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Brunton LK.

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翻譯者 (Translator):

鄭曉倩

國立基隆特殊教育學校物理治療師，基隆，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):

腦性麻痺個案的疲勞與處置策略的敘述性報告

Descriptive Report of the Impact of Fatigue and Current Management Strategies in Cerebral Palsy.

摘要中文翻譯**目的:**

描述疲倦對腦性麻痺青少年及年輕成年人的影響，以及相關的自我處置策略。

方法:

以 124 位腦性麻痺個案進行「疲倦的影響及嚴重度自我評量表」(Fatigue Impact and Severity Self-Assessment)之調查。

結果:

粗大動作功能分類系統第一級的腦性麻痺個案只受到些微疲倦的影響，這群人有高比例不同意疲倦影響到他們的整體活動、移動以及社會活動。但粗大動作功能分類第二~五級的腦性麻痺個案則陳述疲倦會影響他們活動。於「疲倦是否會干擾參與體能活動的時間長短」以及「是否干擾參與社會活動的動機」等題目有組間差異。其他所有和疲倦處置有關的項目則沒有顯著組間差異。

結論:

功能限制越多的腦性麻痺個案，疲倦的影響越大。在處理及活動修正(Management and Activity Modification)的次面向無顯著組間差異，顯示日後對於他們的疲倦處置策略須更多的研究。

Original Abstract

PURPOSE:

To describe the effect of fatigue and self-management practices for adolescents and young adults with cerebral palsy.

METHODS:

A survey of 124 people with cerebral palsy with the Fatigue Impact and Severity Self-Assessment.

RESULTS:

Participants in Gross Motor Function Classification System (GMFCS) level I experienced little effect of fatigue, with high proportions of this group disagreeing to statements about fatigue impacting their general activities, mobility, and social activities. Participants in GMFCS levels II to V reported effect of fatigue on activities. Differences between groups were evident in questions related to fatigue interference with length of time for physical activity and with motivations to participate in social activities. All other items related to management of fatigue were not significantly different between groups.

CONCLUSIONS:

Fatigue effect is greater for participants with more functional limitations. The lack of significant differences between groups, on the Management and Activity Modification subscale, indicates more research is needed regarding strategies for fatigue management.

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