

如何提升學習的效率

~學習快、易、通

演講日期：103.11.7

演講者：林紋麗

什麼是學習？



- 學會之前不具備的能力或技術，增強實力
- 因為實力增強，人生的路未來可以走得更寬廣

首先.....先問自己

- 為甚麼來聽這堂課?????
- 希望獲得的收穫????
- 台上教的不是我想學的.....
- 我已經盡力了.....可是.....
- 如何激起學習的動機???
- 如何提升學習的效率??

台上教的不是我想學的

- 我聽不懂
- 我覺得沒有用
- 我覺得不好玩
- 我是被逼的

- 
- 
- 學習困難的背後，原因？
 - 學習動機低落、教學策略不足？

如何激起學習的動機

- 自發性地思考自己想做什麼？如何去做？
- 對於未知事物的求知欲、自動發自內心的慾望
- 以「適合自己的步調」、「自己喜歡的方法」去學習
- 學習樂在其中

如何激起學習的動機

- 若不拿著鑿子埋頭苦幹地鑿開岩盤，深入挖掘，就無法抵達創作的水源(引用自村上春樹)
- 認識學習地圖，了解自己的學習個性
- 知己知彼，百戰百勝

我很努力,但都沒有成果

- 方法：訂定具體的”行動計畫”

- 1.設定目標

- 2.訂定期限

- 3.朝目標實現，具體的調整

ex：目標寫在醒目的地方

(引用自村上春樹)

我很想學,但沒有時間.....

- 方法：達到一天的工作目標，才結束工作
- 1.製造場地
- 2.關上房門，與外界隔絕
- 3.確保一天當中這個時段用來學習
- 4.達成目標之前，絕不打開書房的門
 - ex：不拿出手機、不看mail

(引用自史蒂芬.金)

我很想學,但一個人無法學

- 方法：互相教導學習法
- 1.讀書會 ex :大家輪流當講師，互相教導
- 2.感染想要學習的氣氛
- 3.學習的行動，對周遭的人造成強烈的影響
- 4.培養學習的樂趣，樂於學習

(引用自吉田松陰)

英文好難？

- 看得懂英文,卻怎樣都開不了口
- 什麼都不做才是最大的失敗
- ex : 認識外國朋友、e mail

我的學習招數

- 上課前把所有科目熟讀
- 參加精彩的研討會
- 保持學習熱情很重要

第一篇被退的研究

Abstract Submission for Concurrent Session/Poster Presentation in English

Clinical care, patient safety and quality

A COMPARISON OF DIFFERENT NG FEEDING EDUCATION STRATEGIES ON KNOWLEDGE AND ANXIETY FOR THE FAMILY

W. L. Lin*

Submission For: Poster Presentation

Abstract Content:

Background: When family first confronted with applying the nasogastric (NG) tube feeding, the family suffers anxiety due to deficit NG tube feeding knowledge. However, the effects of the different strategies on knowledge and anxiety are still unknown.

Objective: To compare the different education strategies on family's knowledge and anxiety as first applying the NG tube feeding.

Design: Two-group quasi-experimental design.

Setting and participants: Surgical inpatient clinic of a medical center in central Taiwan. Participants were 42 families, age 21-80 years, with first applying the NG tube feeding.


Methods: The participants were divided into two groups, experimental group I and II. The experimental group I was applied with routine care, whereas the experimental group II received extra VCD teaching program. The pre- and post-tests were used NG Feeding Knowledge Scale and Hospital Anxiety and Depression Scale to evaluate the effects of educational strategies on the knowledge and anxiety.

Results: There were concurrent effects of the levels of anxiety decreasing in experimental group II ($p = 0.04$). Statistical analysis showed that both groups had an increase in their knowledge of NG tube feeding after the education, the experimental group II significantly higher knowledge than the group I by means of mean analysis. Between groups, however, there was no significant difference in the knowledge and anxiety by Generalized estimating equation models.

