - Preparation for medical procedures
 - Evaluating the credibility of information/cancer therapies
 - **Evidence, research, and best practice**
 - **Resolving issues/concerns, decision-making, and self-management**
 - **Healthy lifestyle and cancer prevention strategies**



- Management of **potential physical symptoms**, pain and psychosocial responses (e.g. anger, fear, uncertainty, body image and/or sexuality concerns)
- **Nutrition**
- **Complimentary and Alternative Medicine**
- **Financial supports and practical issues** (e.g., accommodation, parking, orientation to cancer centre, system navigation)
- **Recovery, rehabilitation, return to work, follow-up and survivorship**
- **Support for families and caregivers**
- Palliative care, end of life care and bereavement
- Patient rights and responsibilities including their role in patient safety
- Resources and services available both within the healthcare setting (e.g., counseling/support, occupational therapy and/or physiotherapy) and the community, including recommended websites



Collaborative Person-Centred Practice Guidelines₁:

- An **interprofessional team delivers** cancer care and oncology services
- The team works with the individual diagnosed with cancer and his/her family **to identify their needs**
- Each member of the team is aware of the other team **members' roles and responsibilities** related to providing education services to people affected by cancer



由跨專科團隊提供病人服務，覺察各職系角色功能與責任並確認病人及家屬需求

Collaborative Person-Centred Practice Guidelines₂:

- The team shares the plan of care (inclusive of educational and informational support) with other care providers in a timely and coordinated way
- At times of transition, the team communicates to the person affected by cancer and their family/caregivers: the plan of care, a summary of care provided; any outstanding issues; the process of transition and contact information for concerns and/or follow-up

團隊成員應及時並共同合作分享其照護計劃，但需先和病人及家屬討論，並將照護內容作個摘要，針對尚未解決的問題或是疾病過程中所有轉變的的訊息及追蹤情形進行討論

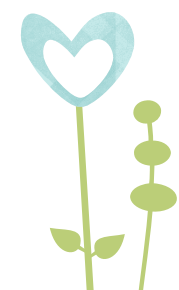
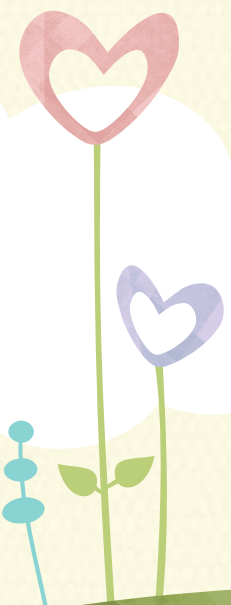
Resources Guidelines:

- An effective learning environment is maintained where the person affected by cancer feels **safe and comfortable** expressing themselves and **is ready to learn**.
- Make every effort to provide sufficient, private, and **comfortable space to accommodate individual or group education services**
- Facilities and resources are available to support self-directed learning (e.g., access to computers and training)
- Make every effort to provide access to audiovisual support (e.g., **printing and graphic support and audiovisual equipment**)

資源的可近性，可靠性，實用性

- Make every effort to provide a patient education **library/resource centre** for people affected by cancer which houses resources approved.
- **Standardized educational materials** (e.g., pamphlets, computer software, decision aids)

- **Educational materials/resources are available to meet** the needs of a diverse population, reflecting language, literacy, culture and ethnicity, gender, sexual orientation, age/stage of life, and physical or intellectual abilities



