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分析护理风险管理预防老年患者跌倒坠床发生的效果

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【摘 要】：目的：乙哑屔兡勢屘卻ﾋﾝ勿墠搢摑嬝墠揯捨愡で伧六嫽挪搔ｶﾛ壩她叼哖⇑ 方法：伙搵刜憔ｸﾗ勒掂叵噤她屔兡勢屘┤ 她 72 ⎫ 勢屘× ┳ 偳摽傚恥罊偳摽呀挽┳ 2021 兡 3 咔曾2022 兡 3 咔罊区埡勿墠吤噱她┓ kℓ乙┳ 佢娘宦丁偳摽宦罊GHz 36 ⎫⇑ ナ┤ 佢娘勢屘【壨兑循勿墠她吤官罊偳摽宦勢屘【壨勿墠搢摑嬝墠罊傚┣ 宦勢屘她勿墠均劂鼻丁愡で←伧六她ｶﾛ壩塺▾ ㊦壩囊恺扉嫽匸啥甍彐傚嗺⇑ 结果：偳摽宦她勿墠均劂鼻┳ 97.22%←愡でｶﾛ壩塺┳ 5.56%←伧六ｶﾛ壩塺┳ 2.78%罊佢娘宦她勿墠均劂鼻┳ 80.56%←愡でｶﾛ壩塺┳ 25.00%←伧六ｶﾛ壩塺┳ 22.22%暻偳摽宦勢屘她壩囊恺扉☞┛ 佢娘宦罊儳写优咕寁忏偕劂┻ 暨P < 0.05暩⇑ 结论：冶勱勿墠搢摑嬝墠关壨伉揯捨屔兡勢屘愡で伧六勢屘┻┤ 罊nA▾ 咕叼伐瓟ㄱ伧六丁愡で嫽挪搔她丁墇罊厊撣勢屘她勿墠均劂鼻丁壩囊恺扉罊寔勿屔兡勢屘她慡处ゃ丹罊匡咕伉┳ 六噤夔┤ 即全她劂┻ ⇑

【关键词】：壩囊恺扉暻屔兡勢屘暻勿墠搢摑嬝墠暻勿墠均劂鼻暻伧六愡で

To Analyze the Effect of Nursing Risk Management in Preventing Elderly Patients from Falling into Bed

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Abstract: Objective: To analyze the effect of nursing risk management in elderly patients to prevent falling out of bed and other problems. Methods: A total of 72 elderly patients admitted to our hospital were retrospectively selected as experimental subjects. The experimental time was from March 2021 to March 2022. According to different nursing methods, they were divided into basic group and experimental group, 36 cases in each group. Among them, the basic patients use routine nursing, the experimental group patients use nursing risk management, the two groups of patients' nursing satisfaction and the incidence of fall, fall out of bed and quality of life indicators were compared. Results: The nursing satisfaction of the experimental group was 97.22%, the incidence of fall was 5.56%, and the incidence of falling out of bed was 2.78%. The nursing satisfaction of the basic group was 80.56%, the incidence of fall was 25.00%, and the incidence of falling out of bed was 22.22%. The quality of life of the experimental group was better than that of the basic group, and the differences were statistically significant (P<0.05). Conclusion: When applying nursing risk management in preventing elderly patients from falling down, it can effectively control the occurrence of falling down and falling down, improve patients' nursing satisfaction and quality of life, maintain the physical and mental health of elderly patients, and has the significance of promotion in clinical treatment.

Keywords: Quality of life; Elderly patients; Nursing risk management; Nursing satisfaction; Fall off the bed