Conclusions: As within group effect concerned, there were concurrent effects of the levels of knowledge increasing and anxiety decreasing in experimental group II. Nurses could apply VCD program to the relatives for learning the NG feeding at the first time to strengthen realization and reduce anxiety. In the GEE models, there was no significant difference among knowledge and anxiety by controlling group and test. These results can serve as an evidence base for

第一篇被接受的研究_香港

G55
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Fifth Pan-Pacific Nursing Conference and Seventh Nursing Symposium on Cancer Care

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A Comparison of Different NG Feeding Education Strategies on Knowledge and Anxiety of the Family Caregivers

Shu-Ming Chen¹, Jia-Ling Sun², Pei-Hua Wu³, Wen-Li Lin³
School of Nursing, Fooyin University¹, Department of Nursing, Yaunpei University²,
Cancer Center, Chi Mei Medical Center, Liouying³

BACKGROUND

When family caregivers first learn about nasogastric (NG) tube feeding, they often experience anxiety due to lack of feeding knowledge. The purpose of this study was to compare the effect of two different NG feeding education strategies on the family's knowledge and decrease their anxiety when they perform the NG tube for feeding patients.

PURPOSE

The purpose of this study was to compare the effect of two different NG feeding education strategies on the family's knowledge and decrease their anxiety when they perform the NG tube for feeding patients.

RESEARCH FRAMEWORK

Based on the literature review, the researchers designed the research framework.

RESULTS

Verbal Education
Verbal Education with VCD

Table 1. Demographic Characteristics of 42 family caregivers (N=42)

Characteristic	N	%	experimental group (n=19)	control group (n=23)	Z	p
			N	%		
Age, years					0.30 [*]	.92
21-40	14	33.3	7	36.8		
41-60	19	45.2	8	42.1		
61-80	9	21.4	4	21.1		
Sex					0.01	.94
Man	13	31.0	6	31.6		
Woman	29	69.0	13	68.4		
Education					0.76 [*]	.85
Elementary school or less	18	42.9	8	42.1		
High school	9	21.4	5	26.3		
College/graduate	15	35.7	6	31.6		

* a : Fisher's exact test

Table 2. Knowledge of NG feeding and Hospital Anxiety Scale for two education strategies (N=42)

Characteristic	experimental group (n=19)		control group (n=23)		Z	p
	Pre	Post	Pre	Post		
M	7.63	11.17	7.76	12.32		
SD	3.14	1.96	2.80	1.61		
M	8.16	7.37	8.31	7.04		
SD	4.32	3.67	3.24	3.14		

analyses for two education strategies

Characteristic	Standard Error	95% CI	p
Knowledge			
Anxiety			



論文發表_捷克



The poster is titled "Support Needs of Telephone Helpline Service in Colorectal Cancer Patients" and is presented by Wen-Li Lin¹, Shu-Ming Chen², Pei-Hua Wu³, Wen-Tsung Huang⁴, and Chao-Jung Taso⁵. The authors are affiliated with Chi Mei Medical Center, Liouying^{1,3,4,5} and the School of Nursing, Fooyin University², Taiwan, ROC. The poster includes sections for Purpose, Methods, Results, and a Table of Demographic variables (n=851).

CHIMEI
● COMPASSION ACCOUNTABILITY EFFORT

Table 1 Demographic variables (n=851)

Items	Number (%)
Age	
24~60	600/851(71%)
61 and above	251/851(29%)
Gender	
male	454(53.3%)
female	379(46.7%)
Disease location	
Rectal	442 (51.9%)
Colon	409 (48.1%)
Callers	
patients	414 (48.6%)
care giver	398 (46.8%)
others	39 (4.6%)

Colorectal cancer patients and care givers could receive the treatment and management their problems in phone helpline services can be used in other cancer. The finding may provide hospital additional optimal skills that will perform education strategies.

Charles Bridge



論文發表_芬蘭

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Relationships Among Quality of Life, Colorectal Cancer, and Diabetes Mellitus

Purpose: The study evaluated the relationships among quality of life, colorectal cancer, and diabetes mellitus.

Method: A cross-sectional design.

Results: The results indicated that there were significant differences in the quality of life between colorectal cancer patients and diabetes mellitus patients. The results also indicated that there were significant differences in the quality of life between colorectal cancer patients and diabetes mellitus patients.

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The Effectiveness of Self-Management of HbA1c and Quality of Life in Patients with Type II Diabetes Mellitus

Purpose: To examine the effectiveness of self-management of HbA1c and quality of life in patients with Type II Diabetes Mellitus.

Method: A quasi-experimental design.

Results: The results indicated that there were significant differences in the quality of life between the self-management group and the control group.

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Evaluating of Effectiveness on Multidisciplinary Teams Model in Colorectal Cancer

Taiwan Wen-Li Lin¹, Jia-Ling Sun², Shu-Chan Chang¹, Tsung-Chin Tsai¹, Pei-Hua Wu¹, Wen-Tsung Huang¹, Chao-Jung Taso¹, Chien-Liang Lin¹
Chi Mei Medical Center, Liouying¹ School of Nursing, Yuanpei University², Taiwan

Purpose: This study examines and evaluates the effect that adopting a "multidisciplinary teams" (MDTs) model has on the care and survival rates of colorectal cancer patients.