癌症資源中心服務內容

資訊

- 免費四癌篩檢資訊
- 癌症照護服務資訊
- 癌症營養服務資訊
- 癌症安寧居家照護
- 提供相關衛教單張

支持

- 個案師傾聽與陪伴
- 心理輔導及轉介
- 營養諮詢及轉介
- 社會資源諮詢及轉介
- 安寧共照轉介

資源

- 康復用品
營養品試用包、假髮清洗、髮帽漱口水、護手霜等
- 醫療輔具資源
輔具租賃、購買資訊
- 提供資源地圖訊息
- 社會資源轉介服務

Conceptual Definition of Advanced Practice Nursing

- **PRIMARY CRITERIA**

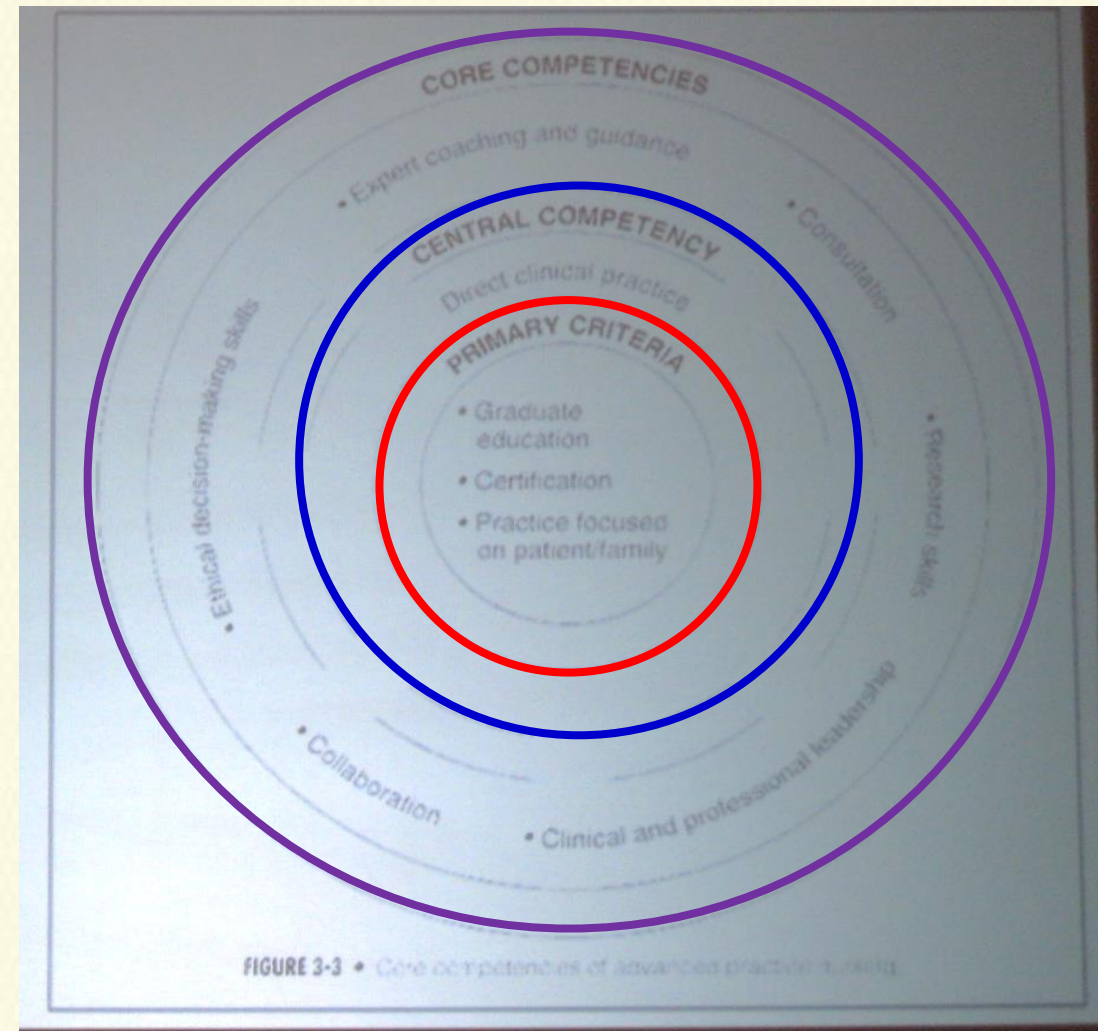
1. Graduate education
2. Certification
3. Practice focused on patient/family

- **CENTRAL COMPETENCY**

- Direct clinical practice

- **CORE COMPETENCIES**

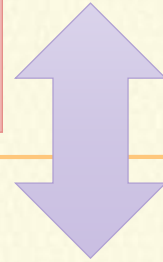
1. Expert coaching and guidance
2. Consultation
3. Research skills
4. Clinical and professional leadership
5. Collaboration
6. Ethical decision-making skills



癌症護理角色及團隊專業成員

- 癌症陽性篩檢護理師
- 癌症個案管理護理師
- 腫瘤護理師
- 安寧緩和護理師
- 安寧共照護理師
- 安寧居家護理師

- 癌症資源中心
 - 護理師
 - 社工師
 - 心理師
 - 營養師
- 心理諮商師



社區/民間 機構

臨床的現況是...

