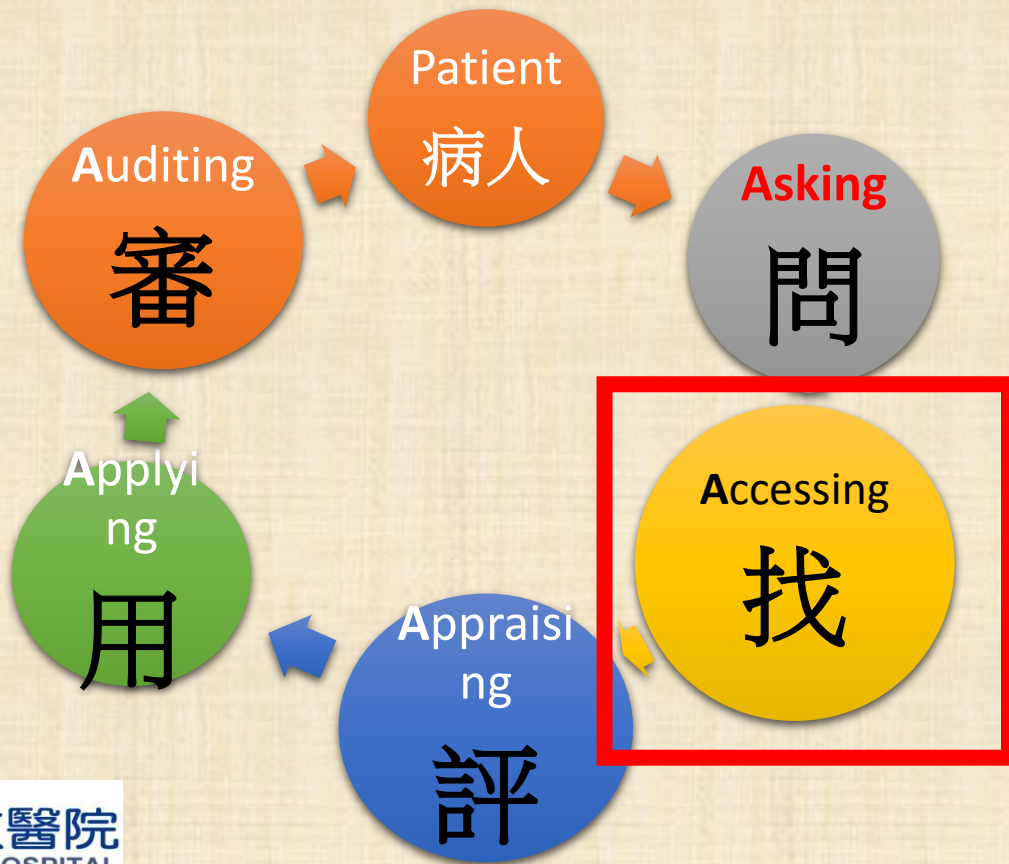


文獻搜尋

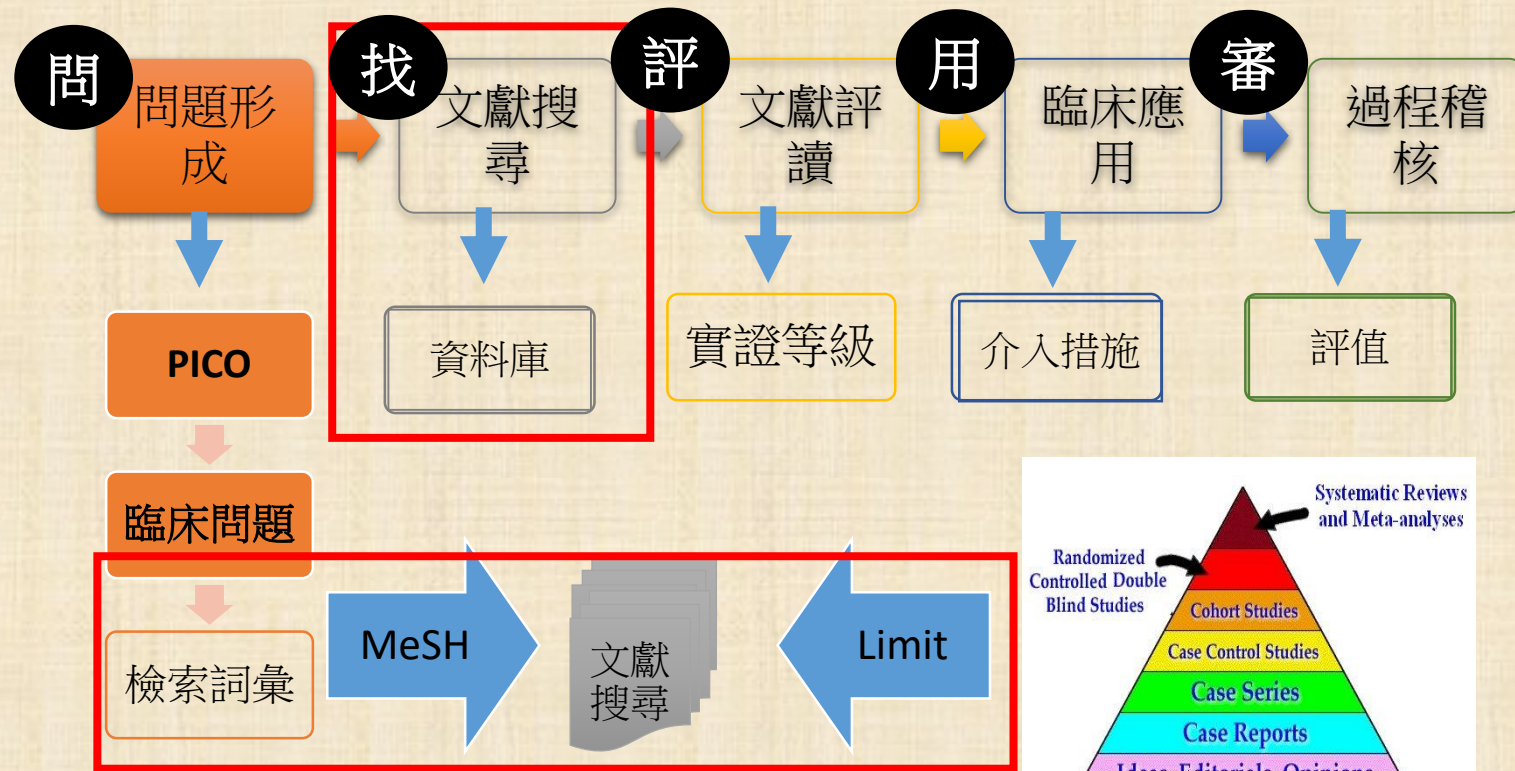
主講者：吳秋楓

戴德森醫療財團法人嘉義基督教醫院
護理部-門診副護理長

實證的五步驟(5A)