屔兡▄ 愡で她丁墇♂ﾋﾝ匹俩嫽伶學她凅中罊憤劤屔兡勢屘她慡处ゃ丹ﾋﾝ匹 ⍝ 偾⇑ 娀媲ｶﾛ墇罊傝崠屔兡勢屘愡で她㊉ 伶nA▾ 乙┳ ピ懹丁侠懹┣ 嫽伶學⇑ ナ┤ ピ懹伶學呖屔兡勢屘她壩墠咪峎憍卄罊崕慡介剝侜咭嫽暻侠懹伶學咕吳勿墠▄ Gy 掇kℓ嫽怠俩伶學⇑ 伉慷╥ 伶學凅中┓ 罊侧侧侈一屔兡勢屘丁墇愡で丁伧六嫽挪搔她啿塺⇑ ┆ 呐丁墇慷╥ 挪搔♂晏卻傚屔兡勢屘她慡⊡、 壩┘ 嗂 ⍝ 偾罊甍扁侈一ｂ掂呀挽丁(ㄖ)夔恢壨罊傃呋傝崠(ㄖ)夔宇宜她丁墇罊┓ ㄴ┛ (ㄖ)掂她甍┆ 嗕ｶﾛ僈ᵛ⇑ 家μℓ慷嫀情ㄇ罊徥嘪(ㄖ)掂伉ｶﾛ僈慮婺┤ 罊徥勱揯捨屔兡勢屘愡で伧六嫽挪搔叹伉勿墠儩× 她撏♪罊慷┣ 傲傝崠⍝ 寁刜她兑循勿墠吤噱┓ ㄟ憵壨┛ 屔兡勢屘慡┓ ⇑ 伶嗔罊傲徥扇徬勿墠搢摑嬝墠卿否她关壨罊厊撣勿墠▄ Gy她扇徬媝鼻丁勿墠峎ㄟ罊瓟ㄱ劂侠╚ ● 她丁墇丁ｶﾛ壩罊慷ㄖこ掙屔兡勢屘慡处ゃ丹她妛啥⇑ 咤偳摽傚乙哑勿墠搢摑嬝墠揯捨屔兡勢屘愡で伧六ｶﾛ壩她叼哖甍ヨ乙哑⇑ 墇剖家俏┓ 暺

1 资料和方法

/,/ 悚吗

伙搵刜憔ｸﾗ勒掂叵噤她屔兡勢屘┤ 她 50 ⎫ 勢屘× ┳ 偳摽傚恥罊偳摽呀挽┳ 0. 0/ 兡 1 咔曾0. 00 兡 1 咔罊区埡勿墠吤噱她┓ kℓ乙┳ 佢娘宦丁偳摽宦罊GHz 14 ⎫⇑ 宙夕啥ン暺兡斃暾33 僖她勢屘暻偳摽冗俬ㄟ罊嬓尧姬剝kℓ劂‖ 她勢屘暻卵掃啥ン暺偊伉呉呜忒姬掙娭ㄖ峎轨屘勢咕孤婧夬夼她勢屘⇑ 偳摽宦壳刜勢屘丁偕刜勢屘乙ﾊ┳ /7 ⎫ 丁 /5 ⎫ 罊甔斃 42|64 僖罊兟优暨53,21¤ . ,51暩僖暻佢娘宦壳刜勢屘丁偕刜勢屘乙ﾊ┳ 0. ⎫ 丁 /4 ⎫ 罊兡斃 43|65 僖罊兟优暨54,32¤ . ,44暩僖暻寀嗺慆┣ 宦┆ 崹悚吗罊吳呜帡儳写刜罊暨N暾. ,. 3暩⇑

/,0 吤噱

/,0,/ 佢娘宦

【壨兑循勿墠她吤噱⇑ 伉屔兡勢尉ｂ掂┻ nm謺┳ 勢尉▦ 宰夼勸墆侁⇐ ｂ掂咱挽她循嫕ㄹ異謺悾諂勢尉夼剝她ᄒᄂ丼⇑ 扇徬侶挽儹徬儩× 她冗僈謺┳ 屔兡勢尉戙｜捨勿唌⇑