- Physicians inform patients of treatment plans, alternative treatments, and risks and benefits of proposed treatments, as well as how responses will be evaluated.
- This leaves patients with a need for information about side-effect management, nutrition, emotional coping, and other skills that can be developed and nurtured.
- Traditionally, patients who receive less education have a greater potential for re-accessing the system, either by telephone or unscheduled visits.
- Unanticipated calls and visits stress the system and can translate into a need for additional staff, overtime pay, or a reduction in the quality of care. Preventive education and adequate time with patients before treatment saves resources.

Cancer Patient Navigation

- Supporting you during your cancer journey. A cancer diagnosis often brings with it fear, stress and a lot of questions.
- A Cancer Patient Navigator can help. They are trained oncology nurses that provide cancer patients and their families with support throughout the cancer journey.

◆ Who are Cancer Patient Navigators?

Cancer Patient Navigators are oncology nurses who work for a district health authority. They help child, adolescent and adult cancer patients and their families with a wide range of needs,

including:



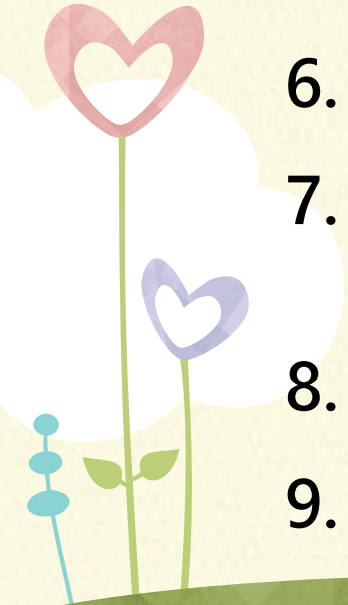
Oncology Nurse Navigator Core Competencies

- Competency Category 1: **Professional Role**
- Competency Category 2: **Education**
- Competency Category 3: **Coordination of Care**
- Competency Category 4: **Communication**

Oncology Nursing Society 2013

Nurse navigators

1. Guide you through Medical Center
2. Educate and support you
3. Ensure that follow-up care is provided
4. Serve as guides to answer questions about financial assistance
5. Help you with appropriate social services
6. Help you locate resources to meet your needs
7. Facilitate consistent care between your primary care physician and your specialist
8. Answer your questions
9. Listen to your needs and concerns



Cancer Patient Navigation

◆ How can Cancer Patient Navigators help?

Cancer Patient Navigators help patients and families as an advocate, educator and support person throughout the cancer experience. They can link patients with networks of professionals and volunteer helpers to enhance their well-being and coping skills and improve quality of life while living with cancer.

◆ Working with diverse communities to improve access and education

Working with diverse communities to improve access Navigators help improve access for groups that have traditionally found it difficult to access cancer care.

- ◆ Navigators have an in-depth knowledge of cancer care, including both clinical and supportive care, and are connected to all community and provincial cancer services. They have knowledge of a broad spectrum of cultural beliefs in health issues and the ability to assess the biopsychosocial needs of patients. For information on patient navigation models