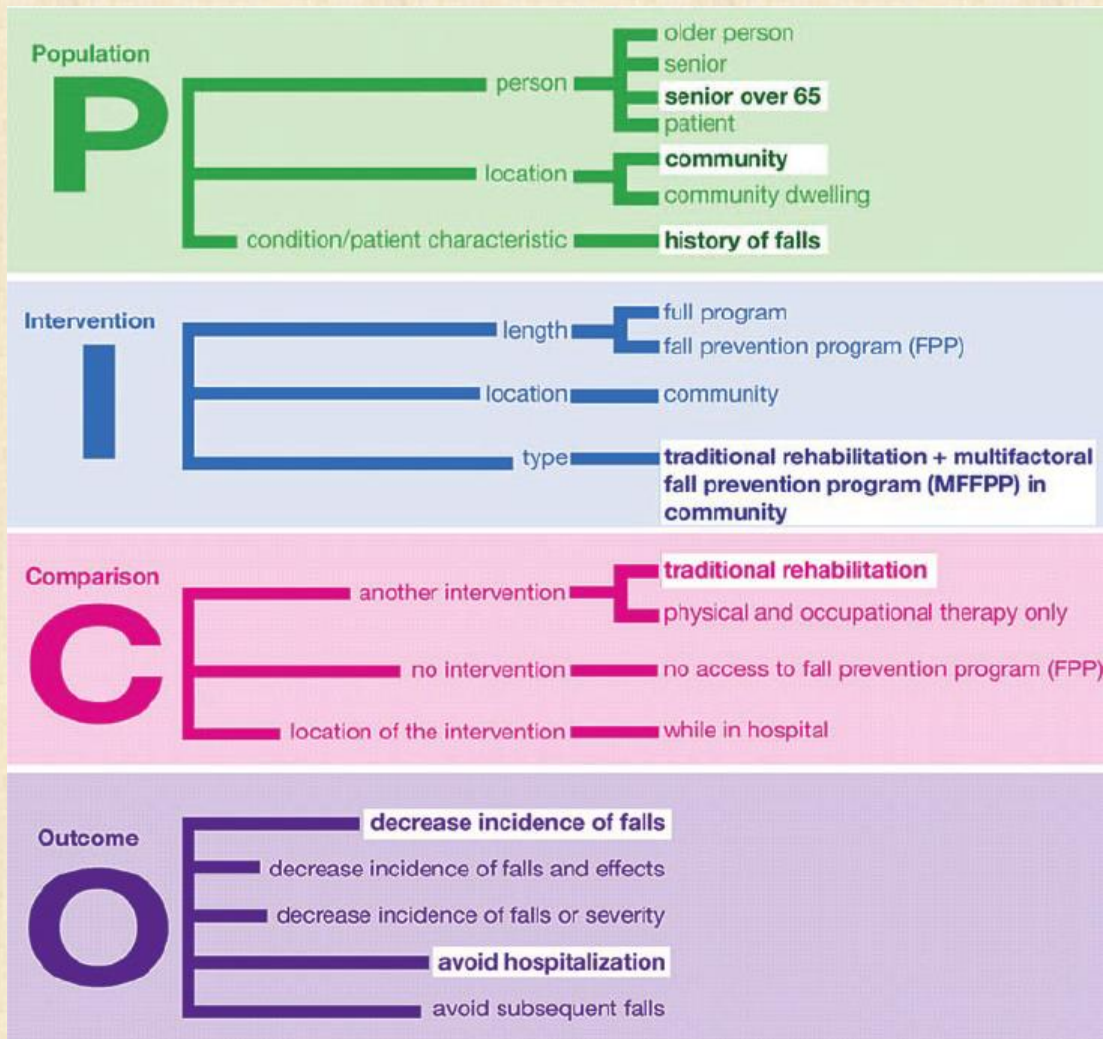


實證護理五步驟



書寫步驟

- 確認主題
- 確認PICO的關鍵字
- 搜尋資料庫
- 評讀文獻
- 書寫結論與臨床應用



確認PICO的關鍵字

- 寫入你想的到的關鍵字
- 先用中文搜尋相關文章設定的關鍵字
- 將中文翻成英文
- 使用**布林邏輯**:AND、OR、NOT
 - PICO間用「AND」、同義字間用「OR」

	關鍵字	Meth team
P		
I		
C		
O		

Step2(Acquire)：尋找最好的證據¹

- 實證資料庫(實證研究機構及實證資料庫)
 - Cochrane Library、Evidence-based medicine、Evidence-Based Nursing、Joanna Briggs Institute(JBI) ...
- 臨床指引
 - NGC: National Guideline Clearinghouse
 - Joanna Briggs Institute (JBI)...
- 醫學護理資料庫
 - CINAHL(護理)、MEDLINE、PUBMED(醫學)、PSYCHLIT(精神心理)、ERIC(教育)、CEPS(思博網)中文全文電子期刊服務...



Step2(Acquire)：尋找最好的證據²

■建構搜尋策略Flowchart

➤組織:PICO

➤中英文關鍵字彙:Google或C.E.P.S

◆自由詞彙(同義詞，可用切截表示字尾變化)

◆控制詞彙 MeSH、Emtree

➤布林邏輯:AND、OR、NOT

➤快篩:標題/摘要(EndNote)

搜尋策略

- 關鍵字的設定(利用PICO結構設定搜尋策略)

主要詞	同義詞1	同義詞2
P (OR	OR) AND
I (OR	OR) AND
C (OR	OR) AND
O (OR	OR) AND

- 同義詞間以OR聯集，PICO間以AND交集
- 學習各種資料庫的搜尋方法
- 多練習，熟能生巧

臨床問題

服用益生菌是否能預防幼兒發生過敏性疾病

主要詞	同義詞1	同義詞2
P (infant	OR preschool	OR child) AND
I (probiotics)		AND
O (allergy	OR hypersensitivity)	

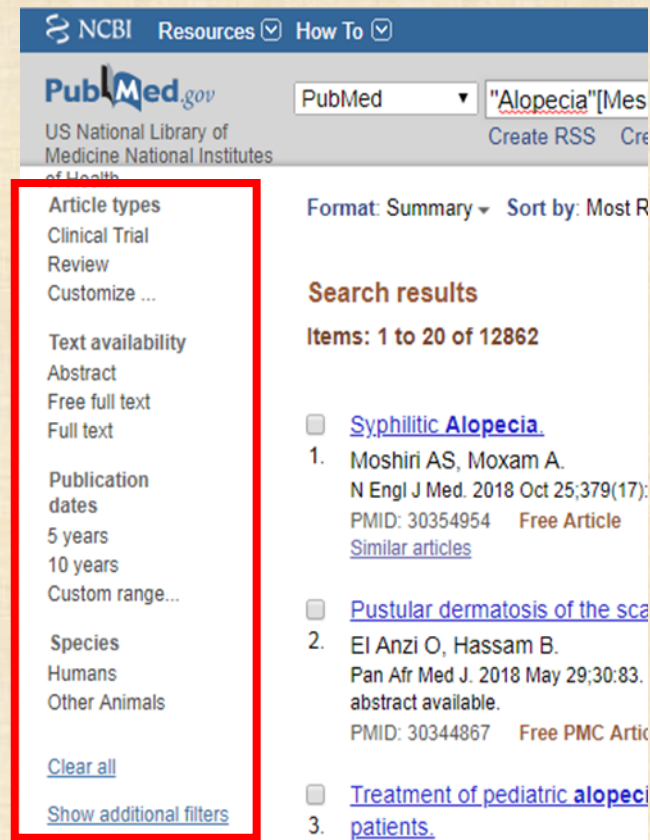
檢索技巧

- 適當使用 MeSH Terms
- 運用”Limit”檢索功能
- 使用布林邏輯

運用”Limit”檢索功能

■可限定

- 文章語言
- 人類或動物主題
- 出版類型(RCT)
- 發表年份、
- 全文
- 年齡...