Methods: In this retrospective study, 651 colorectal cancer patients were recruited between January 2006 and December 2009. The experimental group comprised 326 patients who had received care from a colorectal cancer "MDTs". The team members comprised numerous professionals, including a physician, case manager, dietitian, and social worker, who formulated the care plan and the patient treatment and care processes. The case manager coordinated the recruitment, liaison, and care plan implementation, and conducted the disease education, telephone consultations, follow-ups, and evaluations. Control group comprised 325 colorectal cancer patients. The patients in the control group had similar characteristics to those in the experimental group, and received traditional care.

Results: Adopting a "MDTs" model in colorectal cancer care increased patient follow-up appointment adherence rates at 1 week, 1 month, and 3 months ($p=.032$, $p=.007$, $p=.001$). The model also effectively reduced the patients' 14-day readmission rate. Furthermore, these improvements were statistically significant. The results also indicated that the survival rate for patients receiving care from the colorectal cancer "MDTs" was superior to that of the control group receiving traditional care. (Table 1)

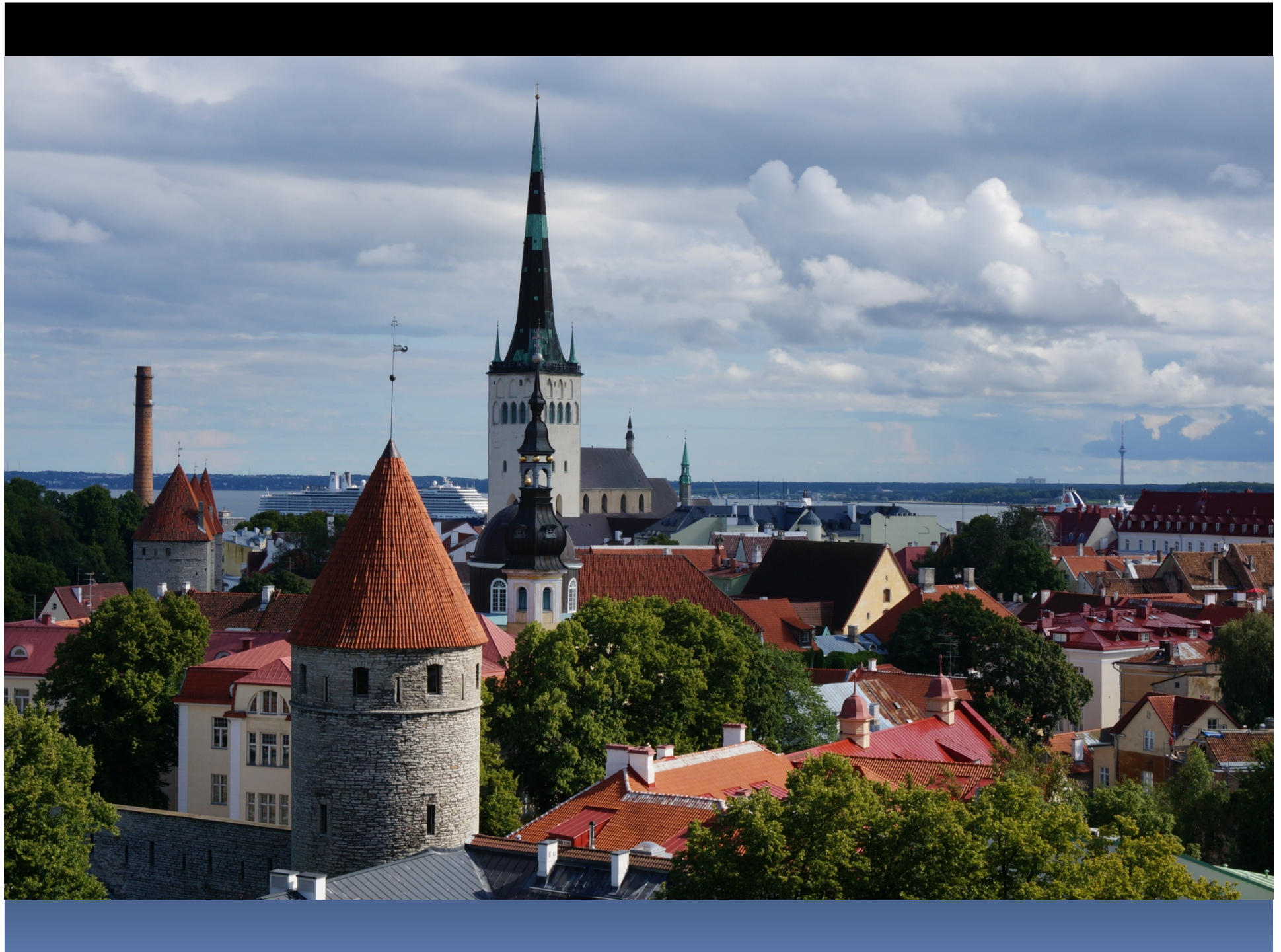
Conclusion: Adopting a "MDTs" model in colorectal cancer care effectively enhanced clinical treatment adherence, increased survival rates, and reduced the 14-day readmission rate. The results of this study may be valuable for medical institutions promoting a "MDTs" model in colorectal cancer care, improve cancer patient care, and ultimately enhance the quality of health care.

