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題目 (Title):

監測雷特氏症兒童在醫療處置中之疼痛與不適感:個案報告

Monitoring Procedural Pain and Distress in a Child With Rett Syndrome: A Case Report.

摘要中文翻譯**背景與目的：**

全身震動訓練對於雷特氏症兒童是一個可行的療法。然而，此療法的姿勢擺位以及密集的震動可能會被兒童視為疼痛。

個案：

一位13歲的第四期雷特氏症女孩參與本研究。在16次的全身震動訓練過程中，由一位物理治療師以及物理治療學生使用與照顧者共同發展的個別化數字等級量表 (Individualized Numeric Rating Scale)來評分。

結果：

治療師與學生在個別化數字等級量表的評分上有100% 的一致性，並且成功地分散注意力以避免疼痛與不適感。在144次治療中，有139次的治療疼痛與不適感為5分(滿分10分)。

結論：

這是文獻中第一個案例，針對無口語表達的兒童，在接受可能產生疼痛的物理治療處置中，使用個別化數字等級量表。

Original Abstract

BACKGROUND AND PURPOSE:

Whole body vibration training is a viable option for children with Rett syndrome; however, the positioning requirements and intense vibration may be interpreted as pain.

CASE:

A 13-year-old girl with a diagnosis of Rett syndrome, Stage IV, participated. The Individualized Numeric Rating Scale was developed in collaboration with the caregiver and scored by a physical therapist and student physical therapists during 16 sessions of whole body vibration training.

OUTCOMES:

The therapist and students reached 100% agreement on the Individualized Numeric Rating Scale ratings and successfully provided distractions to prevent pain and distress from reaching a level 5 out of 10 for 139 of 144 sessions.

CONCLUSION:

This is the first case in the literature to demonstrate use of the Individualized Numeric Rating Scale with a child who is nonverbal during a potentially painful physical therapy procedure.

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