使用布林邏輯

- 包括交集(AND)、聯集(OR)、刪除(NOT)三個運算元

- 用以擴大或縮小查詢範圍

- 可單獨或搭配使用

- (Infant OR children) AND (allergy OR hypersensitivity)

PubMed做搜尋

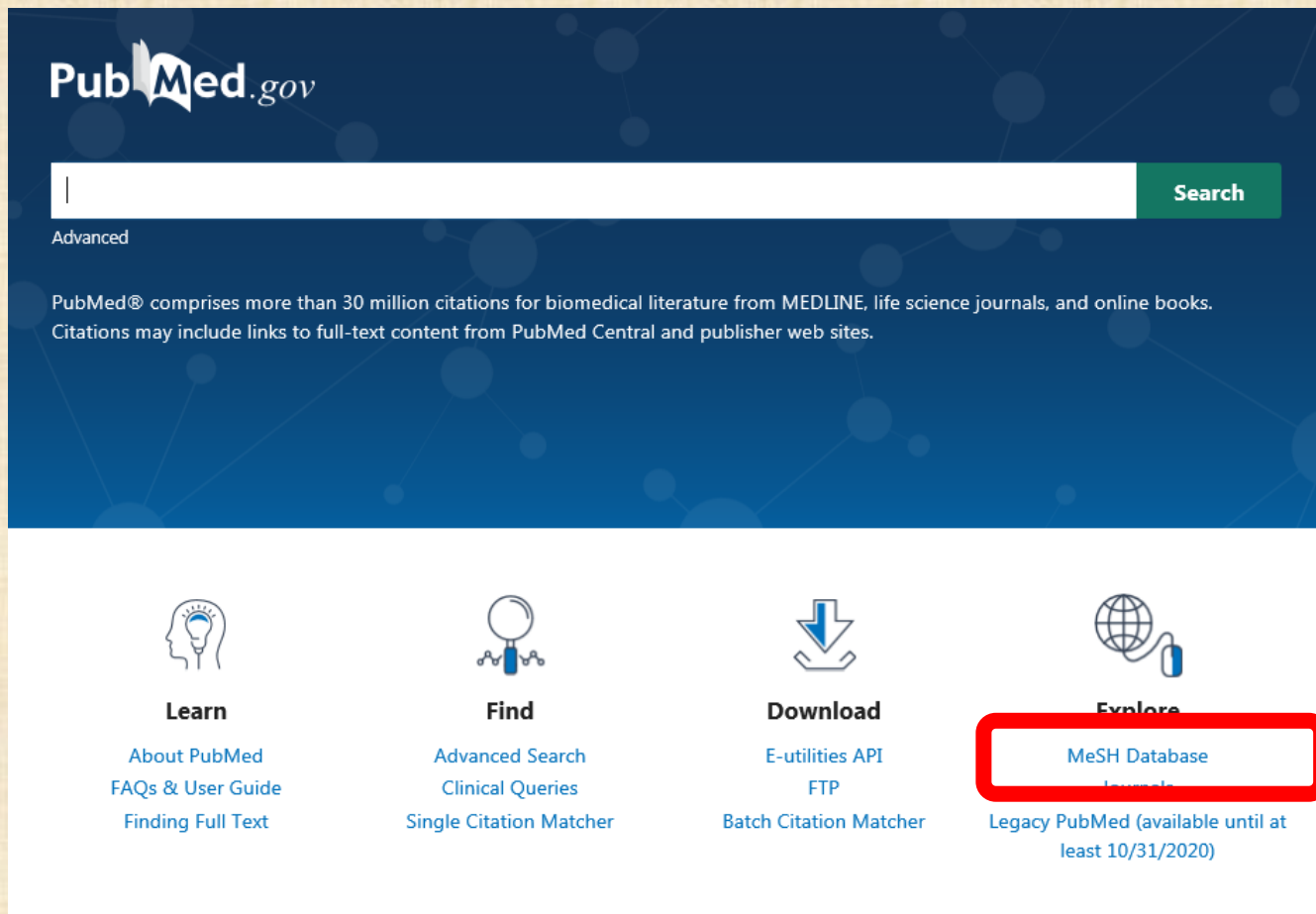
搜尋策略：

P1 **OR** P2 **OR** P3

AND I1

AND O1 **OR** O2 **OR** O3

New PubMed MeSH Term的位置



The image shows the PubMed.gov homepage. At the top is the PubMed.gov logo. Below it is a search bar with a green 'Search' button. Under the search bar is the text 'Advanced'. A paragraph describes PubMed's content: 'PubMed® comprises more than 30 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.'

The bottom section contains four categories: Learn, Find, Download, and Explore. The Explore category is highlighted with a red box, and the 'MeSH Database' link within it is also highlighted.

Learn	Find	Download	Explore
About PubMed	Advanced Search	E-utilities API	MeSH Database
FAQs & User Guide	Clinical Queries	FTP	Journals
Finding Full Text	Single Citation Matcher	Batch Citation Matcher	Legacy PubMed (available until at least 10/31/2020)

MeSH terms

MeSH

Summary ▾

Search results

Items: 2

- ☐ **Breast Feeding**
1. The nursing of an infant at the breast.
- ☐ **Breastfeeding Jaundice** [Supplementary Concept]
2. Date introduced: November 5, 2012

Send to: **PubMed Search Builder**

"Breast Feeding"[Mesh]

▾

Find related data

Database: Select ▾

Search details

"breast feeding"[MeSH Terms] OR
breastfeeding[Text Word]

Recent Activity

在這裡輸入文字來搜尋

上午 07:32
2020/2/11

用PubMed查詢同義字並搜尋

MeSH Search Builder

1 **Breast Feeding**

The nursing of an infant at the breast.

PubMed search builder options

[Subheadings:](#)

<input type="checkbox"/> adverse effects	<input type="checkbox"/> ethnology	<input type="checkbox"/> physiology
<input type="checkbox"/> analysis	<input type="checkbox"/> history	<input type="checkbox"/> psychology
<input type="checkbox"/> drug effects	<input type="checkbox"/> instrumentation	<input type="checkbox"/> statistics and numerical data
<input type="checkbox"/> economics	<input type="checkbox"/> methods	<input type="checkbox"/> therapeutic use
<input type="checkbox"/> epidemiology	<input type="checkbox"/> organization and administration	<input type="checkbox"/> trends
<input type="checkbox"/> ethics	<input type="checkbox"/> pharmacology	

☐ Restrict to MeSH Major Topic.

2 Do not include MeSH terms found below this term in the MeSH hierarchy.

Number(s): F01.145.407.199, G07.203.650.195, G07.203.650.220.500.500, G07.203.650.353.199

Entry Terms:

- Feeding, Breast
- **Breastfeeding**
- **Breast Feeding**, Exclusive
- Exclusive **Breast Feeding**
- **Breastfeeding**, Exclusive
- Exclusive **Breastfeeding**

3 Add to search builder AND

4 Search PubMed

Recent Activity

- Breast Feeding MeSH
- breastfeeding (2) MeSH
- Prevention of Pressure Injuries in the Operating Room: A Quality Improvement PubMed

Search

[Create alert](#) [Limits](#) [Advanced](#)

[Help](#)

 No items found.

