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Brown JE, Thompson M, Brizzolara K.

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**翻譯者 (Translator):**

黃方沂

臺灣大學附設醫院物理治療師，臺北，臺灣

**校閱者 (Reviewer):**

康琳茹

長庚大學早期療育研究所副教授，桃園，臺灣

**題目 (Title):**

頭部控制不佳之兒童使用Headpod後的頭部控制變化：可行性研究

Head Control Changes After Headpod Use in Children With Poor Head Control: A Feasibility Study.

**摘要中文翻譯****目的:**

本篇研究為判定 Headpod 是否適合用於改善粗大動作功能分類系統第五級之腦性麻痺兒童的頭部控制。

**方法:**

頭部控制不佳之兒童(3-11 歲)在使用 Headpod 前、使用 3 個月及 6 個月後接受錄影。頭部控制表現之量測為未配戴 Headpod 的五分鐘內，兒童主動將頭直立的時間以及頭部點晃的次數。

**結果:**

14 名兒童參加，其中有 43% 流失率。平均主動直立頭部時間增加，頭部點晃次數下降，而主動直立時間有顯著增加，但頭部點晃次數無達顯著差異。頭部主動直立時間在使用後的 6 個月較使用後 3 個月及使用前都長。調查家長的回饋顯示改變是很明顯的，支持使用 Headpod 的量性治療效果。

**結論:**

使用 Headpod 為期 6 個月，每天 45 分鐘，似乎是可行之方法且對於主動頭部控制有良好的效果，值得執行更大型的隨機對照試驗。

## **Original Abstract**

### **PURPOSE:**

To determine the feasibility of Headpod use to improve head control in children with cerebral palsy classified as Gross Motor Function Classification System level V.

### **METHODS:**

Children (3-11 years) with poor head control were video recorded before and after 3 and 6 months of Headpod use. Head control without Headpod was measured by active time children could hold head upright and number of head bobs in 5 minutes.

### **RESULTS:**

Fourteen children enrolled with 43% attrition rate. While average active time increased, average head bobs decreased and there were significant improvements in active time, but not head bobs. Active times were higher at 6 months compared with 3 months and baseline. Surveyed parents reported that the changes were apparent, supporting the large quantitative treatment effect.

### **CONCLUSIONS:**

Six months of Headpod use, 45 minutes per day, appears to be feasible, has a large effect on active head control, and merits a larger randomized controlled trial.

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