

March 2024 Volume 54

[Home](#)

[Announcements](#)

[Special Lectures](#)

[Events and Calls for Abstracts](#)

[Funding Opportunities](#)

Home

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連絡我們 [Email us](#)

Announcements

◎ 祝賀以下成員、教師文章刊登(江耀璋、李江文、林資展、紀妙青、陳美燕、郭素娥、張家豪、劉瑞芳)：

[Peer- Reviewed Journal Papers:](#)

謝宜珍、趙莉芬、陳煒、**郭素娥*** (2023)。暴露於 PM_{2.5} 運動對健康者的心肺功能及炎症生物指標之影響：系統性文獻回顧。 *中華體育季刊*, 37(4), 307-324。

Chang, C. H.*, Yen, C. H., & Yu, W. W. (2023). Asymmetric Impact of Inverted Yield Curve, FRAC Spread Count, and Billings Trends for Semiconductor Equipment Manufacturers on SOX Index. *IEEE Access*, 11, 139849-139859.

Yen, C. H., Aslam, M., **Chang, C. H.**, Sherwani, R. A. K., Ahmad, L., & Jun, C. H. (2023). A Variable Sampling Plan Based on the Coefficient of Variation for Lots Resubmission. *Scientific Reports*, 13(1), 22986.

Lin, S. S., Chang, T. M., Wei, A. I., **Lee, C. W.**, **Lin, Z. C.**, **Chiang, Y. C.**, **Chi, M. C.**, & Liu, J. F. (2023). Acetylshikonin Induces Necroptosis via the RIPK1/RIPK3-dependent Pathway in Lung Cancer. *Aging (Albany NY)*, 15(24), 14900-14914.

Chang, C. H., Lin, M. S., Lin, Y. C., Huang, T. J., & **Chen, M. Y.*** (2024). A Novel Nomogram for Predicting Cardiometabolic Diseases from Modifiable Risks in Middle-aged Adults-Implication for Health Education. *Frontiers in Endocrinology*, 14, 1291741.

Chen, Y. L., Su, C. C., **Chang, C. H.**, James, K., & **Chen, M. Y.*** (2024). High Prevalence of Cardiometabolic Risks and Health Needs Among Patients With Hepatocellular Carcinoma After Treatment: A Cross-sectional Study. *Cancer Nursing*. DOI: [10.1097/NCC.0000000000001326](https://doi.org/10.1097/NCC.0000000000001326)

Wang, T. J., **Chen, M. Y.[†]**, Lin, Y. C., Chiu, W. N., Huang, T. J., & Weng, H. H. (2024). High Prevalence of Fatty Liver and Its Association with Metabolic Syndrome among Rural Adults with Chronic Hepatitis C: Implications for Primary Healthcare. *BMC Public Health*, 24(1), 532.

Chang, T. M., **Chi, M. C.**, **Chiang, Y. C.**, Lin, C. M., Fang, M. L., **Lee, C. W.***, ... & Kou, Y. R. (2024). Promotion of ROS-mediated Apoptosis, G2/M Arrest, and Autophagy by Naringenin in Non-small Cell Lung Cancer. *International Journal of Biological Sciences*, 20(3), 1093.

Su, C. C., **Guo, S. E.***, & Kuo, Y. W. (2024). Effects of Internet-based Digital Health Interventions on the Physical Activity and Quality of Life of Colorectal Cancer Survivors: A Systematic Review and Meta-analysis. *Supportive Care in Cancer*, 32(3), 1-14.

Chang, Y. H., Fu, C. H., Hsu, M. H., Okoli, C., & **Guo, S. E.*** (2024). The Effectiveness of a Transtheoretical Model-based Smoking Cessation Intervention for Rural Smokers: A Quasi-experimental Longitudinal Study. *Patient Education and Counseling*, 122, 108136.

Peng, K. T., Chen, P. C., Chen, J. L., Huang, T. Y., Peng, Y. H., Liu, J. F., **Lee, C. W.**, & Chang, P. J. (2024). A Comparative Phenotypic and Genomic Analysis of Methicillin-resistant Staphylococcus Aureus ST45 Isolates from Cellulitis and from Osteomyelitis in Taiwan. *The Journal of Infectious Diseases*, jiae096.

Hsu, C. Y., Liao, C. C., **Lin, Z. C.**, Alalaiwe, A., Hwang, E., Lin, T. W., & Fang, J. Y. (2024). Facile Adipocyte Uptake and Liver/adipose Tissue Delivery of Conjugated Linoleic Acid-loaded Tocol Nanocarriers for a Synergistic Anti-adipogenesis Effect. *Journal of Nanobiotechnology*, 22(1), 50.

Liu, S. F., Li, C. L., Lee, H. C., Chang, H. C., **Liu, J. F.**, & Kuo, H. C. (2024). The Benefit of Hydrogen Gas as an Adjunctive Therapy for Chronic Obstructive Pulmonary Disease. *Medicina*, 60(2), 245.

