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題目 (Title):

迎合較高的需求：使用創新方式治療斜頸及斜頭的嬰兒
(Adapting to Higher Demands: Using Innovative Methods to Treat Infants Presenting
With Torticollis and Plagiocephaly)

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目的 (Purpose):

由於"躺著睡"的相關倡導活動與第一線服務人員對斜頸更精進的認知，使得轉介至物理治療的斜頸個案遽增。一般而言這些嬰兒對早期介入的反應良好，也因此較長的等待名單使得人們開始擔心延遲治療會影響個案的臨床成效。

(Referrals for torticollis/plagiocephaly have increased dramatically because of "Back to Sleep" campaigns and front-line staff becoming more proficient at recognition and referral to physiotherapy. These infants generally respond well to early intervention so longer waitlists raise concern about clinical outcomes due to delay.)

方法 (Methods):

治療師基於最佳的個別治療活動發展出適合的團體治療模式。本研究以此模式對患有這些症狀的嬰兒進行評估及治療，並調查此模式的成效，也包含調查照顧者的滿意度。

(Therapists developed a group-based, team service delivery model based on best practices in individual treatment programs. The program was implemented and

evaluated for assessment and treatment of infants presenting with these conditions, including caregiver satisfaction.)

結果 (Results):

相較於個別治療，團體模式的治療使得治療師以同樣的品質和出院標準再增加了70%的服務量，也就是說適度的節省了每個孩子的服務成本。照顧者問卷結果亦指出對其對服務的滿意程度。

(Compared with individual treatment, the group format enabled therapists to increase capacity to serve this population by 70%, with equivalent quality and achievement of discharge criteria, as well as a modest service cost saving per child. Caregiver questionnaires indicate satisfaction with the service.)

結論 (Conclusions):

在維持相似的治療成效之下，團體服務模式是應付斜頸/斜頭轉介個案增加之節省成本且有效的方式。

(Group service delivery is a cost-effective and efficient way to manage increased referrals for torticollis/plagiocephaly while maintaining comparable treatment outcomes.)

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