You are here: [NCBI](#) > [Literature](#) > [MeSH Database](#)

[Support Center](#)

GETTING STARTED

- NCBI Education
- NCBI Help Manual
- NCBI Handbook
- Training & Tutorials
- Submit Data

RESOURCES

- Chemicals & Bioassays
- Data & Software
- DNA & RNA
- Domains & Structures
- Genes & Expression
- Genetics & Medicine
- Genomes & Maps
- Homology
- Literature
- Proteins
- Sequence Analysis
- Taxonomy
- Variation

POPULAR

- PubMed
- Bookshelf
- PubMed Central
- BLAST
- Nucleotide
- Genome
- SNP
- Gene
- Protein
- PubChem

FEATURED

- Genetic Testing Registry
- GenBank
- Reference Sequences
- Gene Expression Omnibus
- Genome Data Viewer
- Human Genome
- Mouse Genome
- Influenza Virus
- Primer-BLAST
- Sequence Read Archive

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臺中榮民總醫院圖書館電子資源 | cabbage - MeSH - NCBI | Airiti Library 華藝線上圖書館

www.ncbi.nlm.nih.gov/ermg.vghtc.gov.tw/mesh/?term=cabbage

NCBI Resources How To m220338179 My NCBI Sign Out

MeSH MeSH cabbage Search

Create alert Limits Advanced Help

Summary 20 per page Send to:

Search results

Items: 7

Brassica

1. A plant genus of the family Cruciferae. It contains many species and cultivars used as food including **cabbage**, cauliflower, broccoli, Brussel sprouts, kale, collard greens, MUSTARD PLANT; (B. alba, B. junica, and B. nigra), turnips (**BRASSICA** NAPUS) and rapeseed (**BRASSICA** RAPA).
Year introduced: 1978

Araceae

2. A plant family of the order ALISMATALES. Many members contain OXALIC ACID and calcium oxalate (OXALATES).
Year introduced: 2002

campesin, **Brassica campestris** [Supplementary Concept]

3. a 9.4-kDa antifungal peptide from seeds of the **cabbage** (**Brassica** campestris)
Date introduced: January 4, 2010

Bra o 3 allergen, **Brassica oleracea** [Supplementary Concept]

4. lipid transfer protein that is a major allergen responsible for cross-reactivity between plant foods and pollens
Date introduced: July 18, 2006

cytochrome P-450 CYP4L4 (**cabbage** armyworm) [Supplementary Concept]

5. encodes microsomal P-450 enzyme in **cabbage** armyworm, Mamestra brassicae; amino acid sequence in first source
Date introduced: July 22, 2002

cytochrome P-450 CYP4S4 (**cabbage** armyworm) [Supplementary Concept]

PubMed Search Builder

Add to search builder AND Search PubMed

YouTube Tutorial

Find related data

Database: Select Find items

Search details

"brassica"[MeSH Terms] OR cabbage[Text Word]

Search See more...

Recent Activity

Turn Off Clear

在這裡輸入文字來搜尋

上午 07:43 2020/2/11

MeSH

MeSH

engorgement

Create alert Limits Advanced

Help

Full

Send to:

Hyperemia

The presence of an increased amount of blood in a body part or an organ leading to congestion or engorgement of blood vessels. Hyperemia can be due to increase of blood flow into the area (active or arterial), or due to obstruction of outflow of blood from the area (passive or venous).

Year introduced: 1966

PubMed search builder options

[Subheadings:](#)

- | | | |
|--|---------------------------------------|--|
| <input type="checkbox"/> analysis | <input type="checkbox"/> economics | <input type="checkbox"/> organization and administration |
| <input type="checkbox"/> anatomy and histology | <input type="checkbox"/> embryology | <input type="checkbox"/> parasitology |
| <input type="checkbox"/> blood | <input type="checkbox"/> enzymology | <input type="checkbox"/> pathology |
| <input type="checkbox"/> cerebrospinal fluid | <input type="checkbox"/> epidemiology | <input type="checkbox"/> physiology |
| <input type="checkbox"/> chemical synthesis | <input type="checkbox"/> ethnology | <input type="checkbox"/> physiopathology |
| <input type="checkbox"/> chemically induced | <input type="checkbox"/> etiology | <input type="checkbox"/> prevention and control |
| <input type="checkbox"/> chemistry | <input type="checkbox"/> genetics | <input type="checkbox"/> psychology |
| <input type="checkbox"/> classification | <input type="checkbox"/> history | <input type="checkbox"/> statistics and numerical data |
| <input type="checkbox"/> complications | <input type="checkbox"/> immunology | <input type="checkbox"/> surgery |
| <input type="checkbox"/> congenital | <input type="checkbox"/> metabolism | <input type="checkbox"/> therapeutic use |
| <input type="checkbox"/> diagnosis | <input type="checkbox"/> microbiology | <input type="checkbox"/> therapy |
| <input type="checkbox"/> diagnostic imaging | <input type="checkbox"/> mortality | <input type="checkbox"/> veterinary |
| <input type="checkbox"/> diet therapy | <input type="checkbox"/> nursing | <input type="checkbox"/> virology |
| <input type="checkbox"/> drug therapy | | |

☐ Restrict to MeSH Major Topic.

☐ Do not include MeSH terms found below this term in the MeSH hierarchy.

Tree Number(s): C14.907.474

MeSH Unique ID: D006940

Entry Terms:

- Hyperemias
- Active Hyperemia
- Hyperemia, Active
- Arterial Hyperemia
- Hyperemia, Arterial
- Venous Engorgement
- Engorgement, Venous
- Venous Congestion
- Congestion, Venous
- Passive Hyperemia
- Hyperemia, Passive

PubMed Search Builder

"Hyperemia"[Mesh]

Add to search builder AND

Search PubMed

YouTube Tutorial

Related information

PubMed

PubMed - Major Topic

Clinical Queries

NLM MeSH Browser

MedGen

Recent Activity

Turn Off Clear

Hyperemia

MeSH

engorgement (1)

MeSH

breast engorgement (0)

MeSH

"Brassica"[Mesh] (12824)

PubMed

Brassica

MeSH

See more...

"hyperemia"[MeSH Terms] OR
engorgement[Text Word]

產後婦女使用高麗菜冷敷是否能減輕乳房腫脹？

PICO	中文	英文	MeSH Entry Terms
P	產後母乳哺餵的婦女 哺乳婦女	breastfeeding women breastfeeding breast-feeding lactation exclusive feeding	"Breast Feeding"[Mesh]
I	高麗菜冷敷乳房 高麗菜葉冷敷 高麗菜葉	Cabbage cabbage leaves cold compress	"Brassica"[Mesh]
C	一般照護、冷敷、熱敷、按摩	routine care	
O	乳房充盈、乳房腫脹、乳房疼痛、乳房硬度	breast engorgement breast induration breast hardness breast pain breast discomfort breast swelling	"Hyperemia"[Mesh]
S	systematic review, SR meta-analysis randomized controlled clinical trial, RCT retrospective observational cohort design	系統性文獻 統合分析 隨機對照臨床試驗 其他研究設計	

MYNCBI FILTERS

All (19)

clinical trial (6)

English (19)

[Free Full Text \(6\)](#)[Full text \(18\)](#)

Humans (13)

has abstract (16)

published last 5 years (6)

Taichung Veterans General
Hospital, Taiwan (Q)

TVGH Medical Library (0)

Randomized Controlled Trial (6)

Systematic Reviews (6)

Meta Analysis (3)

Abstract (0)

Guideline (0)

RESULTS BY YEAR

19 results

☐ Treatments for **breast engorgement** during **lactation**.

