

- 1 以下は、心不全患者に対する異なるケア介入が 30 日再入院率と患者満足度に与えた影響を報告する研究概要である。文章と表を読み、問 1 ～問 3 の設問に日本語で解答しなさい。
解答は1の解答用紙に書きなさい。

Nurse-Led Education and Telehealth: A Multicenter RCT on Heart Failure Readmissions

Heart failure (HF) is a major public health problem, with over 26 million people affected worldwide. Approximately 20–25 % of HF patients are readmitted within 30 days after discharge, leading to higher healthcare costs and reduced quality of life.

To address this issue, a 2023 multicenter randomized controlled trial (RCT) enrolled 780 patients discharged following hospitalization due to HF. They were randomly assigned to one of four groups:

Standard care (usual discharge instructions)

Nurse-led education (structured teaching on medication, diet, symptom monitoring)

Telehealth monitoring (remote weight/symptom tracking with nurse feedback)

Combined care (education + telehealth)

Researchers evaluated 30-day readmission rates and patient satisfaction scores (1–5 scale). Results are shown in Table 1.

Table 1. Hospital Readmission Rates for Heart Failure Patients

| Intervention Type | Readmission Rate (%) | Sample Size (n) | Patient Satisfaction Score (1–5) |
|--|----------------------|-----------------|----------------------------------|
| Standard care | 25 | 200 | 3.1 |
| Nurse-led education | 18 | 180 | 3.8 |
| Telehealth monitoring | 15 | 190 | 4.2 |
| Combined care (education + telehealth) | 10 | 210 | 4.6 |

Note: Patient satisfaction was measured on a 5-point scale (1 = very dissatisfied, 2 = dissatisfied, 3 = neutral, 4 = satisfied, 5 = very satisfied). A higher score indicates higher patient satisfaction.

- 問 1 Identify the intervention with the highest patient satisfaction score and the one with the lowest score. Provide the scores for each.
- 問 2 How do the sample sizes differ among the four groups? Which group has the largest sample size?
- 問 3 Summarize the study results described in the passage in about 150 Japanese characters.

2 次の英文を読み、問 1 ～問 4 の設問に日本語で解答しなさい。解答は 2 の解答用紙に書きなさい。

The Importance of Person-Centered Care in Nursing

Person-centered care (PCC) is an approach that respects and values the uniqueness of individuals. It is based on the principles of dignity, compassion, and respect. In recent years, PCC has gained significant attention in healthcare systems worldwide, especially in the care of older adults and patients with chronic illnesses.

Research shows that PCC can improve patient satisfaction, enhance quality of life, and even reduce healthcare costs by preventing unnecessary hospital admissions. One example of PCC entails involving patients in decision-making about their treatment plans. Another example consists of recognizing the cultural and social background of each patient and adapting care accordingly.

However, implementing PCC in practice has its own challenges. Nurses often face time constraints, staff shortages, and institutional policies that prioritize efficiency over individualized care. Moreover, there is a need for better education and training for healthcare professionals to fully embrace this approach.

Despite these challenges, many healthcare organizations are now integrating PCC into their policies and practices, aiming to create a more humane and effective healthcare environment.

問 1 According to the passage, what are three benefits of person-centered care?

問 2 What are the two examples of person-centered care mentioned in the passage?

問 3 What challenges do nurses face in implementing person-centered care?

問 4 Write a short summary of this passage in about 150 Japanese characters.

□3 □ 以下の問 1 ～問 3 までの文を英訳しなさい。解答は□3 □の解答用紙に書きなさい。

問 1 緩和ケアは、患者の身体的な症状管理だけでなく、心理社会的な支援も含みます。

問 2 EBP は、最良のエビデンスと実践者の知識、スキル、患者の価値を統合し、より良い成果を生み出す実践です。

問 3 最近日本では、新しい認知症観に基づいたまちづくりが推進されています。