**課外連結一覽表**

**CH06〈體液與電解質之平衡〉**

**CH06-1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **節次** | **關 連 項 目** | **連結標題／網址** | **類型** | **長度** |
| **第一節 「體液與電解質之分布與調節」** | **電解質** | **揮汗如雨，自己DIY運動飲料補充電解質**  [**https://www.youtube.com/watch?v=prCBulWVLPk**](https://www.youtube.com/watch?v=prCBulWVLPk) | **新聞** | **1:46** |
| **恆定機轉** | **活在水中的魚，需要喝水、排水嗎？**  [**https://www.youtube.com/watch?v=lSBjm2NEBGA**](https://www.youtube.com/watch?v=lSBjm2NEBGA) | **介紹** | **1:00** |
| **恆定機轉** | **不只人類需要維持滲透壓平衡，潮間帶生物更是不簡單！**  [**https://www.youtube.com/watch?v=aIDhWYs0hZM**](https://www.youtube.com/watch?v=aIDhWYs0hZM) | **新聞** | **1:48** |
| **第二節**  **「體液與電解質之 護理評估」** | **深部肌腱反射** | **深部肌腱反射示範影片**  [**https://www.youtube.com/watch?v=3PILgkVKlAg**](https://www.youtube.com/watch?v=3PILgkVKlAg) | **示範影片** | **0:37** |
| **特魯索氏徵象** | **特魯索氏徵象示範影片**  [**https://www.youtube.com/watch?v=SBuquydjZDc**](https://www.youtube.com/watch?v=SBuquydjZDc) | **示範影片** | **0:43** |
| **沃德克氏徵象** | **沃德克氏徵象示範影片**  [**https://www.youtube.com/watch?v=2tV4J2DxjNM**](https://www.youtube.com/watch?v=2tV4J2DxjNM) | **示範影片** | **0:36** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **節次** | **關 連 項 目** | **連結標題／網址** | **類型** | **長度** |
| **第三節**  **「體液的障礙」** | **滲透性不平衡** | **紅血球在高滲透壓環境→萎縮**  [**https://www.youtube.com/watch?v=l16TkZ7R2Bo**](https://www.youtube.com/watch?v=l16TkZ7R2Bo) | **顯微鏡 影像** | **0:26** |
| **低滲透壓環境→脹大**  [**https://www.youtube.com/watch?v=L9EgBgl1YCE**](https://www.youtube.com/watch?v=L9EgBgl1YCE) | **0:19** |
| **等滲透壓環境→維持**  [**https://www.youtube.com/watch?v=LBXBA2KAU4E**](https://www.youtube.com/watch?v=LBXBA2KAU4E) | **0:28** |
| **滲透性不平衡** | **吃重鹹！眼睛滲透壓失衡恐失明**  [**https://www.youtube.com/watch?v=FeyS1TfeWsc**](https://www.youtube.com/watch?v=FeyS1TfeWsc) | **新聞** | **1:36** |
| **低滲性不平衡** | **猛灌水，當心水中毒！**  [**https://www.youtube.com/watch?v=0CakloImKV0**](https://www.youtube.com/watch?v=0CakloImKV0) | **新聞** | **1:30** |

**CH06-2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **節次** | **關 連 項 目** | **連結標題／網址** | **類型** | **長度** |
| **第四節 「電解質的障礙」** | **低血鈉** | **無鹽飲食損健康**  [**https://www.youtube.com/watch?v=1CGBIDF8Gfc**](https://www.youtube.com/watch?v=1CGBIDF8Gfc) | **新聞** | **1:50** |
| **高血鈉** | **「鹽中毒」有如暈車般**  [**https://www.youtube.com/watch?v=UfEYZoxR9hg**](https://www.youtube.com/watch?v=UfEYZoxR9hg) | **新聞** | **2:08** |
| **低血鉀** | **牛飲可樂，胰島素不聽話致低血鉀**  [**https://www.youtube.com/watch?v=1FnFsN6MNI0**](https://www.youtube.com/watch?v=1FnFsN6MNI0) | **新聞** | **1:45** |
| **高血鉀** | **注意高鉀蔬果別過量**  [**https://www.youtube.com/watch?v=cdI1\_kdjf5c**](https://www.youtube.com/watch?v=cdI1_kdjf5c) | **新聞** | **1:27** |
| **低血鈣** | **血鈣&骨鈣；缺鈣&補鈣**  [**https://www.youtube.com/watch?v=glGH33XCtjQ**](https://www.youtube.com/watch?v=glGH33XCtjQ) | **動畫解說** | **1:53** |
| **低血鈣** | **因為缺鈣，變小矮人？**  [**https://www.youtube.com/watch?v=J8y\_bKGA1WM**](https://www.youtube.com/watch?v=J8y_bKGA1WM) | **新聞** | **1:35** |
| **低血鈣** | **低血鈣常抽筋**  [**https://www.youtube.com/watch?v=J8y\_bKGA1WM**](https://www.youtube.com/watch?v=J8y_bKGA1WM) | **新聞** | **1:29** |
| **低血鈣** | **這些食物鈣多多～**  [**https://www.youtube.com/watch?v=28F\_rHA92D0**](https://www.youtube.com/watch?v=28F_rHA92D0) | **新聞** | **1:56** |
| **低血鈣** | **鈣片吃越多越好？小心鈣過頭！**  [**https://www.youtube.com/watch?v=eJBNdWXXSGk**](https://www.youtube.com/watch?v=eJBNdWXXSGk) | **新聞** | **1:41** |
| **高血磷** | **含磷食品添加物，才是最恐怖的惡魔！**  [**https://www.youtube.com/watch?v=WjFeVSUz3IE**](https://www.youtube.com/watch?v=WjFeVSUz3IE) | **新聞** | **2:05** |
| **高血磷** | **不含鈣、鋁「新型降磷劑」來囉～**  [**https://www.youtube.com/watch?v=-6bONIV0zIs**](https://www.youtube.com/watch?v=-6bONIV0zIs) | **新聞** | **1:38** |

**CH06-3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **節次** | **關 連 項 目** | **連結標題／網址** | **類型** | **長度** |
| **第五節 「酸鹼的恆定及障礙」** | **代謝性酸中毒病因** | **邪惡的珍奶，引起糖尿病酮酸中毒**  [**https://www.youtube.com/watch?v=ySd6hmU1RoI**](https://www.youtube.com/watch?v=ySd6hmU1RoI) | **新聞** | **1:39** |
| **代謝性酸中毒表徵** | **庫斯毛耳氏呼吸**  [**https://www.youtube.com/watch?v=9QAo-5vWdsk**](https://www.youtube.com/watch?v=9QAo-5vWdsk) | **示範** | **0:23** |
| **呼吸性鹼中毒** | **別小看不起眼的袋子，可是能救人一命呢！**  [**http://www.appledaily.com.tw/realtimenews/article/new/20160604/878128/**](http://www.appledaily.com.tw/realtimenews/article/new/20160604/878128/) | **新聞** | **1:23** |
| **常見體液與電解質不平衡問題之導因** | **燒燙傷小知識**  [**https://www.youtube.com/watch?v=DIlO2t75Hm0**](https://www.youtube.com/watch?v=DIlO2t75Hm0) | **醫師解說** | **2:45** |