

發展符合健康識能之優質網路護理指導資訊平台系統

護理部

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摘要

健康識能是指個人獲得、處理以及了解基本健康訊息，並以此進行健康決策的能力。據國內相關研究顯示，有超過三成以上的台灣成人功能性健康識能(讀寫技巧)程度不夠，民眾健康識能不足，會影響閱讀衛生教育資訊的瞭解程度，故改善健康訊息教具的難易度，提供適讀、易用的護理指導教材，成為健康識能照護措施中重要的一環，也是國民健康署推動健康醫院的重要方法之一。國民健康署於2017年製作健康識能友善教材評估指標使用指引，提供健康服務者使用。本院護理部製作護理指導中文版教材約850則，建置於健康e點通網站，網頁累積瀏覽人次高達3,391,000次，頗獲民眾肯定，滿意度高。為使受檢者能順利理解護理指導所要傳達的衛生教育資訊，擬參照國健署之「健康識能友善教材評估指標」制訂準則、建立範例，並運用國健署之評值指標進行教材審查，以提升受檢者正確運用相關健康資訊及自我健康照護決策的能力，達到促進個人健康之成效。

Abstract

Health literacy refers to the individual's ability to obtain, process and understand basic health information and make health decisions based on this. According to relevant domestic research, more than 30% of Taiwanese adults have insufficient functional health knowledge (literacy skills), and the public's insufficient health knowledge will affect the level of understanding of reading health education information, so improve the difficulty of health information teaching aids, Providing well-read and easy-to-use nursing instruction materials has become an important part of Health literacy care measures, and is also one of the important methods of the National Health Agency to promote health hospitals. In 2017, the National Health Agency produced guidelines for the use of evaluation indicators for health-conscious and energy-friendly teaching materials for use by health services. The Nursing Department of this hospital has produced about 850 Chinese version of nursing guidance textbooks, which are built on the health e-dotcom website. The website has accumulated 3,391,000 visits, which has been recognized by the public and has high satisfaction to be conveyed by the nursing guidance, it is planned to formulate guidelines and establish examples based on the "Health-conscious Educational Materials Evaluation Index" of the National Health Administration, and use the evaluation indicators of the National Health Agency to review the teaching materials, In order to improve the examinee's ability to correctly use relevant health information and self-health care decision-making, to achieve the effect of promoting personal health.