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协同家属护理管理模式对类风湿关节炎患者自我效能和生活质量的临床价值

周小翠
云南省中医医院滇池院区 云南 昆明 650228

【摘 要】: 目的: 卹媲傚孌搢圢刜デ嵛垠剪屑偳ヨ㈹kℓ傻僊勿墠嬝墠喤窅瞽效剪屑、 罐她凅中⇑方法: 憔ｸﾗ勃掂 2021.1-2022.1 咱挽叵噤她 94 〕孌搢圢刜デ嵛垠剪屑瞽扃壨嬔㈱掇咪ㄓ乙宦吟窅瞽傚剪屑乙┳ ┣ 宦瞽乙ﾚｽ┳ 傚埡宦暨47 〕暩▾ ㊦復傒宦暨47 〕暩⇑ 傚埡宦剪屑卻ﾋﾝ兑循勿墠兟揯瞽復傒宦剪屑伉傚埡宦她佢娘┐ 卻ﾋﾝ㈹kℓ傻僊勿墠嬝墠喤窅瞽嗺慆┣ 宦剪屑▾ ┐ 匚啥暺 罐囊恺扉⇐崨勃叼峎⇐ゃ丹姬忱姬呣剝儿⇐勿墠均劂鼻⇑ 结果: 傚嗺┣ 宦剪屑罐囊恺扉瞽復傒宦呉呜慆《暨P瞥0.05暩⇑ 傚嗺┣ 宦剪屑崨勃叼峎瞽復傒宦呉呜慆《暨P瞥0.05暩⇑ 傚嗺┣ 宦剪屑ゃ丹姬忱姬呣剝儿瞽復傒宦呉呜慆《暨P瞥0.05暩⇑ 傚嗺┣ 宦剪屑勿墠均劂鼻瞽復傒宦呉呜慆《暨P瞥0.05暩⇑ 结论: 傚孌搢圢デ嵛垠剪屑偳ヨ㈹kℓ傻僊勿墠嬝墠喤窅瞽峎呜帡厄㈥剪屑罐囊恺扉瞽号亂剪屑崨勃叼峎瞽厄㈥剪屑ゃ丹姬忱姬呣剝儿瞽兢峎厄㈥剪屑勿均劂鼻瞽へ澤关壨⇑

【关键词】: ㈹kℓ傻僊勿墠嬝墠喤窅暻孌搢圢デ嵛垠暻崨勃叼峎暻罐囊恺扉

Clinical Value of Collaborative Family Care Management Model on Self-efficacy and Quality of Life in Patients with Rheumatoid Arthritis

Xiaocui Zhou

Yunnan Hospital of Traditional Chinese Medicine Dianchi Yunnan Kunming 650228

Abstract: Objective: To explore the effect of collaborative family care management mode on patients with rheumatoid arthritis. Methods: A total of 94 patients with rheumatoid arthritis admitted to our hospital during 2021.1-2022.1 were selected and divided into two groups by simple randomization: control group (47 cases) and observation group (47 cases). Patients in the control group received routine nursing intervention, and patients in the observation group received collaborative family care management model on the basis of the control group. The following indicators of patients in the two groups were compared: quality of life, self-efficacy, health knowledge awareness, nursing satisfaction. Results: The quality of life in the observation group was significantly better than that in the two groups (P < 0.05). The self-efficacy of the observation group was significantly better than that of the two groups (P < 0.05). Compared with the two groups, the observation group was significantly better than the observation group (P < 0.05). The nursing satisfaction of the two groups was compared, and the observation group was significantly better (P < 0.05). Conclusions: The implementation of collaborative family care management model for patients with rheumatoid arthritis can significantly improve the quality of life of patients, improve patients' self-efficacy, improve patients' awareness of health knowledge, and improve patients' nursing satisfaction, which is worthy of application.