/,0,0 偳摽宦

【壨勿墠搢搁嬝墠她吤噱⇑ 伉佢娘宦兑循勿墠她佢娘┐ 謺┳ 勢尉【壨勿墠搢搁嬝墠她吤噱謺二⊡ピ傃俏┐ 暺揳ゴ謺卼ㄹ嬝墠墆嵛她搢搁⇑ 嫳┆ 謺戙��l勿侒傚⇓ ㈱偾她忒忱謺佡ノ搢搁嬝墠她劂忱⇑ 伉慷嫀剝儿┐ 謺戚咕勿墠■ Gy忒忱ㄷ惓で丁伧六嫽挪搔丁墇傝崠挪搔她┤ 扇刜謺動峎こ掙揯捨她叼哖⇑ kℓ呀謺伉勢尉ｂ掂nm謺勿墠■ Gy徥傚勢尉她ゃ丹恶恹謺┆ 吶伉ｂ掂咱挽丁墇惓で丁伧六挪搔謺┓ ┘多—勢尉她夼嶚媝奠謺扇⌋ 慶♂多—nm寍噤夔她採異丁噤夔恢壨謺┳ ��l勢妥妣她丁墇戙｜咪憴⇑ 伶嗔謺徥嘪屔兡勢尉ｂ掂nm謺勿侒徥扇徬揯捨惓で丁伧六勿墠卿否她冗僈⇑ 嫳⌋ 謺冔嬓⌋ 呉娊搢搁嬝墠她ㄹ異丁嚦媝⇑ 徥嘪ダ嫇偷■ Gy正└ ㄷㄹ異ㄹ偯她慮媝┤ ⇑ 嗔侠謺台勢尉ｂ掂呀謺勿侒徥傚屔兡勢尉她偳摠剝儿懘彐忯♠謺怋挪呖kPa偊伉惓でkA⇐⊡♪刜♫彉㉠⇐囊ㄩ猛徥慈ㄩ ㄖ峎嫽ピ傃謺kΩ姬勢尉妠关她噻劂╚ 揹⇑ 嫳┏ 謺帶偳ㄛ傾搢搁嬝墠喤罝⇑ 帶偳ㄹ偯她嬝墠ㄹ異謺慷呀徥嘪勿侒抄徥ᄀᄆ午喊哇× 壨謺kℓ呀徥嘪└ 宦宦抄丁恹◑ 勿侒嫽慈ㄩ謺帶偳姅傝丁儹呼嫽儩× 謺戙��l勿侒她勿墠叼哖⇑ 伉偳摠叡× 慮媝┤ 謺俏哖慖ㄩ採▾ 徼リ她挪搔謺搔徥㎝└ 宦宦抄嘬勺謺┻ nm壯宦抄丁勿侒抄テkℓ坠偯徼リ卿否⇑

ナ嗂謺冗僈勿墠■ Gy她搢搁吃岡丁佡忥囊ㄩ⇑ ┆ 崹剝儿┐ 謺勿侒冗僈兑循勿墠她叼哖呖咕こ掙她⇑ 埘屚揖傚屔兡勢尉呀謺侧懹ㄛ勿侒偊伉搢搁劂忱慆♫她挪搔謺採▾ こ掙屔兡勢尉勿墠她偮ダ刜⇑ 伶嗔謺傲徥傚勿墠■ Gy冗僈搢搁吃岡⇑ 伉勿墠■ Gy她劂忱┻┤ 冽劻屔兡勢尉呖冯ㄚ尰⊡謺⌋ 偊伉峗吼嗚丁厶処夼▾ �峌嘐岨嫽佢娘夬夼謺♂ 傝崠勢尉她懹ㄛ ㄖ峎尔侮謺採▾ 寔匷嗓兑她壟囊謺伉慷嫀剝儿┐ 謺屔兡勢尉丁墇惓で└ 伧六她挪搔啿塺慆撣⇑ 伶嗔謺搔徥傚勿墠■ Gy她关傚劂侠剝儿她峎ㄊ懘彐佡怉謺こ掙勢尉伉丁墇┐ 憩挪搔呀謺卼ㄹ傚勢尉她 ⍝ 偾侚⌋ nA卻ᄒᄂ她嶢佯┻┤ ⇑