1 Mangesi L and Zakarija-Grkovic I. Cochrane Database Syst Rev 2016 - Review. PMID 27351423

A study comparing Gua-Sha therapy with hot packs and massage found a marked difference in **breast engorgement** (MD -2.42, 95% CI -2.98 to -1.86; one study; 54 women), **breast pain** (MD -2.01, 95% CI -2.60 to -1.42; one study; 54 women) and **breast discomfort** (MD -2.33, 95% CI -2.81 to -1.85; one study; 54 women) in favour of Gua-Sha therapy five minutes post-intervention, though both interventions significantly decreased **breast temperature**, **engorgement**, **pain** and **discomfort** at five and 30 minutes post-treatment. Results from individual trials that could not be included in data analysis suggested that there were no differences between room temperature and chilled **cabbage leaves** and between chilled **cabbage leaves** and gel packs, with all interventions producing some relief. ...Subcutaneous oxytocin provided no relief at all in symptoms at three days (RR 3.13, 95% CI 0.68 to 14.44; one study; 45 women). Serrapeptase was found to produce some relief in **breast pain**, **induration** and **swelling**, when compared to placebo, with a fewer number of women experiencing slight to no improvement in overall breast **engorgement**, **swelling** and **breast pain**. Overall, the risk of bias of studies in the review is high. ...

“ Cite  Share

☐ Application of **cabbage leaves** compared to gel packs for mothers with **breast engorgement**: Randomised controlled trial.

Wong BB, et al. Int J Nurs Stud 2017 - *Clinical Trial*. PMID 28941842

 Feedback

New PubMed 匯入EndNote方法

點選 **Send to** 功能選擇 **Citation manager**，然後 **Create file**，
雙擊此檔案便可將檢索文獻匯出至EndNote。

PubMed.gov

((breastfeeding) AND (cabbage leaves)) AND (breast en...

Advanced Create alert Create RSS

Save Email **Send to**

8 results

Clipboard

My Bibliography

Collections

Citation manager

1

Cite

Share

RESULTS BY YEAR

1

2

3

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((breastfeeding) AND (cabbage leaves)) AND (breast engo...

Advanced Create alert Create RSS

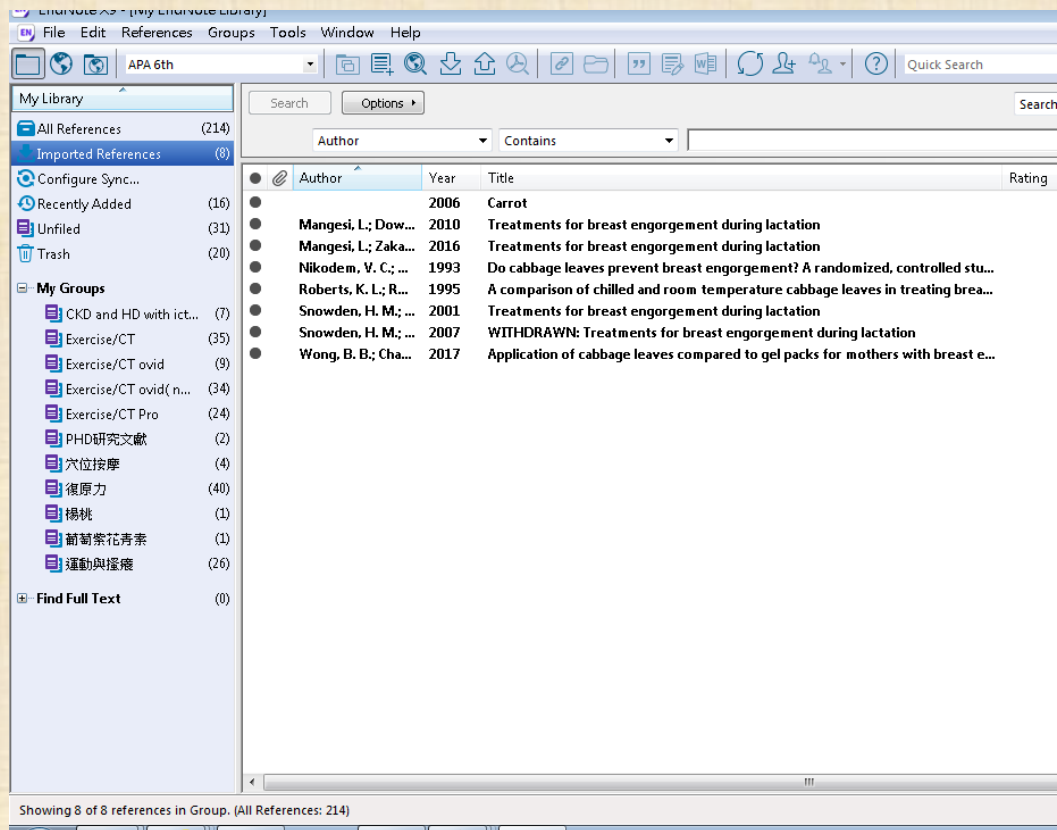
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The screenshot displays the PubMed 'Save' interface. At the top, the search query is '(breastfeeding) AND (cabbage leaves) AND (breast engorgement)'. Below the query, there are links for 'Advanced', 'Create alert', and 'Create RSS'. A red box highlights the 'Save' button, which is labeled with a blue '1'. Below the 'Save' button, there are buttons for 'Email' and 'Send to'. Under the 'Save' button, the section 'Save citations to file' is visible. It includes a 'Selection:' dropdown menu set to 'All results' and a 'Format:' dropdown menu set to 'Summary (text)'. A red box highlights the 'Create file' button, which is labeled with a blue '2'. To the right of the 'Create file' button is a 'Cancel' button. On the far right, a list of search results is displayed, showing details for 8 different studies, including authors, titles, and publication information.

Med.gov

((breastfeeding) AND (cabbage leaves)) AND (breast engorgement)

Advanced Create alert Create RSS

1 Save Email Send to

Save citations to file

Selection: All results

Format: Summary (text)

2 Create file Cancel

8: Snowden HM, Renfrew MJ, Woolridge MW. WITHDRAWN: Treatments for breast engorgement during lactation. Cochrane Database Syst Rev. 2007 Jul 18;(2):CD000046. doi: 10.1002/14651858.CD000046.pub2. PMID: 17636577.

Front Cell Infect Microbiol. 2017 Sep 6;7:392. doi: 10.3389/fcimb.2017.00392. eCollection 2017.

Probiotics for the Treatment of Atopic Dermatitis in Children: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.

Huang R¹, Ning H¹, Shen M^{2,3}, Li J^{2,3}, Zhang J^{2,3}, Chen X^{2,3}.

