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題目 (Title):

發展功能性移動評估量表的參考值

(Development of Reference Values for the Functional Mobility Assessment)

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目的 (Purpose):

本篇目的於獲得健康受試者執行功能性移動評估量表(Functional Mobility Assessment ; FMA)的參考值。FMA 是一個具有信效度的評估工具，用以測驗罹患下肢惡性肉瘤病患於國際健康功能與身心障礙分類系統各向度(身體功能、活動及參與)之主觀及客觀的功能性能力。

To obtain reference values for healthy participants performing the Functional Mobility Assessment (FMA). The FMA is a reliable and valid tool used to examine functional abilities subjectively and objectively in patients with lower-extremity sarcoma in all components of the International Classification of Functioning, Disability, and Health model (body function, activity, and participation).

方法 (Methods):

參與此研究者包含健康兒童、青少年及年輕成人，為一方便取樣樣本 (n = 503 ; 260 位為女性，年齡 10–21 歲)。

Children, adolescents, and young adults who were healthy, representing a sample of convenience (n = 503; 260 females, age 10–21 years), participated in this study.

結果 (Results):

所有受試者之平均值及標準差為：上及下樓梯測試 6.18 ± 0.8 秒，站起及走測試 3.78 ± 0.6 秒，9 分鐘跑/走測試 4161 ± 893 英尺，及功能性移動評估量表(FMA) 總分 59 ± 3 。

Means and standard deviations for all participants: Timed Up and Down Stairs 6.18 ± 0.8 seconds, Timed Up and Go 3.78 ± 0.6 seconds, 9-minute run/walk 4161 ± 893 feet, and the FMA total 59 ± 3 .

結論 (Conclusions):

本研究提供之參考值，將可讓健康照顧專業人員在使用 FMA 評估罹患下肢惡性肉瘤之兒童、青少年及年輕成人之功能性能力時，得以和年齡及性別相符的健康同儕作對照。

The reference values provided in this study will allow health care professionals to compare the functional abilities of children, adolescents, and young adults with lower extremity sarcoma to age- and gender-matched healthy peers when using the FMA.

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