For newly diagnosed cancer patients

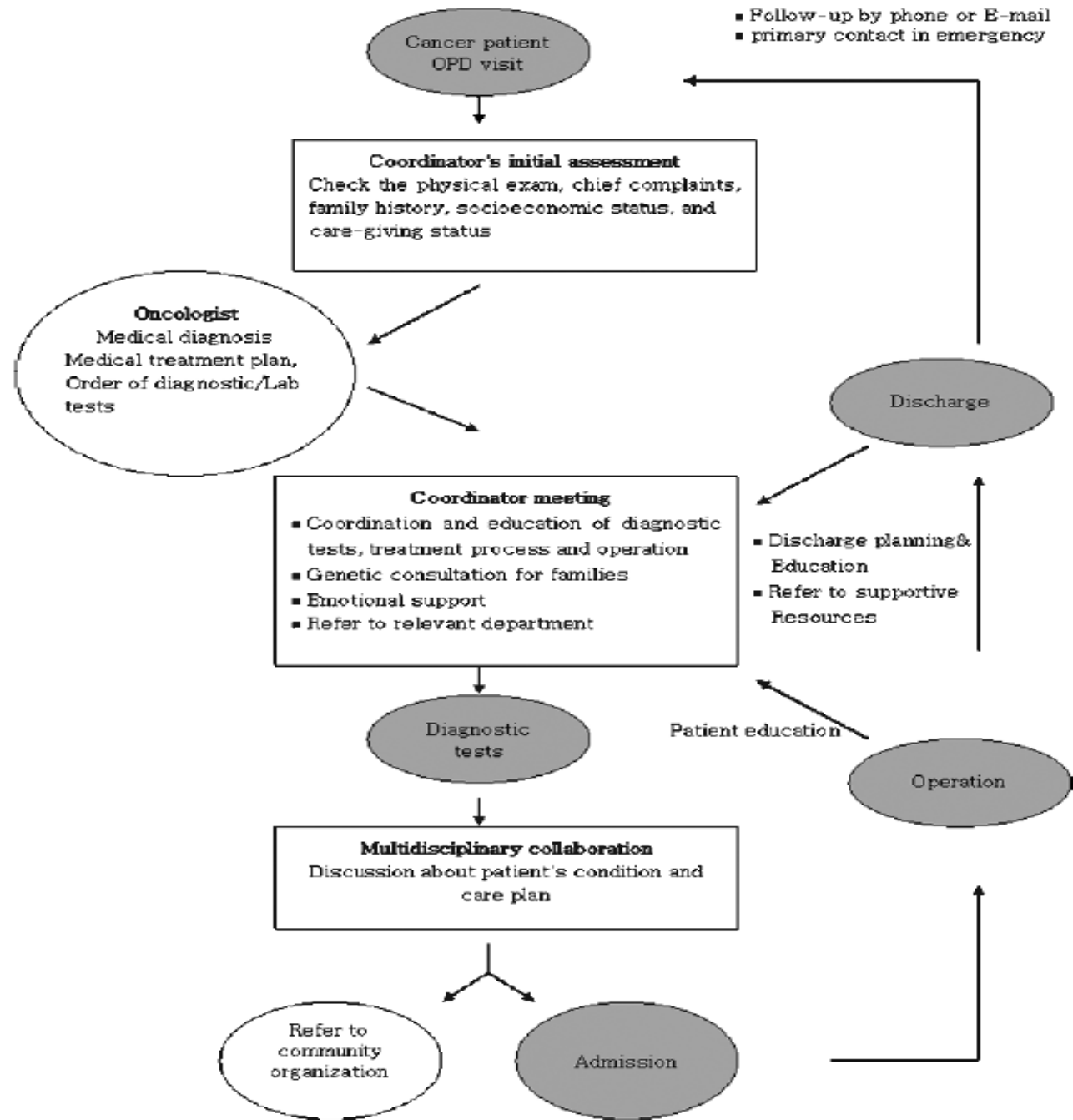
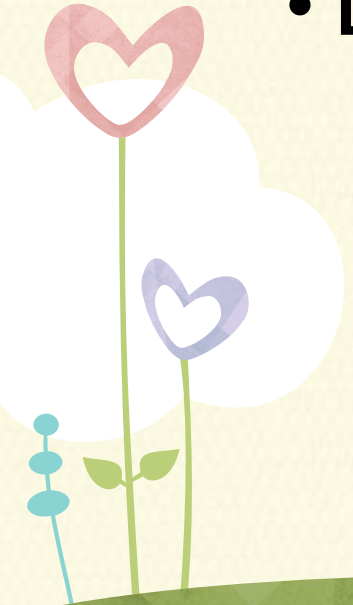


Figure ■ The specific roles of the nurse navigators in cancer care.

