

從知識演進層面談代謝症候群之發展

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The Development of an Understanding of Metabolic Syndrome from the Perspective of Knowledge Evolution

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摘 要

孔恩的科學革命思想，影響護理學科領域至深。在探討知識發展層面，無不應用其思維。本文試以孔恩的科學革命思想端視代謝症候群的知識發展。代謝症候群知識歷經八十餘年，各家對代謝症候群之命名與定義爭論不休。自1998年經世界衛生組織提出代謝症候群(metabolic syndrome)一詞及明確提出診斷標準後，方使代謝症候群此知識演進正式進入常態科學。

其典範具有：問題解決能力、準確性、預測能力、一致性、簡潔、美學以及對未來具有承諾性之特質。護理人員在代謝症候群知識上應思索自己的定位，充實己身的專業知識及素養，迎接跨領域或跨國的合作，增加研究以使代謝症候群知識增添更多的護理樣貌。

關鍵詞：代謝症候群、知識演進、科學革命、常態科學、典範

ABSTRACT

Thomas Samuel Kuhn's theories on the structure of scientific revolutions has had a significant impact on nursing disciplines, and it can be applied to the understanding of the condition known as metabolic syndrome. Metabolic syndrome has been an identified condition for more than 80 years; however, different medical fields long debated about how to precisely define this condition. In 1998, the definition of metabolic syndrome was unified and the diagnostic criteria clearly defined by the World Health Organization.

The paradigm shift needed for a better treatment of metabolic syndrome requires problem-solving abilities, quantitative precision, predictive power, consistency, simplicity, and aesthetic and future promise. Nurses have a role to play in bringing this shift about. Nurses should utilize their experience and professional knowledge to add their input to a cross-disciplinary, multinational approach to understanding and treating metabolic syndrome.

Key Words: metabolic syndrome, knowledge evolution, scientific revolution, normal science, paradigm shift

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