Keywords: Collaborative family care management model; Rheumatoid arthritis; Self-efficacy; Quality of life

孌搢圢デ嵛垠暨pf csk _mgb _pf pgg瞽P? 暩僊┘ 崨慡シ瓮 剝夬夼她┆ 嫊瞽┳ 六失堳彙墇┳ 呬ウ⇐デ嵛岨岩⇐太央嫽瞽 ┤ 扇尉♂、 罐デ嵛ﾋﾝ冽⇐岗⊡ㅠ峎┤ 侮嫽瞽┤ 扇凅中剪屑罐囊恺扉ﾔﾅｻ㌔夼㊥伶nA峎└ 垮學⇐剽唲嫽咕デﾔﾅ┆ 吶㌔夼瞽 剪屑搔徥㊦呀卻ﾋﾝ忴夔ﾔﾅ⇑ ♩峇ㅈ侧懹乙 P? 剪屑傚怎夬夼忒姬剝儿┐ 惋瞽伉忴夔┤ ﾋﾝ太央剽凅中瞽呋㌔罐埔庬孺冞嫽剝 寋瞽崨勃叼峎慆♫瞽傝崠ナ噤夔叼哖┐ 惋瞽┤ 扇凅中剪屑罐囊恺扉ﾔﾅ⇑ 叻伉ナ卻ﾋﾝ忴夔慮婺┤ 瞽关┳ 剪屑厄丨└ ┣ 她勿墠兟揯瞽▾ 厄㈥剪屑忒姬剝儿瞽厄㈥剪屑成μℓ婺鼻ﾔﾅ⇑ ♩㈱宕傚剪屑偳ヨ勿墠兟揯叼哖┐ 《瞽㈹kℓ傻僊勿墠兟揯哃伉傚剪屑厄丨勿墠她佢娘┐ 瞽傚剪屑傻僊甍ヨ冢傝瞽匚傝剪屑傻僊慈ㄴ剪屑傑劤忴夔儩× 瞽叼哖呜帡⇑ 佢┘ 嗔瞽吐嫕▾ 勃掂 叵噤她 P? 剪屑× ┳ 娀媲傚恥瞽慄慮乙宦扃壨┐ kℓ勿墠兟揯她吟窅卹媲㈹kℓ傻僊勿墠嬝墠喤窅她┳ 六◐ へ瞽匀憺俏┐ ⇑

1 资料与方法

/,/ ┆ 崹悚吗

娀媲憔ｸﾗ勃掂叵噤她 P? 剪屑テ 72 〕瞽叵噤呀挽暨0. 0/ ,/ +0. 00,/ 暩瞽傚剪屑扃ｸﾗ掇咪乙宦她吟窅乙┳ 復傒宦└ 傚埡宦⇑ 傚埡宦 25 〕瞽ナ┤ 壳剝剪屑┳ 0. 〕瞽佶剝剪屑

┳ 05 〕磬ナ兡斃揚┤ 伉 17+52 僖┻ 挽磬优へ暨37,41¤ 0,1. 暩僖⇑ 復傒宦 25 〕磬ナ┤ 壳刜匊尉┳ /7 〕磬倍刜匊尉┳ 06 〕磬ナ兡斃揚┤ 伉 2. +53 僖┻ 挽磬优へ暨4. ,. /¤ 0,3. 暩僖⇑ 宦挽同鹵傚嗺吳寁忏偕儳写暨N暾. ,. 3暩磬nA嗺⇑

宙夕啥ン暺暨/暩嗔嗂宙夕匊尉优娊怜┳ P? 夼失暻暨0暩嗔嗂娀媲┓ 慺岯(ㅂ)偕❀墠俱Gy♂勫ン啥ン暻暨1暩嗔嗂宙夕匊尉优傚娀媲ピ傃姬剞暻暨2暩匊尉优兡均 /6 log僖▾ ┐ 磬┳ 励兡匊尉磬崀傚崕慡彐┳ 恶恨⇑

卵掃啥ン暺暨/暩㎕兢刚刜夼失尉暻暨0暩匊尉侚╝ 乇┑ 咱牞保倌咱暻暨1暩剌刜岨奚夬夼暻暨2暩㎕兢孤婧孳寁夬夼牞偶伉劂忱掙娭㊦噓慄掙娭尉暻暨3暩┳ 六悚吗偶伉尔侮尉⇑

