

原作者及出處 (Original):

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Pediatr Phys Ther 2019;31(1):76-82. doi: 10.1097/PEP.0000000000000559.

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題目 (Title):

適應性舞蹈改善患有唐氏症兒童的動作功能及參與力：前驅研究

Adapted Dance Improves Motor Abilities and Participation in Children With Down Syndrome: A Pilot Study.

摘要中文翻譯**目的：**

此前驅研究評估一套適應性舞蹈方案對於患有唐氏症兒童的動作功能及參與力的影響，並探討照顧者從中獲益的質性回饋。

方法：

患有唐氏症兒童參與每周一小時共20次的適應性舞蹈方案。於介入方案的前、後施以加拿大職能表現測驗 (Canadian Occupational Performance Measure, COPM) 和粗動作功能量表 (Gross Motor Function Measure, GMFM) D及E向度的評量。照顧者於最後一次的介入，完成問卷調查。

結果：

六位患有唐氏症兒童完成介入方案前、後的評估，在GMFM-88呈現明顯的進步。其中五位兒童的照顧者表示兒童在COPM分數增加，但未達顯著性。照顧者表示兒童在動作、認知和情緒上有改善。

結論：

此研究支持使用適應式舞蹈方案以提升患有唐氏症兒童的動作功能和參與力。

Original Abstract

PURPOSE:

This pilot study measured effects of an adapted dance program on motor abilities and participation in children with Down syndrome (DS) and explored caregivers' qualitative feedback regarding its benefits.

METHODS:

Children with DS participated in 20 weekly 1-hour adapted dance sessions. The Canadian Occupational Performance Measure (COPM) and Gross Motor Function Measure (GMFM) Dimensions D and E were administered before and after the program. Caregivers completed a survey at the last session.

RESULTS:

Six children completed pre- and post assessments. Significant improvements were noted in GMFM-88 measures. Caregivers of 5 participants reported improved scores on the COPM that were not significant. Caregivers reported physical, cognitive, and emotional improvements.

CONCLUSIONS:

This study supports use of an adapted dance program to improve motor abilities and participation in children with DS.

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