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題目 (Title):

慢性呼吸不全嬰幼兒在物理治療介入時的心肺反應
(Cardiorespiratory Response During Physical Therapist Intervention for Infants and Young Children With Chronic Respiratory Insufficiency)

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目的 (Purpose):

紀錄慢性呼吸不全幼兒之物理治療介入活動內容及心肺反應
(To document physical therapist intervention activities and cardiorespiratory response for young children with chronic respiratory insufficiency.)

方法 (Methods):

研究對象為十二位住院接受氧氣或呼吸器脫離之心肺復健，且實足年齡為 6 至 30 個月的早產兒。在三次的介入療程中，另一位物理治療師紀錄介入的活動內容、心跳、血氧飽和度以及呼吸頻率，並計算各活動的總介入時間，和心跳、血氧飽和度及呼吸頻率之中位數。以變異數分析比較不同活動間的心跳和血氧飽和度之變化。

(Twelve children born prematurely, 6 to 30 months chronological age and admitted to inpatient pulmonary rehabilitation for oxygen and/or ventilation weaning, were

included. During 3 intervention sessions, a second physical therapist recorded intervention activity and heart rate (HR), oxygen saturation (SaO₂), and respiratory rate. Total time and median HR, SaO₂, and respiratory rate for each activity were calculated. An analysis of variance was used to compare HR and SaO₂ across activity based on intersession reliability.)

結果 (Results):

物理治療師介入活動之頻率，坐姿最高而趴姿最低。心肺量測值的中位數都在其年齡的參考標準內。活動介入時並未發現任何不良效應，也心跳或血氧飽和度於各種介入活動間並無顯著差異。

(Sitting activities were most frequent and prone least frequent. Median cardiorespiratory measures were within reference standards for age. No adverse effects were seen during intervention and no significant difference was found in HR and SaO₂ among intervention activities.)

結論 (Conclusions):

慢性呼吸不全嬰幼兒在物理治療師密切監測下可以承受物理治療介入。

(Young children with chronic respiratory insufficiency are able to tolerate intervention with close monitoring by the physical therapist.)