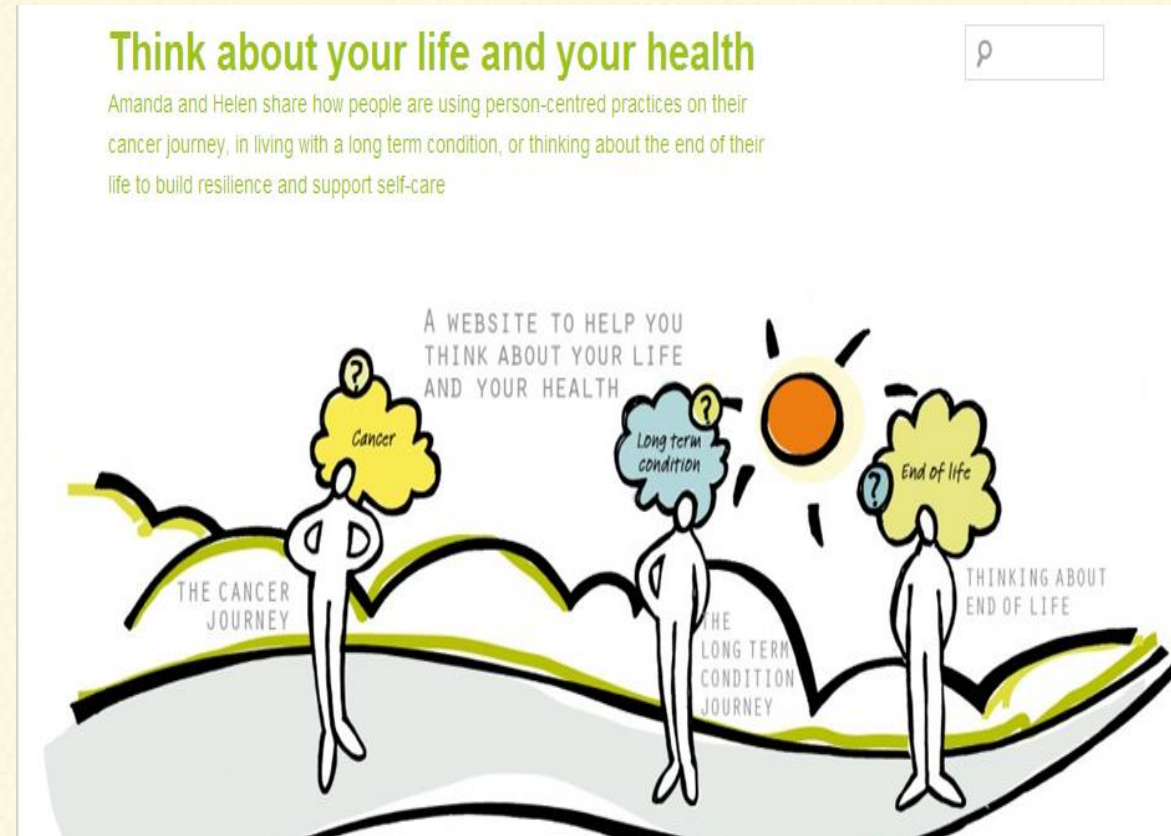
Effectiveness in Nurse Navigator Program

- **QUALITY OF LIFE**
- **SATISFACTION WITH CARE**
- **LENGTH OF HOSPITAL STAY**



Trends in hospitals' cancer programs

1. More outpatient care
2. Focus on patient – centered care
3. Personalized medicine
4. Greater awareness of cost
5. More focus on outcomes
6. Care coordination of technology
7. Complementary services
8. Coordinated cancer services
9. Enhanced survivorships program
10. Palliative care services
11. Many education opportunities



以病人為中心的美好

<http://www.beckershospitalreview.com/hospital-key-specialties/11-trends-in-hospitals-cancer-programs.html>

How to Keeping Well-being

How to Keeping it All in Balance

- 真誠對待自己
- 在追求實現目標中找尋意義與價值
- 保持樂觀，不要悲觀
- 學習感激周遭的人事物
- 吃好好、睡飽飽
- 有自己的信仰

**Find someone, or something,
to inspire you....**



~時刻記得你有力量、耐心和熱情去天上摘星、去改變世界~

--哈莉特·塔布曼