呱nm謺二⊡勿墠嗕撐暉◑ ⊡┆ ┤ 屔兡勢尉懿偊伉丁墇劂侠搢搁她啿塺⇑ 伶嗔謺徥嘪勿墠■ Gyめ俍▾ ┐ 夂吤揖儩× 暺嫳┆ 謺冔忿嵑俍她夼勸墆侁謺慷呖丿夼叼哖澤ㄩこ掙她扙徥咽● 謺勿侒徥ぇ【夼勸抄咱侚⌋ 囹嚌丁脩捏⌋ サ客ゲ惋她堳分謺kℓ呀伉六慧—忿勿唌謺┳ 勢尉▦ 宰鱸矊仗她壨噱謺▾ 嗔懇シ勢尉丁墇伧六挪搔⇑ 嫳⌋ 謺kΩ忳勢尉伉懘彐◑ ⊡┆ ● ╚ 剝呀謺慡慧扙摵偊伉勿墠■ Gy勃尉傻僊⇑ 傮ナ呖伉勢尉卻ᄒᄂ噤夔丁侶挽嫽呀挽嗯呀謺勢尉搔徥悻ㄩ呀謺傻僊徥掇kℓ兢⌋ 原勩謺俏哖傻僊┐ 伉謺徥鱸矊勿墠■ Gy兎ㄩ崕慡懘彐悻ㄩ⇑ kℓ呀謺徥┳ 屔兡勢尉ン供捨圾揞謺こ忤揞偠她崭憵剃丁μℓ憵剃謺憔匪僧唷崭憵她彗咘謺▾ 嗔慬ㄩ揯捨惓で她峚她⇑ 嫳┏ 謺揖傚峗嘐嗚嫽搔徥崗⊡拿垳她勢尉謺徥伉勿侒■ Gy掇kℓ丁匸傝┐ 懘彐拿垳謺▾ 嗔こ掙刱侜叼哖謺一傥劂侠剝儿丁墇她啿塺⇑ 嫳仅謺俏哖勢尉偊伉撣彉㉠夬夼謺搔徥伉勢尉咘巡└ nm謺—冱儹徬丁忪徬謺捨嗒勢尉丁墇⊡♪剃♫彉㉠⇑ kℓ呀徥kΩ忳勢尉傻僊謺戚徥勢尉偊伉劂忱喤孩她堳分謺傲┓ 徥志勢尉懘彐◑ ⊡┆ 嫀囊ㄩ謺勍咕她囊ㄩ懿徥叹ㄷ勢尉劂忱囹呰└ nm侚墠⇑ 嫳╟ 謺—冱丁勢尉她╬ 嚦└ 噓慄⇑ 伶┳ 伉勿墠屔兡勢尉她慮媝┤ 謺㈱埴�ㄱ摠勿墠■ Gy┆ ■ 呖採▾ こ掙勿墠叼哖謺慷呀搔徥ねㄩ勢尉傻僊她墠徼└ 兎ㄩ謺▾ 嗔こ掙勿墠她叼哖⇑ 伶┳ 伉屔兡勢尉┐ ㉧勍ㄟnm丁合嗕▾ ㉤㎿奔嫽剝儿优♂ 丁墇劂侠剝儿謺慷呀kΩ忳勢尉傻僊㉤勿墠■ Gy徥偵ㄛ復傒勢尉她剝儿謺伉屔兡勢尉丁墇悻ㄩ剝儿┐ 謺搔徥㉤呀惡┐ ⇑ 俏哖勢尉慡⊡┐ ᄒᄂ謺搔徥侠丁劬尉啌呼呀謺nA▾ ね壨嫇偷┻┤ 她供壨愲啟謺▾ 嗔挋捨劂侠剝儿她丁墇⇑

/,1 復傒匸啥

/,1,/ 勿墠均劂異

傚嗺┣ 宦勢尉她勿墠均劂異謺【壨咤掂崕ㄹ她均劂異怫呼彙懘彐忯ㄛ丁傚嗺謺刨ㄛ┳ /0. ㄛ謺区埡揓兑均劂丁均劂▾ ㉤┓ 均劂× ┳ 弓ㄛ啥ン⇑ ナ┤ 揓兑均劂暉“ 74 ㄛ暻均劂暉 50+74 ㄛ暻┓ 均劂暉瞥50 ㄛ⇑ 均劂異; 暨揓兑均劂) 均劂暩-刨〕同¨ /. . #ᵛᵒ⇑

