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題目 (Title):

嘗試於先天性心臟病嬰兒實施早期介入方案的挑戰
(Challenges in Trying to Implement an Early Intervention Program for Infants with
Congenital Heart Disease)

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目的 (Purpose):

描述於先天性心臟病嬰兒嘗試實施物理治療早期介入方案的挑戰。
(To describe challenges in trying to implement a physical therapy-based early
intervention program for infants with congenital heart disease.)

方法 (Methods):

本研究受試者為發紺性先天性心臟病新生兒，在出生 28 天內接受過決策過或緊急心臟手術。從嬰兒 3 個月大時開始提供醫院內的物理治療介入，至 8 個月大時評量介入的可行性和效果。

(Neonates with cyanotic congenital heart disease who had elective or emergency cardiac surgery at age 28 days or less participated in the study. Families were offered hospital-based physical therapy intervention from infant age of 3 months. Feasibility and efficacy of intervention were to be evaluated at 8 months.)

結果 (Results):

徵召受試者之工作先是延遲後來便停止。預期的樣本數因為存活率(86%)及徵召率(75%)而受限；心肺和神經系統併發症導致住院期長，並因此阻礙參與本研究。此外，受試者無法接受預期的介入頻率和強度的原因，包括地理位置的限制和家庭接受相關一般服務所占據的時間。

(Study recruitment was protracted and then stopped. Anticipated sample size was limited by survival (86%) and recruitment rates (75%); cardiorespiratory and neurological complications led to lengthy admissions, precluding study participation. In addition, geographic constraints and families' general take-up of the services offered limited ability of those recruited to receive intervention at planned frequency and intensity.)

結論 (Conclusions):

整體而言，我們收集的資料顯示對於這群嬰兒評量醫院物理治療介入的成效是不可行的。然而，此資料的價值之處在於找出了造成無法參與醫院物理治療介入的因素。

(Overall, data collected demonstrated infeasibility to evaluate effectiveness of hospital-based physical therapy intervention for this cohort of infants. Nonetheless, valuable data were gathered about factors leading to nonparticipation.)

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