Author information

Abstract

Objective: Atopic dermatitis (AD) is a prevalent, burdensome, and psychologically important pediatric concern. Probiotics have been suggested as a treatment for AD. Some reports have explored this topic; however, the utility of probiotics for AD remains to be firmly established. **Methods:** To assess the effects of probiotics on AD in children, the PubMed/Medline, Cochrane Library Scopus, and OVID databases were searched for reports published in the English language. **Results:** Thirteen studies were identified. Significantly higher SCORAD values favoring probiotics over controls were observed (mean difference [MD], -3.07; 95% confidence interval [CI], -6.12 to -0.03; $P < 0.001$). The reported efficacy of probiotics in children < 1 year old was -1.03 (95%CI, -7.05 to 4.99) and that in children 1-18 years old was -4.50 (95%CI, -7.45 to -1.54; $P < 0.001$). Subgroup analyses showed that in Europe, SCORAD revealed no effect of probiotics, whereas significantly lower SCORAD values were reported in Asia (MD, -5.39; 95%CI, -8.91 to -1.87). *Lactobacillus rhamnosus* GG (MD, 3.29; 95%CI, -0.30 to 6.88; $P = 0.07$) and *Lactobacillus plantarum* (MD, -0.70; 95%CI, -2.30 to 0.90; $P = 0.39$) showed no significant effect on SCORAD values in children with AD. However, *Lactobacillus fermentum* (MD, -11.42; 95%CI, -13.81 to -9.04), *Lactobacillus salivarius* (MD, -7.21; 95%CI, -9.63 to -4.78), and a mixture of different strains (MD, -3.52; 95%CI, -5.61 to -1.44) showed significant effects on SCORAD values in children with AD. **Conclusions:** Our meta-analysis indicated that the research to date has not robustly shown that probiotics are beneficial for children with AD. However, caution is needed when generalizing our results, as the populations evaluated were heterogeneous. Randomized controlled trials with larger samples and greater power are necessary to identify the species, dose, and treatment duration of probiotics that are most efficacious for treating AD in

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Effect of probiotics for the treatment of atopy [Ann Allergy Asthma Immunol. 2014]

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2. Ke LQ, Hu Y, Yang K, Tong N.
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3. Vincent M, Edwards P.
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[Clear all](#)[Show additional filters](#)Filters activated: Meta-Analysis, Systematic Reviews, Humans. [Clear all](#) to show 1 items.[Cochrane Database Syst Rev.](#) 2007 Oct 17;(4):CD006475.**Probiotics in infants for prevention of allergic disease and food hypersensitivity.**[Osborn DA, Sinn JK.](#)**Abstract**

BACKGROUND: The composition of the intestinal microflora may be different in individuals with atopic eczema from those without this condition, and such differences may precede the development of eczema. Probiotics are live bacteria that colonize the gastrointestinal tract and provide a health benefit to the host. Probiotics added to infant feeds have the potential to prevent sensitisation of infants to dietary allergens.

OBJECTIVES: To determine the effect of probiotics given to infants for the prevention of allergic disease or food hypersensitivity.

SEARCH STRATEGY: This included searches of the Cochrane Central Register of Controlled Trials (Issue 1, 2007), MEDLINE (1966 - February 2007), EMBASE, PREMEDLINE, abstracts of conference proceedings and citations of published articles, and expert informants.

SELECTION CRITERIA: Randomised and quasi-randomised controlled trials that compare the use of a probiotic to no probiotic; or the use a specific probiotic compared to a different probiotic; or a probiotic with added prebiotic to control.

DATA COLLECTION AND ANALYSIS: Assessment of trial quality, data extraction and synthesis of data were performed using standard methods of the Cochrane Neonatal

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Microbiome in Children (Basel). 2018]Probiotics as treatment for food allergies
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Search manager lets you add unlimited search lines, view results per line and access the MeSH browser using the new **MeSH** button.

—	Title Abstract Keyword	Infant OR Child OR Preschool	P1 OR P2 OR P3
—	AND	Title Abstract Keyword	I1
—	AND	Title Abstract Keyword	O1 OR O2

(Word variations have been searched)

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Cochrane Database of Systematic Reviews

☐ Select all (2)

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Order by Relevancy ▼

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1 ☐

Probiotics for treating eczema

Areti Makrgeorgou, Jo Leonardi-Bee, Fiona J Bath-Hextall, Dedee F Murrell, Mimi LK Tang, Amanda Roberts, Robert J Boyle

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2 ☐

Probiotics in infants for prevention of allergic disease and food hypersensitivity

David A Osborn, John KH Sinn

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Probiotics in infants for prevention of allergic disease and food hypersensitivity

Cochrane Systematic Review - Intervention | Version published: 17 October 2007 [see what's new](#)



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David A Osborn | [✉ John KH Sinn](#)

[View authors' declarations of interest](#)

Abstract

Background

The composition of the intestinal microflora may be different in individuals with atopic eczema from those without this condition, and such differences may precede the development of eczema. Probiotics are live bacteria that colonize the gastrointestinal tract and provide a health benefit to the host. Probiotics added to infant feeds have the potential to prevent sensitisation of infants to dietary allergens.

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273 Trials matching **Infant OR Child OR Preschool** in Title Abstract Keyword AND **Probiotics** in Title Abstract Keyword AND **Allergy OR Hypersensitivity** in Title Abstract Keyword - (Word variations have been searched)

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1 ☐**Early probiotic supplementation for allergy prevention: long-term outcomes**

MR Jansen, S Makhadmeh, N Taylor, M Dunstan, SL Prescott

Journal of allergy and clinical immunology, **2012**, 130(5), 1209-1211.e5 | added to CENTRAL: 30 April 2013 | 2013 Issue 4

PubMed

2 ☐**the Effectiveness of Probiotics on Atopic Dermatitis With Cow Milk Allergy**

NCT01045486


https://clinicaltrials.gov/show/nct01045486, **2010** | added to CENTRAL: 31 May 2018 | 2018 Issue 5

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Journal of allergy and clinical immunology, 2012, 130(5), 1209-1211.e5 | added to CENTRAL: 30 April 2013 | 2013 Issue 4

DOI: <https://doi.org/10.1016/j.jaci.2012.07.018>  Copy DOI

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[Jensen MP](#), [Meldrum S](#), [Taylor AL](#), [Dunstan JA](#), [Prescott SL](#).

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Maternal probiotic supplementation during pregnancy [J Allergy Clin Immunol. 2012]

Review Probiotics and prebiotics in prevent [Curr Opin Allergy Clin Immunol...]

