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題目 (Title):

身心障礙兒童及家長對於短期密集之神經發展治療計畫的經驗。

(Short-term, Intensive Neurodevelopmental Treatment Program Experiences of Parents and Their Children with Disabilities)

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目的 (Purpose):

在接受 1-2 週（每週連續 5 天；2-4 小時/天）密集的神經發展治療（NDT）計畫後，調查家長對於治療與兒童功能改變的觀點。

(Parents' perspectives on intervention and functional changes in children were investigated following an intensive neurodevelopmental treatment (NDT) program of 1 to 2 weeks (5 consecutive days per week; 2-4 h/d).)

方法 (Methods):

十三位患有神經動作疾病（1-17 歲）的兒童及其家長參與一項由 NDT 認證之兒童物理治療師執行的短期且密集的治疗計畫。研究採混和方法設計：針對家長觀點進行定性現象學調查；以及針對每週介入改變採用測驗前/後準實驗設計，以目標達成量尺與加拿大職能表現評量進行量測。

(Thirteen parents and their children (aged 1-17 years) with neuromotor conditions participated in a short-term, intensive program conducted by NDT certified pediatric

therapists. A mixed-method design was used: a qualitative phenomenological approach of inquiry for parent perspectives and a pre/posttest quasi-experimental design for weekly intervention changes using Goal Attainment Scaling and the Canadian Occupational Performance Measure.)

結果 (Results):

訪談過程中，家長均表示對於密集 NDT 計畫有正向的經驗。兒童受試者於治療前後的目標達成量尺($P < .001$)與加拿大職能表現評量($P < .001$)分數上均有顯著進步。

(Through interviews, parents reported positive experiences with the intensive NDT program. Child participants demonstrated significant improvements in Goal Attainment Scaling ($P < .001$) and Canadian Occupational Performance Measure ($P < .001$) scores pre- to postintervention.)

結論 (Conclusions):

短期密集之 NDT 計畫被家長認為是有幫助的且有助於改善功能。治療的價值在於專業、有熱忱的治療師、合作、客觀目標、居家計畫、以及個別化介入。困難之處則有時間安排、經濟支持及疲累。

(A short-term, intensive NDT program was perceived by parents as beneficial and supported functional improvements. Valued were expert, compassionate therapists; collaboration; objective goals; home programming; and individualized intervention. Scheduling, financial support, and fatigue were difficulties.)

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