Table 1
Compliance of outpatient department and rate of 14-days readmission between the MDTs model group and the routine group (N=651)

Variables	MDTs group (n=326) Number (%)	Routine group (n=325) Number (%)	χ^2
First week follow-up			4.58*
No	10(3)	7(2.2)	
Yes	325(99.7)	318(97.8)	
First month follow-up			7.34*
No	3(0.9)	14(4.3)	
Yes	323(99.1)	311(95.7)	
Second month follow-up			3.32
No	11(3.4)	21(6.5)	
Yes	315(96.6)	304(93.5)	
Third month follow-up			20.32*
No	4(1.2)	29(8.9)	
Yes	322(98.8)	296(91.1)	
14 days re-admission rate			10.60*
No	314(92.3)	292(89.8)	
Yes	12(3.7)	33(10.2)	

Note: * a Fisher's exact test; * $p < .05$, ** $p < .01$, *** $p < .001$





別人不做的事,我做



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William Del Rosario

Wen-Li 首頁 1 尋找朋友

William Del Rosario

動態時報 關於 相片 朋友 更多

曾到訪 La Romana, Dominican Republic 於星期五

和 Harleef Materano 及其他 9 人成為朋友

在 Hospital General Dr. Domingo Luciani IVSS, Caracas, Venezuela. 擔任 Médico Residente de Neurocirugía

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William Del Rosario

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劉慧君覺得周江杰的近況

Eleana Chen

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笨笨

Miharu Kobayashi

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蕭文

吳小綾

陳婷瑜

開啟聊天室查看誰在線上。

搜尋

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2014/10/27

勇於開口說

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Profile picture: Miharu Kobayashi

Timeline photo: A group of people sitting on a bench outdoors.

Timeline text: 你和笨笨、Pei-h Wu、Tzu Ping Chou 及其他 38 人都說讚。

Timeline post 1: Lin Wen-Li It's a great memory and miss that day. 1月5日 10:08 · 讚 · 4

Timeline post 2: Miharu Kobayashi Yeah, it was... It was like a miracle!! 1月6日 10:21 · 收回讚 · 4

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Bottom status bar: 100% 下午 06:01 2014/10/27

專業科目更難？

- 培養熱情很重要



我的學習招數

- 小心規劃時間
區分「自己想做的事」 或 「非做不可的事」
- 把該做的事情列成清單
- 要做，就要堅持到底
- 不輕易滿於現狀
- 沒有做不到的事
- 用熱情擁抱學習

阮攏是用認真不放棄的態度來學習

■ youtube.com

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首頁 > 人物觀點 > 總編輯會客室 > 許芳宜：多痛，火花就有多燦爛

f 讚 { 1.4 萬 }

字體 小 中 大

許芳宜：多痛，火花就有多燦爛

2008-01 Cheers雜誌 88期

作者：盧智芳



圖片來源：曾千倚

舞台上，許芳宜是近10年來台灣最閃亮的名字。她被喻為20世紀舞蹈巨擘瑪莎·葛蘭姆（Martha Graham）的傳人，2005年登上美國《舞蹈雜誌》（Dance Magazine）封面，被選為「25位最受矚目的舞蹈工作者」，去年更成為最年輕的國家文藝獎得主。

以為第一眼見到她，一定像演出時那樣耀眼不可逼視。但黑暗的舞蹈鏡室裡，許芳宜蜷曲在地板一角，身影對比偌大的空間顯得既小巧又沉靜。她17年來的戀人、知己、工作夥伴，編舞家布拉瑞揚一面把燈轉亮，一面帶著歉意說：「她之前剛接受過2個訪問，有點疲倦。」話裡滿是疼惜。