Supplementation with probiotics in the first 6 mo [Int Arch Allergy Immunol. 2014]



幸運取得全文

FULL TEXT ARTICLE

Early probiotic supplementation for allergy prevention: Long-term outcomes



Marie P. Jensen PhD, Suzanne Meldrum PhD, Angie L. Taylor PhD, Janet A. Dunstan PhD and Susan L. Prescott PhD, MD

Journal of Allergy and Clinical Immunology, The, 2012-11-01, Volume 130, Issue 5, Pages 1209-1211.e5, Copyright © 2012 American Academy of Allergy, Asthma & Immunology

Progressive change in the patterns and diversity of microbial exposure in early life remains a leading candidate in the rise in many inflammatory diseases. Initial attempts to redress this consequence of modern lifestyle change by using probiotic strains have met with some degree of success in preventing common inflammatory conditions such as allergic diseases. However, much research is still needed to more clearly define optimal early



Journal of
Allergy and
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The
Volume 130, Issue 5

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實戰練習

臨床情境

一位產後第三天，精神狀況良好的初產婦，護理師給予出院準備服務「陳小姐，您選擇採取哺餵母乳、在我們提供的哺乳技巧、還有用熱敷、冷敷、刮痧方式處理乳脹方法，不知道您有沒有什麼問題或想問的?」；個案詢問「**幫我刮的護理師很厲害，不過我自己可能刮不好，我聽說敷高麗菜葉對乳房脹痛很有效，真的嗎?**」

PICO的設定

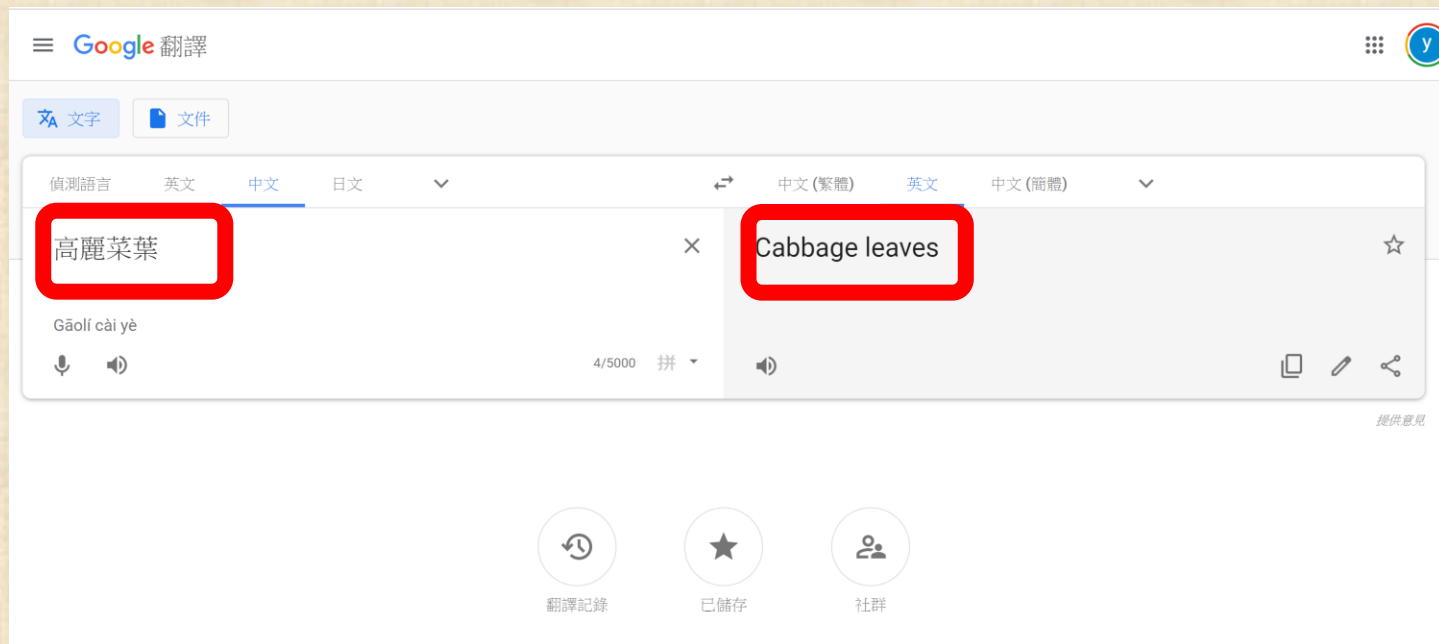
➤需具體、合理、可測量

□ 產後婦女乳房敷高麗菜是否能減輕乳房腫脹

為什麼會問這一個臨床問題？

初步搜尋

- 背景知識
 - 蒐集關鍵字
 - 瞭解研究現況及發展性
- 您會用那些資料庫做初步搜尋?
 - 沒有正確答案
 - 依據您對主題背景瞭解程度



建立中英文關鍵字&背景知識

1 高麗菜葉 2 篇名.關鍵字.摘要

AND ▼ 所有欄位

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李鳳雪(Feng-Hsueh Li)；莊秋萍(Chiu-Ping Chuang)；陳淑芬(Shun-Fen Chen)；

榮總護理 28卷2期 (2011/06)，111-116

母乳哺餵；高麗菜葉；充盈；breast-feeding；cabbage；breast engorgement

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Uptodate搜尋(瞭解背景知識)

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Common problems of breastfeeding and weaning
...discomfort; Analgesics such as ibuprofen and acetaminophen may decrease the discomfort; Cool green **cabbage leaves**; Plugged milk ducts are localized areas of milk stasis within the milk ducts that cause distention ...
[Engorgement](#)
[Summary and recommendations](#)

Potentially toxic plant ingestions in children: Clinical manifestations and evaluation
...readily explore their environment, it is no surprise that they often ingest plant parts including **leaves**, seeds, berries and flowers. While these exposures rarely result in clinically significant poisoning ... Colocasia esculenta (elephant ear) and Symplocarpus foetidus (skunk **cabbage**) contain calcium oxalate in the form of intracellular sharp projections,...
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[Taxine \(yew\)](#)
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Chemoprevention of urothelial carcinoma of the bladder
...losing weight . Epidemiologic data suggesting that an increased intake of cruciferous vegetables (eg, **cabbage**, broccoli, and mustard) is associated with a reduced incidence of bladder cancer appear promising ... Animal studies have shown that green tea **leaves** inhibit carcinogen-induced bladder tumor formation ; however,...
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Overview of intestinal gas and bloating
...therapy. Dietary modification – Patients should be advised to avoid gas-producing foods (eg, **cabbage**, onions, broccoli, brussel sprouts, wheat, and potatoes). In patients without a significant improvement ...
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The screenshot shows the UpToDate website interface. At the top, a blue box with the text '尋找內文關鍵字' (Search for internal keywords) has an orange arrow pointing down to a search bar. The search bar contains the text 'cabbage leaves' and is highlighted with a red box. Below the search bar, a 'Find In Topic' dialog box is open, showing '1 of 2' results. The main content area displays a list of search results under the heading 'Common problems of breastfeeding and weaning'. The results include 'Engorgement', 'BREAST INFECTIONS', 'BLOODY NIPPLE DISCHARGE', and 'MILK OVERSUPPLY'. The 'Engorgement' section is highlighted, and a red box highlights the text 'cabbage leaf application' in the search results. The 'BREAST INFECTIONS' section is also visible, with a red box highlighting the text 'Cool green cabbage leaves' in the search results. The 'BLOODY NIPPLE DISCHARGE' section is also visible, with a red box highlighting the text 'Cool green cabbage leaves' in the search results. The 'MILK OVERSUPPLY' section is also visible, with a red box highlighting the text 'Cool green cabbage leaves' in the search results.

