

長期照顧脈絡下健康識能對高齡者生活品質之影響

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摘要

目的：如何利用有效的方法因應人口老齡化產生的失能，已是全球健康照護體系要面對的經濟、社會與健康挑戰與未來老年醫學的趨向。然而，臺灣地區少有研究高齡者健康識能與生活品質關係的研究，因此本研究目的在探討臺灣面對高齡社會下，探究高齡者健康識能與生活品質的關係與健康識能課程介入後對於生活品質之影響。

方法：本研究收集大學樂齡學習中心，年齡 55 歲以上之 38 位高齡學習者。入堂課程介入後以質性焦點團體訪談與「臺灣簡明版世界衛生組織生活品質問卷量表」(簡稱品質量表)、「中文健康識能評估量表」(簡稱識能量表)、「簡易健康知識量表」(簡稱知識量表)與「簡易健康認知量表」(簡稱認知量表)，量性結構式問卷調查法進行資料蒐集與分析。採用 T test 與 ANOVA 分析變項間的差異。

結果：研究結果發現：在課程介入後，品質量表中，在整體生活品質層面、生理範疇、心理範疇與環境範疇層面皆有顯著的進步；識能量表中，用藥資訊後測表現最佳，課程介入後各變項均有所進步。在知識量表中，在對痛風的認識下有顯著進步。在認知量表，在子宮頸癌的認識有顯著進步，因此可以證明健康識能課程介入後除了對所有個題帶來進步外，更可以顯著提升高齡者部分變項之分數。

結論：在長照脈絡下，健康識能的課程學習能夠提昇高齡者的健康識能的相關知識，進一步能改善其生活品質。研究結果預期可提供臺灣長期照顧政策思維方向與提供國家長照策略制訂的參考。

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關鍵詞：健康識能、高齡者、長期照顧

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The Impact of Health Literacy on the Quality of Life of the Elderly in the Context of Long-Term Care

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Abstract

Objective: Addressing the health needs of the aging population and tackling the associated issues of aging and disability pose daunting economic, social, and health care challenges globally. However, in Taiwan, research on the relationship between health literacy and the quality of life among the elderly remains lacking. Therefore, the purpose of this study is to explore this relationship in Taiwan's aging society and the impact of health literacy programs on the quality of life of the elderly.

Methods: The study collected data from 38 individuals aged 55 and above enrolling at a university's senior citizens learning center. The research employed qualitative focus group interviews and quantitative structured questionnaires, including “WHOQOL-BREF Taiwan Version” (quality scale), “Mandarin Health Literacy Scale” (literacy scale), “Simplified Health Knowledge Scale” (knowledge scale), and “Simplified Health Perception Scale” (perception scale). T-tests and ANOVA tests were conducted to analyze the correlations between variables.

Results: The study found that health literacy, as well as the understanding of health literacy vocabulary, improved after the intervention of health literacy programs among the elderly.

Conclusion: In the context of long-term care, participating in health literacy programs helps enhance the health literacy of the elderly and consequently improve their quality of life. The results are expected to provide guidance for the formulation and development of Taiwan's long-term care policy and strategies.

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Key words: health literacy, scale, older adult, long-term care

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