想起她在部落格上貼出自己布滿傷痕的雙腳、額頭上泛紅的腫塊照片，或許眼前的許芳宜更接近真實生活中的她：那無數在教室中一練再練、一練再練後的短暫喘息，大概就是如此。在舞台光環之後，她獨自面對黑暗，也始終在左拉玻璃為她打開那扇溫暖的窗。

<http://topic.cheers.com.tw/event/2014macau/content2.html>

試著擁抱學習的熱情

The screenshot shows the Airiti Library website interface. The browser address bar displays the URL: <http://www.airitilibrary.com/Search/KeywordSearch>. The page features a sidebar on the left with filters for publication type, journal index, region, and language. The main content area displays a list of search results, each with a checkbox, a title, authors, journal information, keywords, and a preview/abstract link.

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高雄護理雜誌 30卷1期 (2013/04), 51-61
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不輕易滿於現狀

DOI:<http://dx.doi.org/10.7314/APJCP.2014.15.14.5835>
Predictive Factors for Survival of Gastric Cancer Patients

RESEARCH ARTICLE

Factors Predicting Survival of Patients with Gastric Cancer

Wen-Li Lin¹, Jia-Ling Sun^{2*}, Shu-Chan Chang¹, Pei-Hua Wu¹, Wen-Tsung Huang³, Chao-Jung Tsao³

Abstract

Background: Gastric cancer is one of the most common causes of cancer death in Taiwan. The literature has previously shown that age, tumor site, T categories, and number of metastatic nodes significantly affect prognosis. The aim of this study was to determine the long-term survival of patients with gastric cancer, as well as the effect of particular prognostic factors on survival. **Materials and Methods:** This was a survival analysis study with retrospective design. We reviewed the records of 64 patients with adenocarcinoma of the stomach who had undergone gastrectomy with curative intent between 2009 and 2012 at a teaching hospital in southern Taiwan. Data extracted from patient documents included age, gender distribution, tumor location, and pathological grading. **Results:** The median follow-up time was 4 years, and there were 31 deaths attributed to gastric cancer. Kaplan-Meier analysis revealed that retrieval of less than 15 lymph nodes from a patient was a significant predictor of survival. A significant predictor of poorer survival was higher pathological grading. **Conclusions:** Our results indicate that the number of lymph nodes retrieved and pathological grading could be viewed as crucial prognostic factors affecting the survival of individuals with gastric cancer.

Keywords: Gastric cancer, metastatic lymph nodes, survival, Taiwan

要做，就要堅持到底

DOI:<http://dx.doi.org/10.7314/APJCP.2014.15.3.XXXX>

Development and Application of a Telephone Counseling Services for Care of Patients with Colorectal Cancer

RESEARCH ARTICLE

Development and Application of a Telephone Counseling Services for Care of Patients with Colorectal Cancer

Wen-Li Lin¹, Jia-Ling Sun^{2*}, Shu-Chan Chang¹, Pei-Hua Wu¹, Tsung-Chin Tsai³, Wen-Tsung Huang⁴, Chao-Jung Tsao⁴

Abstract

Backgrounds: The number of colorectal cancer (CRC) patients has increased in recent years; therefore, the effective dissemination of information related to symptoms care has become increasingly especially important for cancer patients. Previous studies have indicated that physical and psychological of cancer patients can be effectively resolved by telephone counseling services (TCS). Thus, determining the most effective means of establishing a TCS to support the clinical practice of oncology has become a crucial goal for nursing. The purposes of this study were to analysis the content of the TCS for CRC and explore the stratification of the TCS. **Materials and Method:** The study design was adopted retrospective study. A total of 850 calls were recruited for CRC patients in the cancer center of Southern Taiwan during the period of January 2007- December 2011. A structure questionnaire was adopted to analysis the satisfaction. **Results:** Responses provided by the TCS included information regarding nutrition, side effects resulting from chemotherapy, and pain. Moreover, 28.7% of CRC patients were needed advance treatment. More than 90% satisfaction with all aspects of the calls was found. **Conclusions:** The TCS provided an effective means by which to expand the reach of nursing care to different

沒有做不到的事

	沈水雲
佳里奇美醫院	任婉禎
高雄榮總臺南分院	鄧冰潔
麻豆新樓醫院	蔡秀香
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