/,1,0 惓でᄀᄆ攉塺

傚┣ 宦勢尉她惓でᄀᄆ攉塺懘彐傚嗺⇑ ᄀᄆ攉塺; ᄀᄆ攉惓で勢尉〕同-勢尉刨〕同¨ /. . #⇑

/,1,1 伧六ᄀᄆ攉塺

傚嗺┣ 宦伧六ᄀᄆ攉塺⇑ 伧六ᄀᄆ攉塺; ᄀᄆ攉伧六勢尉〕同-刨〕同¨ /. . #⇑

/,1,2 攉囊恍扉

傚┣ 宦勢尉她攉囊恍扉懘彐傚嗺謺【壨 ⓠ+14 扉彙懘彐忯ㄛ丁傚嗺謺ナ┤ 同へ惄側謺彙婗勿墠叼哖惄俍ᵛᵒ⇑

/,2 寁忏偕ㄛ哑

扃壨 QNQQ′7,. . 思● 傚咤嗂娀媲同鹵懘彐ㄛ哑謺忏扉悚吗壨 x ¤ q彙婗謺彐 r 啌摽謺忏同悚吗壨奷ㄛ嗺彙婗謺扃壨 v^0 啌摽謺冶 N暩. ,. 3 呀謺儳写咕寁忏偕劂└ ⇑

2 结果

0,/ 勿墠均劂異傚嗺

傚┣ 宦勢尉她勿墠均劂異懘彐嗺慆謺ᄀᄆ墇偳摽宦均劂異呉呜揮⌋ 佢娘宦謺儳写咕寁忏偕劂└ 暨N暩. ,. 3暩謺徨┓ 彙 / 暺

彙 / ┣ 宦勿墠均劂異她嗺慆暨l 謺# 暩

宦ㄨ	l	揓兑均劂	均劂	┓ 均劂	均劂異
偳摽宦	14	00	/ 1	/	75,00
佢娘宦	14	/ 6	/ /	5	6. ,34
v^0					3,. 41
N					. ,. 02

0,0 惓でᄀᄆ攉塺傚嗺

傚嗺┣ 宦她惓でᄀᄆ攉塺謺ᄀᄆ墇偳摽宦她ᄀᄆ攉塺呉呜♫⌋

佢娘宦磣儳写咕寁忏偕劂┺ 暨N瞥. ,. 3暩磣徨┓ 彙 0暉

彙 0 ┣ 宦惓で勹壩塺傚嗺暨l 磣# 暩

宦ㄟ	l	勹壩惓で	咢勹壩惓で	勹壩塺
偳摽宦	14	0	12	3,34
佢娘宦	14	7	05	03,. .
v⁰				3,036
N				. ,. 00

0,1 伧六勹壩塺傚嗺

寀嗺慆磣偳摽宦她伧六勹壩塺♫╝ 佢娘宦磣儳写呜帡暨N瞥. ,. 3暩磣徨彙 1暉

彙 1 ┣ 宦伧六勹壩塺傚嗺暨l 磣# 暩

宦ㄟ	l	勹壩伧六	咢勹壩伧六	勹壩塺
偳摽宦	14	/	13	0,56
佢娘宦	14	6	06	00,00
v⁰				4,000
N				. ,. / 1

0,2 壩囊恺扉傚嗺

傚嗺壩囊恺扉磣勹墇偳摽宦壩囊恺扉忯乙吳呜☞╝ 佢娘宦磣儳写咕寁忏偕劂┺ 暨N瞥. ,. 3暩磣徨┓ 彙 2暉

彙 2 ┣ 宦壩囊恺扉傚嗺Ⅴ磣暨 x ¤ α暩[

宦ㄟ	l	壩囊恺扉忯乙
偳摽宦	14	72,30¤ 5,03
佢娘宦	14	6/ ,10¤ 4,37
r		6,. 62
N		. ,. . .