/,0 吤噱

傚埡宦暺兑循勿墠⇑ 匊尉夕掂nm┳ 冂厊丨兑循ゃ丹姬忱匚傝磬志匊尉┓ 徼怎夬夼㎡夼nmnA崀偶伉她失堳磬kΩ姬匊尉嗓娊她慱�ㄟ⇐撵搫嫽兟揯吤巨⇑

復傒宦暺傻僊(ㄏ)kℓ勿墠嬝墠喤巨⇑ 暨/暩匊尉夕掂nm慄慮怫哷扉彙磬┓ 徼匊尉傚怎夬夼她忒姬剞儿磬┓ 徼匊尉姬忱危厖媝異⇑ 扚傚匊尉夼剞▾ ㊦姬忱卻㖞媝異磬┳ 匊尉ㄇ偯妠关她ゃ丹吃岡忏弓磬┳ 匊尉忞徼咕デ P? 她姬忱⇑ 仆三匊尉悭懅(ㅂ)仆磬ㄊ凫掫劂哈号巡扉⇑ 慄慮徬搏嫽吤巨kΩ姬匊尉嗓娊她慱�ㄟ▾ ㊦撵搫吤巨⇑ 暨0暩└ 匊尉傻僊冔嬓嵑俍デ孳磬┓ 徼匊尉傻僊▾ ㊦匊尉她勿墠兢拒揉徥嫽⇑ 怏寀┳ 匊尉傻僊忞徼匊尉夬夼㎡壛剞儿磬志匊尉傻僊┓ 徼匊尉㎡夼nmnA崀♂、壛她┓ 慛剽磬厊(ㄷ)傻僊傚匊尉她墠徼媝異⇑ 敳㎳匊尉傻僊▾ 嗓娊她吤巨媔哌㊣└ ㄷ匊尉勿墠┤ 磬家㎕匊尉壛囊┼ 剴▾ ㊦匊尉傻僊徥嘪磬┳ 匊尉ㄇ偯怏寀勿墠忏弓⇑ 暨1暩宇嗓匊尉偶伉她┓ 嵑┼ 剴磬kΩ姬匊尉傻僊勿墠吤唤└ 噻劂╚ 揹⇑ 壯┗ ├ ㈹勿■ Gy娊薨磬伉勿墠■ Gy└ 傻僊慈ㄷ┓ 磬佡ノ匊尉嵑俍壛囊┼ 剴磬兢姅ぇ匊尉ン娊壨巡⇑ 暨2暩敳㎳匊尉傻僊┳ 匊尉厊丨咍偁剥剔史匷磬鱸kHz傻僊偁⊡悊匊尉⇑ 宦宪傻僊└ 匊尉㊣└ 乙ノ ♂磬志匊尉┓ 徼ㄷ崕慡她┓ 惋┻ 侚磬兢敳㎳匊尉冔嫩崕ざ処磬兢厊(ㄷ)匊尉ㄧ │刜⇑ 暨3暩匚傝匊尉偨励デ嵛ㄟ崀忛宦磬伉忛宦┤ 冢傝匊尉傻僊傚匊尉厊丨慈ㄷ└ こ勿磬敳㎳匊尉僥吹┓ 六囊ㄩ磬▾ 咍俍伐号亂匊尉她デ嵛ㄟ崀‖暨4暩伉匊尉傻僊┤ 响冔凡ざ尳磬慄慮凡ざ尳┳ 匊尉傻僊偯咱即憎☞恺(ㅂ)勿チ☜nF▾ ㊦吐嫕嫽磬志匊尉┓ 徼咍偁咕デ P? 刱侜剥儿她姬忱⇑ 兢┘ 磬勿墠■ Gy慶崀伉凡ざ┤ └ 匊尉傻僊噓慄屾孳磬┓ 徼ㄷ匊尉吵兑彐┳ ┼ 剴磬㊦呀㎡墇兢宇嗓匊尉偶伉她┓ 嵑壛囊┼ 剴磬兢厊(ㄷ)匊尉吵兑勿墠崀ㄊ⇑

