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題目 (Title):

結構式運動訓練對患有幼年型特異性關節炎的兒童與青少年之效果

Effects of Structured Exercise Training in Children and Adolescents with Juvenile Idiopathic Arthritis.

摘要中文翻譯**目的：**

檢測運動訓練對於改善幼年型特異性關節炎患者的體適能、疼痛、功能性能力與生活品質的安全性與成效。

方法：

使用Ovid Medline, PubMed, CINAHL, PEDro與Web of Science等資料庫，搜尋1995年至2018年4月期間探討運動訓練對於4至12歲幼年型特異性關節炎患者之效果的英文文獻。使用考科藍 (Cochrane) GRADE系統 (Grading of Recommendations, Assessment, Development and Evaluation) 評估臨床建議的實證品質與強度。結果使用2009系統性回顧與統合分析之較建議報告項目 (Preferred Reporting Items for Systematic Reviews and meta-Analyses, PRISMA) 檢核表來報告健康照護介入的效果。

結果：

九篇文獻符合收納條件。共有457位年齡介於4至19.9歲的幼年型特異性關節炎患者接受運動訓練或採用其它活動、在等待名單中、或沒有接受介入。中等品質的證據力支持史塔茲彼拉提斯 (Stott Pilates) 及水中膝部阻力訓練。沒有報告顯示運動訓練有不良效果。

結論：

中等品質的證據力支持運動訓練 (30-50分鐘，每週2-3次，12-24週) 能夠減輕幼年型特異性關節炎患者的疼痛，改善關節活動度、膝力量、功能性能力與生活品質。

Original Abstract

PURPOSE:

To examine safety and efficacy of exercise training (ET) for juvenile idiopathic arthritis (JIA) to improve physical fitness, pain, functional capability, and quality of life.

METHODS:

Ovid Medline, PubMed, CINAHL, PEDro, and Web of Science were searched from 1995 to April 2018 to find English-language articles examining effects of ET in JIA, ages 4 to 21 years. Quality of evidence/strength of clinical recommendations were assessed using the Cochrane GRADE (Grading of Recommendations, Assessment, Development and Evaluation) system. Results were reported using the 2009 Preferred Reporting Items for Systematic Reviews and meta-Analyses (PRISMA) checklist for health care interventions.

RESULTS:

Nine papers met inclusion criteria. A total of 457 individuals with JIA, ages 4 to 19.9 years, received ET or alternate activity, wait-list, or no intervention. Moderate-quality evidence supports Stott Pilates and underwater knee-resistance exercise. No adverse effects of ET were reported.

CONCLUSIONS:

Moderate-quality evidence exists for ET (30-50 minutes, 2-3 times/week, 12-24 weeks) to decrease pain, improve range of motion, knee strength, functional capability, and quality of life in JIA.

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