3 讨论

妮兡剪尉尳⊡匡咕ナ崕惔她堡嗣刜磣屙┘ 妮兡■ 她佢娘夬夼慆俣⇑ ナ┤ 兑徨她峗吼嗚♂傝崠ナ侮㊋懹乙岗⊡ㄒ峎⇐ 孨傻夼她兡勹失凅中【澤剪尉妹兴ㄆㄣㄷ婷伝磣凅中剪尉妹妥她徬徯ㄒ峎⇑ 伉慷嫊剝儿┓ 磣┣ 傲傝崠剪尉她嗓兑壩囊ㄆㄣㄷ凅中磣俏哖┓ —▾ 卼ㄱ磣♂旻卻傝崠妮兡剪尉伉噤夔丁勿墠▾ ㊦壩囊嫽俣┤ 摘嗯丅墇伧六勃尉惓で嫽劂侠╚ ● 磣傚妮兡剪尉惔⊡┘ 嗂ㄠ偾磣ナ┤ 兑徨她咕憤励撓勸勃尉搅峗卞ㄠ嫽磣吴♂侈—剪尉她夼嶚婺奠磣屙┘ 慶♂侈—剪尉噤夔她採奠⇐(ㄖ)巡恢丁ㄅ掂呀挽嫽⇑ 慷呀傲♂崠【懹乙剪尉傻僊採▾ 墠徼慷嫊剝儿她丅墇磣憤励(ㄖ)剪宇宜她丅墇磣凅中(ㄖ)掂她愻┆ 嗕勹僈⇑ 伶嗔磣敝徥扇徬妮兡剪尉ㄅ掂慮婺┤ 她勿墠儩× 冗僈⇑┆ 崹剝儿┓ 磣┳ 剪尉厊丨兑循佢娘勿墠她卿否磣慷呀剪尉㊦ナ傻僊磣慶咕勿墠■ Gy嫽搢摑劂忱优侚╝ 庈冯她堳分磣採▾ 嗓娊妧减惓で丁伧六嫽劂侠╚ ● 她┤ 扇凅中磣憤励剪尉丅墇伧六暨勹壩塺┳ 0,56# 暩丁惓で暨勹壩塺┳ 3,34# 暩她掷搔磣捻♫ 剪尉她勿墠均劂鼻暨6. ,34# 暩⇑ kℓ呀磣┣ 噔咕妠傚关她关傚勿墠卿否磣【澤妮兡剪尉ㄆㄣㄷ她ㄠ偾婺奠┓ 吡—囡磣咍呖┓ ㄴ╝ 妮兡剪尉嗓兑壩囊她刱侜⇑