/,1 復傒匚唅

復傒傚嗺┣ 宦匊尉壛囊恺扉⇐崕勁叼崀⇐ゃ丹姬忱姬呣剥儿⇐勿墠均劂奠⇑

暨/暩壛囊恺扉暺▾ E OMJ G-52 扉彙忯◐ 匊尉壛囊恺扉磬仞揹忯乙均乙优┳ /. . 乙磬乙へ└ 勿墠叼哖励嗓嗺⇑

暨0暩崕勁叼崀暺▾ AQCQ扉彙忯◐ 匊尉崕勁叼崀磬均乙2. 乙磬乙へ└ 勿墠叼哖励嗓嗺⇑

暨1暩ゃ丹姬忱姬呣忯乙暺▾ 勁掂崕ㄇ怫哷扉彙忯◐ 匊尉ゃ丹姬忱姬呣剥儿磬均乙┳ /. . 乙磬乙へ└ 勿墠叼哖励嗓嗺⇑

暨2暩勿墠均劂奠暺▾ 勁掂崕ㄇ扉彙忯◐ 匊尉勿墠均劂奠磬均乙┳ /. . 乙磬均劂匊尉┳ 4. -/. . 乙▾ ┐ 磬均劂匊尉同扉└ 勿墠叼哖励嗓嗺⇑

/,2 寁忏偕乙哑

娀媲勍咕同鹵彐寁忏同鹵磬忏扉悚吗暨 $\bar{x}$ ¤ ㎉暩彙婗⇐忏同悚吗丨暨# 暩彙婗磬宦挽傚嗺 r⇐ x^2 啌摽磬∧暨. ,. 3磬寁忏劂┻ 啥ン磬关壨 QNQQ02,. 愚● 寁忏乙哑⇑

2 结果

0,/ 壛囊恺扉

嗺慆┣ 宦匊尉壛囊恺扉忯乙磬復傒宦匊尉GHz揹忯乙优呜帡撣╝ 傚埡宦磬暨∧暨. ,. 3暩磬徨彙 /⇑

彙 / 壛囊恺扉暨 $\bar{x}$ ¤ ㎉磬乙暩

宦ㄨ	〕同	处墠ㄟ崀	堜恺壛囊	愧⊡ㄟ崀	婚♂ㄟ崀
傚埡宦	25	57,/3¤ 3,3/	51,0.¤ 3,73	60,52¤ 2,/.	53,52¤ 2,40
復傒宦	25	7. ,6/¤ 2,24	66,. /¤ 3,4.	7/,01¤ 1,63	64,20¤ 1,37
r	+	//,054	/0,204	/. ,127	/0,3/2
n	+	. ,. . .	. ,. . .	. ,. . .	. ,. . .

0,0 崕勁叼崀└ ゃ丹姬忱姬呣剥儿

嗺慆┣ 宦匊尉崕勁叼崀└ ゃ丹姬忱姬呣剥儿忯乙磬復傒宦GHz揹忯乙优呜帡撣╝ 傚埡宦磬暨∧暨. ,. 3暩磬徨彙 0⇑

彙 0 崕勁叼崀└ ゃ丹姬忱姬呣剥儿暨 $\bar{x}$ ¤ ㎉磬乙暩

宦ㄨ	〕同	崕勁叼崀	ゃ丹姬忱姬呣剥儿
傚埡宦	25	07,12¤ 0,/3	51,4.¤ 3,57
復傒宦	25	13,/6¤ 0,11	66,33¤ 3,2/
r	+	/0,406	/0,712
n	+	. ,. . .	. ,. . .

0,1 匊尉勿墠均劂奠

嗺慆┣ 宦匊尉勿墠均劂媝異磬復傒宦均劂匊尉同扉呜帡撣╝ 傚埡宦磬暨∧暨. ,. 3暩磬徨彙 1⇑

彙 1 勿墠均劂奠暨I -# 暩

宦ㄨ	〕同	揓兑均劂	┆崹均劂	┓均劂	剖均劂奠
傚埡宦	25	/48&2,. 2'	018&26,72'	6&&5,. 0'	178&0,76'
復傒宦	25	/78&. ,21'	058&5,22'	/8&0,/1'	248&75,65'
⁚ ⁰	+	+	+	+	4,. 0/
N	+	+	+	+	. ,. /2

3 讨论

P? 夬夼夼媝慆挱謺伉(ㄅ)掂卻ㄠ忴夔兟揯nm謺勢屘搔徥傿傻奠慮刱侜旃嗯⇑ 勢屘夬夼ㄉ壩nm謺ㄗ嵛♂ㄉ壩┓ kℓ媝奠┐ 她卞ㄨ謺┓▌ ♂ㄉ壩慆┳ 冱垹她太央劉謺哈nA峎♂凅中勢屘吵兌壩囊ㄣ⇑ 傿傻慮媝┤ 搔徥傻僊(ㄉ)ㄴ偨劤勿墠儩× 謺傻僊呖勢屘吵兌埡搵儩× 她募彐屘謺┣ 呖勢屘彐┳ 她妒姅屘ㄣ⇑ 叻傚 P? 勢屘偳彐傻僊(ㄉ)kℓ勿墠嬝墠喤窅(ㄨ)乙屈徥⇑

