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題目 (Title):

創新兒童物理治療計劃中治療師行為的變化：成功與挑戰。

Changes in Therapist Actions During a Novel Pediatric Physical Therapy Program: Successes and Challenges.

摘要中文翻譯**目的：**

監測一項為特殊需求嬰幼兒所設計的創新介入與照護計畫—COPCA課程，在課程期間兒童物理治療行為所產生的變化。

方法：

這項研究在課程之前 (T0)，期間和之後 (T3) 收集數據。共有15名來自瑞士的物理治療師參與這項課程；每位治療師執行四次治療，每次治療皆會全程錄影，並使用格羅寧根觀察法 (Groningen Observation Protocol) 2.0版進行分析，以量化不同治療行為持續時間。

結果：

在T0和T3之間，用於教練照顧者與不碰觸個案的介入的時間明顯增加。

結論：

從訓練照顧者到成為家庭教練的角色轉變與不碰觸個案的介入增加，顯示治療師行為在各個面向的成功改變。不碰觸個案介入方式的中度改變說明了改變治療習慣的確需要特別注意。未來 COPCA 課程也將依研究結果進行調整。

Original Abstract

PURPOSE:

To monitor changes in time spent on pediatric physical therapy actions during a COPing With and CARing for Infants With Special Needs (COPCA) course.

METHODS:

Data were collected before (T0), during, and after (T3) the course, which was attended by 15 Swiss physical therapists. Four treatment sessions of each therapist were video recorded and analyzed with the Groningen Observation Protocol 2.0, allowing for quantification of relative duration of therapeutic actions.

RESULTS:

Between T0 and T3, time spent on caregiver coaching and hands-off approaches significantly increased.

CONCLUSIONS:

The shift from caregiver trainer to family coach and the increasing hands-off techniques represent successful changes in various domains of behavior. The moderate changes in hands-off approaches suggest that changing habits requires specific attention. The COPCA course will be adapted accordingly.

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