

**原作者及出處 (Original):**

Ovans JA, Hooke MC, Bendel AE, Tanner LR.

Pediatr Phys Ther 2018;30(4):310-317. doi: 10.1097/PEP.0000000000000531.

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**題目 (Title):**

物理治療師教練指導以改善腦瘤兒童的身體活動：前驅研究

Physical Therapist Coaching to Improve Physical Activity in Children with Brain Tumors: A Pilot Study.

**摘要中文翻譯****目的：**

腦瘤兒童會感到疲憊與較低的生活品質。建議在癌症治療中及治療後進行身體活動。我們探討使用體適能追蹤器結合物理治療師個別化教練指導（coaching）是否可以提升腦瘤兒童的身體活動量與生活品質，並降低疲憊感。

**方法：**

年齡介於7-18歲，確定診斷腦瘤的時間少於兩年的參與者戴著體適能追蹤器接受12週的身體活動介入，期間有五次物理治療師教練指導療程。在實驗開始前、第12周與第24周評估以Fitbit紀錄的每日步數、自評的生活品質、疲憊感與身體活動。

**結果：**

參與者每日步數有增加，但統計上沒有顯著差異。整體疲憊感，一般分測驗與睡眠/休息分測驗分數有顯著進步，但是認知疲憊感與生活品質則沒有改變。較高的每日步數與較低的疲憊感有相關。

**結論：**

這是一個可行的、且可能有助於腦瘤兒童增加身體活動量與改善疲憊感的介入。

## **Original Abstract**

### **PURPOSE:**

Children with brain tumors (BTs) experience fatigue and decreased quality of life (QOL). Physical activity (PA) is recommended during and after cancer treatment. We explored whether a fitness tracker intervention combined with tailored coaching by a physical therapist (PT) increased PA and QOL and decreased fatigue in children with BTs.

### **METHODS:**

Participants were 7 to 18 years' old, within 2 years of diagnosis, and received a 12-week PA intervention using a fitness tracker combined with 5 PT coaching sessions. Steps/day measured by Fitbit and self-reports of QOL, fatigue, and PA were evaluated at baseline, 12 weeks, and 24 weeks.

### **RESULTS:**

Participants had nonsignificant increase in steps/day. Total fatigue, general, and sleep/rest subscales improved while cognitive fatigue and QOL remained unchanged. Higher steps/day were associated with lower fatigue.

### **CONCLUSION:**

This is a feasible intervention that may contribute to an increase in PA and improve fatigue in children with BTs.

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