娀媲家哖嗚婗謺復傒宦勢屘她ゃ丹姬忱姬呣剝ル⇐崥勁叼峎忯乙⇐壩囊恺扉▾ ㊦勿墠均劂奠优呉嗚撣⇓ 傚埡宦⇑ 冧お哄ㄣ娀媲┤ 謺傚 4. 〕 P? 勢屘甍彐娀媲謺▾ 乙宦她吤窅傚勢屘偳彐┓ kℓ勿墠兟揯⇑ 娀媲家哖嗚婗謺(ㄉ)kℓ傻僊勿墠嬝墠喤窅┐ 她復傒宦勢屘壩囊恺扉⇐崥勁叼峎嗚帡☞⇓ 偳彐兌循勿墠兟揯她傚埡宦謺└ 咤吐娀媲家哖┆ 崠⇑ 怜呉怎勿墠吤窅叼哖嗚帡謺ナ㊣伶俏┐ ⇑ 吴凋㈥┆ 勿墠吤窅┐ 謺勿墠■ Gy▌峎懅瀆(ㄅ)仆┳ 勢屘厒丨ㄕ侯匚傝⇑ ♩懹乙勢屘傚怎夬夼▾ ㊦勿墠兟揯她妠デ姬忱┓ ╗ 徼謺傝崠ナ丨 │刜┓ 惋⇑ 兢┘ 懹乙勢屘兡斃慆側謺忝凅ㄟ♫┐ 謺凅中ナ勿墠叼哖謺兢┘ ┓ └⇓ 崥勁叼峎她厒(ㄝ)ㄣ⇑ 咤娀媲┤ 謺傻僊(ㄉ)kℓ勿墠嬝墠喤窅┤ 謺勿墠儩× ■ Gy(ㄉ)kℓ勢屘傻僊謺┳ 勢屘ㄹ偯咍—嫠μℓ勢屘偳摠夼剝她勿墠—勿謺嚥憿└ ┣ 勿墠儩× ■ Gy家μℓ勢屘▾ ㊦ナ傻僊她偳摠剝ル謺┳ 勢屘厒丨咍—二咕扚傚刜她勿墠匚傝⇑ 怎慮媝┤ 謺┓▌ 峎厒(ㄝ)勢屘傚ナ夬夼她忒姬剝ル謺号亂勢屘吵兌彐┳ ┼ 剴謺咍峎傚勢屘傻僊└ ▾ 匚傝謺志勢屘傻僊峎 │壩囊⇐剝劉嫽吤揖夕勘謺┳ 勢屘厒丨勿墠匚傝▾ ㊦慈ㄴㄇ⇑ 怎吤窅┐ 謺勢屘侜ㄉ壓呜帡捻♫謺kℓ呀┣ 峎一愿勢屘▾ ㊦ナ傻僊她恶匍⇑ P? 勢屘傿傻呀挽慆挱謺伉傿傻刱侜咱挽謺傻僊勿墠儩× 她└ ┣ 刜伉┆ 偯媝奠┐ 峎厒(ㄝ)勢屘她勿墠叼哖⇑ 勢屘傻僊伉勿墠■ Gy敳ㄨ▾ ㊦冢傝┐ 謺┳ 勢屘厒丨咍偁剝劉┐ 她勿墠兟揯謺┳ 勢屘厒丨■ 吐デ刃謺峎咕叼寰徼勢屘壯⇓ 夬夼、壩她処墠㊉ㄟ⇑ kℓ呀謺伉傻僊(ㄉ)kℓ勿墠兟揯┤ 謺勿墠儩× ■ Gy俬宫ㄈ匷屜処她分奠謺╗ 徼勢屘她快来剝ル謺兢娊ㄈ勿墠儩× 咍—二咕扚傚刜⇑ 怎勿墠吤窅┐ 謺勢屘▾ ㊦ナ傻僊优峎傚勿墠儩× 咍—均劂謺叻勢屘均劂奠嗚帡厒(ㄝ)⇑ 勢屘伉傻僊匚傝┤ 謺ナ崥勁勿墠峎ㄟ┣ 峎伉┆ 偯媝奠┐ ┐ (ㄝ)謺叻勢屘她崥勁叼峎▾ ㊦ゃ丹姬忱姬呣剝ル┣ 峎嗚帡厒(ㄝ)⇑ 勢屘▾ 咍击她憰奠刱侜謺兢┘ 伉勢屘匚傝咱挽謺峎厒(ㄝ)勢屘▾ ㊦ナ傻僊她忒姬剝ル⇑ 勢屘峎咍俍伐╗ 徼勿墠儩× 她劂└ 謺兢媔哌成μℓ⇑ 伉嗔勿墠┤ 謺勢屘▾ 慆击憰奠刱侜謺叻夬夼傚ナ壩囊恺扉、壩她凅中澤▾ ┐ 捻謺叻復傒宦勢屘勿墠nm壩囊恺扉忯乙嗚帡┐ (ㄝ)⇑

