

醫事人員代謝症候群之分佈與健康促進相關因素之探討

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摘要

本研究目的是在瞭解醫事人員代謝症候群的分佈狀況，以及與健康促進相關的生活型態之執行面。經由統計分析，歸納整理出醫事人員健康的需求，期能成為醫院管理階層推動員工健康、規劃推動策略之參考。本研究以中部某醫學中心，參加公務人員健康檢查之醫事人員，共592名(男168名，女424名；平均年齡45.6±4.8歲)為研究對象。採實驗室檢查值以瞭解醫事人員代謝症候群的分佈；以自填式結構性問卷，探討醫事人員在與健康促進有關的生活型態之執行面及影響因素。研究結果：1.本研究醫事人員代謝症候群盛行率，依定義之不同有所不同，分別為9.5% (modified NCEP: ATP -MetS；男 18.4%、女 6.0%)、12.6% (IDF modified NCEP: ATP -MetS；男 25.2%、女 7.6%)、7.2%(IDF-MetS；男 12.2%、女 5.2%)。2.有代謝症候群者之血液檢查項目中白血球、嗜鹼性白血球、以及肝功能(麩胺酸草酸轉胺基?、丙胺酸草酸轉氨基?)、腎功能(肌酸酐)檢測、膽固醇、尿酸、癌胚胎抗原等，皆高於無代謝症候群的族群。3.有代謝症候群的族群對於自己睡眠的平均滿意分數，明顯低於無代謝症候群的族群($p < 0.05$)；若將男、女分開統計，則無此差異性。「口渴時會購買含糖的飲料解渴」以有代謝症候群的族群明顯多於無代謝症候群者($p < 0.05$)；這樣的結果也出現在女性醫事人員(p

關鍵詞：代謝症候群、盛行率、規律運動、喝茶、飲酒、吸煙

目錄

授權書iii	中文摘要iv	英文摘要vi	誌謝ix	目錄xi	圖目錄xiv	表目錄xv																																					
第一章 緒言1	第一節 研究背景與動機1	第二節 研究目的2	第三節 研究問題3	第四節 名詞定義4	第二章 文獻回顧9	第一節 實驗室檢驗的臨床價值9	第二節 代謝症候群於臨床之重要性9	第三節 代謝症候群的盛行率及相關影響因子9	第四節 代謝症候群與冠心病、心血管疾病罹病風險及死亡率之關係11	第五節 代謝症候群與糖尿病風險關係12	第六節 心血管疾病及糖尿病風險評估之重要性13	第七節 生活環境與代謝症候群的相關性14																															
第三章 材料與方法16	第一節 研究架構16	第二節 研究設計17	第三節 研究場所及對象18	第四節 研究工具19	第五節 問卷量表的預試與信效度20	第六節 研究步驟21	第七節 資料收集步驟22	第八節 資料處理及分析24	第九節 研究之倫理考量24	第四章 結果與討論25	第一節 醫事人員的基本特質及參加健檢之動機25	第二節 醫事人員一般健康狀況分析26	第三節 影響健康促進的相關因素分析27	第四節 醫事人員代謝症候群的盛行率32	第五節 醫事人員代謝症候群與基本資料之相關性33	第六節 代謝症候群與血液檢查結果之相關性34	第七節 醫事人員代謝症候群與影響健康因素之相關性34	第八節 醫事人員代謝症候群的盛行率38	第九節 代謝症候群組成因子之臨床意義及盛行率39	第十節 代謝症候群用以偵測葡萄糖耐性障礙之可行性40	第十一節 醫事人員睡眠狀況與代謝症候之相關性41	第十二節 醫事人員身體的活動與代謝症候之關聯性42	第十三節 醫事人員食用保健食品現況43	第十四節 茶與代謝症候群之相關性43	第十五節 吸煙、飲酒與代謝症候群之相關性44	第十六節 代謝症候群與營養知識、飲食行為之相關性46																	
第五章 結論48	第一節 結論48	第二節 研究限制48	第三節 建議49	參考文獻75	附錄84	附錄一 名詞縮寫84	附錄二 血液學檢查之臨床意義85	附錄三 人體試驗研究計劃許可書87	附錄四 人體試驗計劃志願(同意)書89	附錄五 問卷表91	圖目錄	圖3-1 研究架構圖16	圖3-2 資料收集流程圖23	表目錄	表1-1 WHO及NCEP: ATP 代謝症候群定義7	表1-2 IDF對 NCEP: ATP 代謝症候群定義的修正8	表2-1 華人代謝症候群的盛行率51	表2-2 國外代謝症候群盛行率之相關研究(依年齡分析)51	表2-3 國外代謝症候群盛行率之相關研究(依種族分析)51	表3-1 血液學檢查項目19	表5-1 醫事人員基本資料及排序52	表5-2 醫事人員參加健檢動機及排序53	表5-3 醫事人員血液檢查結果54	表5-4 醫事人員對自己身體健康狀態的自覺55	表5-5 醫事人員之工作及睡眠狀況56	表5-6 醫事人員對睡眠的自我測量57	表5-7 醫事人員之平時身體活動狀況及排序58	表5-8 醫事人員對運動的看法及排序59	表5-9 醫事人員阻礙規律運動的原因及排序60	表5-10 醫事人員飲食習慣61	表5-11 醫事人員飲食行為62	表5-12 醫事人員營養知識測驗答對率排序與得分63	表5-13 醫事人員代謝症候群盛行率、各組成因子之人數及百分比(依性別)64	表5-14 醫事人員體檢檢查頻次、動機與代謝症候群之相關性(依性別)65	表5-15 醫事人員各項血液檢查結果與代謝症候群之比較(依性別)66	表5-16 醫事人員之生活狀況、睡眠品質與代謝症候群之相關性(依性別)67	表5-17 醫事人員對健康的自覺與代謝症候群相關性比較(依性別)68	表5-18 醫事人員之身體活動情形與代謝症候群之相關性(依性別)69	表5-19 醫事人員對運動的看法與代謝症候群之比較(依性別)70	表5-20 醫事人員之飲食習慣與代謝症候群之相關性(依性別)71	表5-21 醫事人員飲食行為、營養知識得分與代謝症候群之相關性(依性別)72	表6-1 代謝症候群各組成因子盛行率排序(由高至低)73	表6-2 醫事人員喝茶習慣與代謝症候群危險因子之相關性74

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