Special Lectures

芳香療癒自我照護

長庚科技大學呼吸照護系 許麗芬副教授

當身體自律神經失調時，原本維持身體平衡的機制，就會逐漸失去平衡，常見的症狀有：頭暈、頭痛、胸悶、胸痛、心悸、睡眠品質不佳、失眠、疲倦、記憶力變差與專注力變差等。大部分自律神經失調者會伴隨頭痛、冒冷汗、腰部及背部酸痛等症狀，大多數民眾依賴藥物來控制這些失調狀況，造成身體對藥物的依賴，並使我們的身體逐漸失去原有的自癒能力。

非藥物的舒壓方式有：放鬆練習如腹式深呼吸、運動、瑜珈、太極拳、禪修、按摩、芳香療法與聽音樂等等，其中以芳香療法最容易執行，並且可有效的放鬆身心靈。芳香療法主要藉由各種芳香植物所萃取精油做為媒介，人體吸收精油後，可對中樞神經系統產生影響，包括：抗焦慮、舒解壓力、穩定情緒與鎮靜、幫助睡眠、影響記憶力與注意力、影響情緒與行為。

心率變異分析是一種簡單、安全、無侵入性的測量方式，是量測自律神經系統狀況的最佳方法之一，而依方法不同，分為頻域分析和時域分析兩大類，頻域分析法是把心跳間期隨時間變動的訊號轉換成隨頻率變動的訊號（葉哲全，2015）。研究發現迷走神經活動增加，心率變異性的高頻（HF）也會隨之增加，能觀察心臟副交感神經輸入的波動幅度大小。

心率變異（Heart rate variability, HRV），是測量心跳與心跳間期的變異係數以及反應自律神經系統活性常用之定量指標。自律神經系統是調節體內平衡的重要系統，包含交感神經系統（Sympathetic Nervous System, SNS）與副交感神經系統（Parasympathetic Nervous System, PNS），反應出呼吸道、心肌、腸道和血管的平滑肌功能性，並不受意志控制，因此當承受情緒壓力或驚嚇時，自然會反應在自律神經系統方面，使心跳加速，血壓提升。

此讀書會介紹使用芳香精油按摩方式、前後測心率變異的差異。希望透過芳香精油按摩能舒緩壓力，改善自律神經平衡。



Events and Calls for Abstracts

9th Asia Pacific Region Conference of the International Union Against Tuberculosis and Lung Disease (APRC 2024)

April 26 - 29, 2024, Taipei, Taiwan

2024 National Network of Public Health Institutes (NNPHI) Annual Conference

May 21 - 23, 2024, New Orleans, LA

35th International Nursing Research Congress

July 25 - 28, 2024, Singapore

10th International Conference on Public Health (ICOPH 2024)

August 15 - 16, 2024, Bangkok, Thailand

Abstract deadline: April 24, 2024

The 8th International Nursing Research Conference of World Academy of Nursing Science (8th WANS) & The 5th International Conference of Indonesian National Nurses Association (5th ININNA)

August 21 - 22, 2024, Indonesia

Abstract deadline: May 31, 2024

36th Annual Conference of the International Society for Environmental Epidemiology (ISEE 2024)

August 25 - 28, 2024, Santiago, Chile

International Conference on Microplastics, Nanoplastics & Human Health

August 28 - 30, 2024, Dublin, Ireland

Abstract deadline: July 12, 2024

13th International Council of Nurses, Nurse Practitioner / Advanced Practice Nurse (13th ICN NP/APN) Network Conference

September 9 - 12, 2024, Aberdeen, Scotland, UK

60th European Association for the Study of Diabetes Annual Meeting (EASD 2024)

September 9 - 13, 2024, Madrid, Spain

Abstract deadline: April 3, 2024



50th International Society for Pediatric and Adolescent Diabetes Annual Conference (ISPAD 2024)

October 16 - 19, 2024, Lisbon, Portugal

Abstract deadline: April 5, 2024

28th Congress of the Asian Pacific Society of Respirirolgy (APSR 2024)

November 7 - 10, 2024, Hong Kong

International Diabetes Federation (IDF) World Diabetes Congress 2025

April 7 - 10, 2025, Bangkok, Thailand

Abstract deadline: September 15, 2024

2025 International Council of Nurses (ICN) Congress

June 9 - 13, 2025, Helsinki, Finland

Abstract deadline: September , 2024



Funding Opportunities

◎國家科學及技術委員會申請訊息：

113 年度「從研究到製造的次世代生物設計」專案計畫

Deadline: April 16, 2024

2024 年度臺英(NSTC-NERC)雙邊協議國際合作研究計畫

Deadline: April 25, 2024

2025-2027 年度臺灣-拉脫維亞-立陶宛(臺拉立)三邊協議國際合作研究計畫

Deadline: April 30, 2024

113 年度「臺灣智慧醫療創新加值推動計畫」

Deadline: May 23, 2024

2025 年度臺日(NSTC-RIKEN)雙邊協議國際合作研究計畫

Deadline: May 27, 2024

113 年度「前瞻技術產學合作計畫」

Deadline: June 14, 2024

