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翻譯者 (Translator):

陳佳琳

臺灣大學附設醫院物理治療師，臺北，臺灣

校閱者 (Reviewer):

陳麗秋

輔英科技大學物理治療學系助理教授，高雄，臺灣

題目 (Title):

坐很重要！有風險早產嬰兒在矯正年紀六個月大時能坐與不能坐的差異

Sitting Matters! Differences Between Sitters and Nonsitters at 6 Months' Adjusted Age in Infants At-Risk and Born Preterm.

摘要中文翻譯**目的：**

早產兒坐姿發展遲緩會加重認知和語言發展損傷。本回溯型研究檢查矯正年紀6個月大時能坐與不能坐早產兒的早產相關風險差異並比較其發展結果。

方法：

共有105名新生兒加護病房的出院個案符合收案標準。收集了嬰兒人口學、醫療風險資料及6個月大時貝萊氏嬰兒發展量表第三版（Bayley Scales of Infant Development-3rd edition, BSID-III）認知和語言分數。能雙手放開坐超過60秒的嬰兒被歸類為“能坐”。

結果：

本研究樣本中69%不能坐且較早出生、出生體重較低，追蹤時生理年齡較大且使用呼吸輔助較久。BSID-III得分在能坐者顯著較高，但在性別、多胎、頭部超音波檢查結果、保險種類或種族/民族方面沒有差異。

結論：

矯正年紀6個月大時的坐姿能力與早產風險因素相關。能坐與不能坐嬰兒之認知和語言分數有顯著差異。

Original Abstract

PURPOSE:

Sitting delays in infants born preterm compound cognitive and language deficits. This retrospective study examines differences in prematurity-related risk and compares developmental outcomes between sitters and nonsitters at 6 months' adjusted age.

METHODS:

A total of 105 graduates of the neonatal intensive care unit met inclusion criteria. Infant demographic and medical risk profiles and 6-month Bayley Scales of Infant Development-3rd edition (BSID-III) cognitive and language scores were retrieved. Infants who sat with hands free greater than 60 seconds were classified as "sitters."

RESULTS:

Sixty-nine percent of the sample were nonsitters and were born earlier, had lower birth weights, were chronologically older at follow-up, and spent more days with respiratory support. BSID-III scores were significantly higher in sitters but did not differ by gender, multiple birth, head ultrasound results, payment type, or race/ethnicity.

CONCLUSION:

Sitting abilities at 6 months' adjusted age are associated with prematurity risk factors. Cognitive and language scores differ significantly between sitters and nonsitters.

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