Common problems of breastfeeding and weaning

- Infant
- Maternal breast examination
- Observed feeding
- Nipple pain
- Normal nipple sensitivity
- Nipple injury
- General management
- Biting
- Areolar dermatitis
- Nipple vasoconstriction
- Engorgement**
- Plugged ducts
- Galactoceles

BREAST INFECTIONS

- Lactational mastitis
- Breast abscess
- Candidal infection
- Limitations of evidence
- Diagnosis
- Management

BLOODY NIPPLE DISCHARGE

MILK OVERSUPPLY

Find In Topic

1 of 2 Synonym Exact < > Done

- Some mothers may find use of a breast pump to be helpful. However, before a feeding to soften the breast because overuse will stimulate milk production and could increase the engorgement.
- For others, applying pressure toward the chest wall softens the edema and facilitates the latch.

Evidence for other supportive measures is limited because engorgement usually resolves over time; therefore, it is difficult to see the effect of specific interventions. In addition, studies of these measures have included only small numbers of patients and were poorly controlled. This was best illustrated in a systematic review that found possible benefits of interventions including hot/cold packs, gua sha (scraping therapy), protease complex (plant enzyme), acupuncture, but insufficient evidence to justify widespread use [63]. Results from the two studies using acupuncture showed improved symptoms in the days following treatment, but there was no difference in outcome by six days after treatment. In the single study using cold gel packs, there appeared to be improvement in symptoms, but differences between the control and intervention groups made it difficult to interpret the results.

Nevertheless, the following interventions are often used for pain relief associated with either primary or secondary engorgement:

- Applying warm compresses or a warm shower enhances let-down and may facilitate milk removal either by hand expression or with suckling
- After or between feedings, cold compresses may decrease the swelling and discomfort
- Analgesics such as [ibuprofen](#) and [acetaminophen](#) may decrease the discomfort
- Cool green **cabbage leaves**

Plugged ducts — Plugged milk ducts are localized areas of milk stasis within the milk ducts that cause distention of

臺中榮民總醫院圖書館電子資源 x 母乳喂養和斷奶的常見問題-UpT x +

www.uptodate-com.ermg.vghtc.gov.tw/contents/common-problems-of-breastfeeding-and-weaning?search=cabbage%20lea...

UpToDate® cabbage leaves

返回搜尋 母乳喂養和斷奶的常見問題

- 評估並解決影響因素
- 補充 (如果有醫療需要)
- Galactagogues (不推薦)

乳頭和乳房疼痛

病因學

評價

- 歷史
- 體檢
 - 嬰兒
 - 產婦乳房檢查
- 觀察飲食

乳頭痛

- 正常的乳頭敏感度
- 乳頭損傷
 - 綜合管理
 - 咬人
- 乳量性皮炎
- 乳頭血管收縮

充實

管道堵塞

- 鞭毛蟲

當母親的牛奶供應量超過嬰兒排出的牛奶量時，當牛奶的生產和提取之間不匹配時，通常會發生二次充血。這可能是由於通過抽水過度刺激產奶，服用藥物以增加牛奶供應，由於不經常餵嬰兒（例如，斷奶）或在嬰兒患病期間減少牛奶提取而發生的。（請參見下面的“[常規斷奶](#)”。）

管理—有效管理取決於是否充分除去牛奶。對於護理位置。

- 如果涉及乳量，則在餵奶前手動擠出少量牛奶會軟化乳量並有助於門鎖。通過將胸壁，然後以有節奏的方式將它們壓在一起並朝乳頭來完成手勢。母親可以在相方式呈現乳頭。母親也可以在嬰兒哺乳時使用這種有節奏的按壓來增強乳汁的輸
- 有些母親可能會發現使用吸奶器會有所幫助。但是，這種使用應限於在哺乳前立用會刺激產奶，並可能增加充血。
- 對於其他人，向胸壁施加壓力可軟化水腫並促進門鎖。

其他支持措施的證據是有限的，因為充血通常會隨著時間而消退。因此，很難看到具施的研究僅包括少數患者，並且控制不佳。這在一項系統綜述中得到了最好的說明，包括熱/冷敷，刮（[刮療法](#)），蛋白酶複合物（植物酶），針灸，[甘露](#)藥施用，但證據不足以證明廣泛使用是合理的[[63](#)]。兩項使用針灸的研究結果顯示，治療後的幾天症狀有所改善，但治療六天的結果無差異。在使用冷凝膠包裝的

但是，以下乾預通常可用於緩解與初發或繼發性充血有關的疼痛：

- 選擇熱敷布或溫水淋浴會增強排尿的效果，並且可以通過手壓或哺乳促進脫脂
- 餵奶後或餵奶之間，冷敷可減輕腫脹和不適
- [布洛芬](#)和對乙酰氨基酚等止痛藥可減輕不適感
- [青葉雞涼](#)

顯示原文

翻譯成中文 (繁體) (T)

檢視網頁原始碼(V) Ctrl + U

檢查(N) Ctrl + Shift + I

在這裡輸入文字來搜尋

下午 08:59 2020/2/10

PIO都可以個別搜看看

P：

I：

C：

O：

P：產後婦女、哺乳婦女、初產婦、經產婦

I：敷生高麗菜葉、高麗菜冷敷

C：常規照護、熱敷、冷敷、按摩

O：乳房充盈、乳房腫脹、乳房疼痛、乳腺炎

P：產後婦女

I：高麗菜冷敷

C：常規換藥

O：乳房腫脹

好處/壞處？

產後婦女使用高麗菜冷敷是否能減輕
乳房腫脹？

訂定搜尋策略

產後婦女使用高麗菜冷敷是否能減輕乳房腫脹？

一、關鍵字

PICO	中文	英文	MeSH Entry Terms
P			
I			
C			
O			
S			

二、搜尋歷程(2020.02.11)

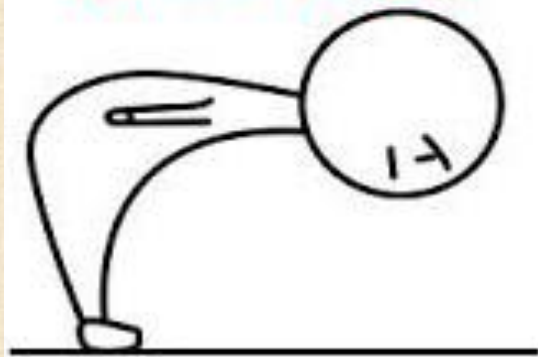
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- 2.關於 PubMed 搜尋
- 3.關於 Cochrane 搜尋
- 4.關於 CEPS 搜尋
- 5.關於 EBSCO 搜尋
- 6.關於 ProQuest 搜尋
- 7.關於 CINAHL 搜尋

三、初步篩選

釐清背景知識
確立檢索目標
資料庫選擇
決定關鍵字

PICO	中文	英文	MeSH Entry Terms
P	產後母乳哺餵的婦女 哺乳婦女	breastfeeding women breastfeeding breast-feeding lactation exclusive feeding	
I	高麗菜冷敷乳房 高麗菜葉冷敷 高麗菜葉	cabbage cabbage leaves -> cabbage leave* cold compress	
C	一般照護(冷敷、熱敷、按摩)	routine care usual care	
O	乳房充盈 乳房腫脹 乳房疼痛	breast engorgement breast induration breast hardness breast pain	

感謝聆聽



Q&A