伶嗔磣伉┳ 六噤夔妮兡剪尉她慮婺┤ 磣厊丨勿墠搢摑嬝墠她卿否⇑ 徥嘪勿墠■ Gy徥勤匍崕惔她恨◑ 磣带偳T ▼ 剪尉┳┤ 処У 她咘┤㊋儿磣僥呱侧ㄟ冖寰徼剪尉她夼嶚磣こ掙剪尉噤夔└ 勿墠叼哖⇑ 勍▾ 磣徥嘪勿墠■ Gy伉甍彐儩× 她慮婺┤ 磣徥家μℓ剪尉她兡斃甍彐嬈憔磣傚╝ 兡斃惃慮 43 僖她剪尉磣┘ 剪尉她夼〕┤ 偊伉み奫丁惓で寀㊤▾ ㊦妲呥磣慶咕⊡♪刜♫彉㊉嫽夼失她剪尉甍彐扇埁デ噻⇑ 勱慷╦ 剪尉她fm偉叹伉娪偷她戲敛哋┓ 磣惀ㄷ厊户她× 壨⇑ kℓ呀磣徥扇徬╫ 卻墜她甍彐磣ゲ乙勹午勿墠搢摑嬝墠戲宦她× 壨磣徥嘪ナ┤ 她励Gyめ俍GHz崕她屻恹⇑ ㄣ卍侠磣傚勿墠■ Gy甍彐列剝吃岡磣厊㈡ナ傚╝ 妮兡惓で丁伧六嫽劂侠╚ ● ㈱偾她忒姬婺奠⇑ 伉勹墇勿墠■ Gy她叡× 丅墇侮怗呀磣勿侒抄軌尉戲宦抄徥㊦呀匚丅磣兡┘ 厊丨妠关她号嗓冔忱磣姅ぇ勿墠■ Gy甍彐后号磣▾ 嗔こ掙勿墠叼哖⇑ 呱nm磣徥扇徬剪尉㊦ナ傻僊她ゃ丹偷吃磣厊㈡剪尉㊦傻僊傚╝ 惓で丁伧六㈱偾她忒姬婺奠磣厊㈡剪尉丁傻僊她成μℓ奠磣▾ 嗔偳墇厊㈡勿墠叼哖她妛啥⇑ 嗔侠磣徥┳ ナ妮兡剪尉└ ナ傻僊忞徼ㄅ掂咽挽她噻劂╚ 揹磣俏┓ 徥㈱堭彐ㄩ磣偳伉夙搤她剝儿┓ 磣徥伉勿侒軌尉傻僊她掇kℓ┓ 甍彐囊ㄩ磣▾ 嗔一傥劂侠╚ 剝她丅墇⇑ 慄慮慷哇她吟窀磣 │偁┤ 德奠夕勘┳ 妮兡剪尉忞徼惓で伧六嫽劂侠╚ ● ㄆ壩丁揯捨她姬忱└ 卿否磣厊撣偁吟■ Gy她扇徬婺奠磣捻♫┐ 憇變伻劂侠╚ ● 她勹壩塺磣こ掙妮兡剪尉她勿墠叼哖磣厊㈡妮兡剪尉她壩囊恺扉磣甍屙nA▾ 厊撣(ㄖ)掂后⊡她勿墠嚶挑▾ ㊦剪尉└ 傻僊她勿墠均劂奠磣一傥(ㄖ)剪宇宜她丅墇磣寔勿(ㄖ)掂冽恥磣即ㄩ(ㄖ)夔彐├ 她甍┆ 嗕勹僈⇑

寬┓ 勍憇磣咤娀媲彙吳磣冶揖傚妮兡剪尉揯捨伧六丁衷で她慮婺┤ 磣徥妮兡┳ 厊丨勿墠搢摑嬝墠她卿否磣こ掙ナ勿墠叼哖磣咕叼揯捨惓で丁伧六嫽劂侠╚ ● 她勹壩磣ナ勹壩塺乙ㄟ┳ 3,34# ⇐0,56# 磣憨♫╝ 兑循勿墠┓ 劂侠╚ ● 她勹壩塺暨03,. . # ⇐ 00,00# 暩磣┘ 剪尉她勿墠均劂慆撣暨75,00# 暩磣咕ㄩ╝ 寔勿妮兡剪尉勿墠叼哖丁惔⊡ゃ丹婺奠⇑ 伶嗔磣慷嫊勿墠吟窀へ澤伉┳ 六噤夔┻┤ 侧ㄟ即全⇑

参考文献:

Ⅴ[乞吳揆*愒吳咔*⊡囁培*犟*壇*塼崕墒,勿墠吖剔恺扉匚啥伉揯捨ㄅ掂剪キ惓で伧六匾寍号甍┤ 她关壨ⅩⅠ,勿墠嬝墠咭胤*0. 0/ *0/ &. '8&. 0+5. 4,

Ⅹ0[◑ 安唾*犖呣培,NBA? 瀆墆伉捻♫ ㄅ掂剪キ惓で勃伧六搢摑┤ 她关壨ⅩⅠ,嫣冔(ㄖ)巡咭胤*0. 0/ *21&'8 41+/ 42,

Ⅵ[偠屈川,卹忖孤寀卄勿墠傚妮兡ㄅ掂剪尉伧六-惓で勿墠┓ 嵑╚ ● 她揯捨叼哖ⅩⅠ,(ㄖ)偕搫夔└ ゃ丹*0. 0/ */ 7&'8 / /3+/ /4,