寬┐ 勍憩謺傚 P? 勢屘偳彐傻僊(ㄉ)kℓ勿墠嬝墠喤窅謺嗚帡厒(ㄝ)勢屘壩囊恺扉謺厒(ㄝ)勢屘崥勁叼峎謺厒(ㄝ)勢屘ゃ丹姬忱姬呣剝ル謺厒揮勢屘傚勿墠儩× 她均劂媝奠謺叻二咕慆撣她┳ 六即全关壨◐ へ⇑

参考文献:

Ⅴ[儭庇ㄋ痍ㄟ庵ㄋ悾ㄎ,佢⇓ 3C 墠忾她寬μℓ丹侜勿墠家μℓ傻冀(ㄉ)kℓ嬝墠傚變搢圢刜デ嵛垠勢屘关傚吤窅⇐懅(ㄆ)彐┳ ⇐デ嵛ㄇ峎掙娭乙宎她凅中ⅩH,┳ 六(ㄆ)偕娀媲└ 偳悳*0. 0/* 48⅓3'8'51+/53,

Ⅹ0[塼囁揆ㄋ熜妍吖ㄋ昐墈ㄋ燎,(ㄉ)kℓ傻僊勿墠└ ゃ丹偷吃傚變搢圢デ嵛垠勢屘她凅中ⅩH,┤ 份冑寍(ㄆ)偕吃岡*0. 0/ㄅ1 &/'8 /67+/70,

Ⅹ1[捷┳ 墑ㄋ冧偕嵹ㄋ蟯吣(ㄣ),傻僊(ㄉ)kℓ冒寍刜勿墠喤窅伉變搢圢デ嵛垠勢屘┤ 她关壨ⅩH,敾擄勿墠咭凰ㄋ0. 0. ㄋ04&01'8 //4+//6,

Ⅹ2[冧呣慌,劒刜夼嬝墠家μℓ(ㄉ)kℓ傻僊嬝墠喤窅傚變搢圢デ垠勢屘刱侜剝ル㊦ゃ丹堳ル忯♠挪㊡忯乙 06┤ デ嵛夬夼囊ㄩ奠忯乙她凅中ⅩH,┤ 份巡埬└ ┳ 六ㄋ0. 0. ㄋ0. &4'8'. 1/+/. 10,

Ⅹ3[懻安└ ㄋ暉儀墠ㄋ乙揆,(ㄉ)kℓ勿墠喤窅伉傚變搢圢刜デ嵛垠勢屘甍彐勿墠┤ 她关壨◐ へⅩH,冶▸ (ㄆ)巡忾┣ ㄋ0. 0. ㄅ6 &5'8)/7+00. ,

Ⅹ4[ㄥ裏ㄋ慱床ㄋ伊嵽,(ㄉ)kℓ傻僊勿墠嬝墠傚崋撓刜デ嵛垠勢屘崥勁叼峎嚶兟 E QCQ忯乙㊦壩囊恺扉她凅中ⅩH,夬夼妒諂└ 瓟ㄹ┐*0. 0. ㄅ2&4'8266+27/,

Ⅹ5[冧お哄,(ㄉ)kℓ傻僊勿墠嬝墠喤窅傚變搢圢デ嵛垠勢屘崥勁叼峎丆壩囊恺扉她┳ 六叼哖ⅩH,搅懿鞶严└ (ㄆ)巡*0. 0. * 05&0'8'10,

Ⅹ6[尜傻呇ㄋ伊捏ㄋ嶑▸ (ㄣ)ㄋ燎,┤ 份變搢圢デ嵛垠劒刜夼嬝墠喤窅她娀媲甍僈ⅩH,┤ 份偳壨勿墠咭凰ㄋ0. 00*16&8'8167+172,