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題目 (Title):

以兒童平衡量表評估視覺損傷女童之功能性平衡
(Functional Balance Assessment With Pediatric Balance Scale in Girls With Visual Impairment)

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目的 (Purpose):

以兒童平衡量表(PBS)評估視覺損傷女童之功能性平衡能力並探究穩定儀與臨床平衡測試間相關性。

(To examine functional balance abilities in girls with visual impairment (VI) and to investigate the correlation between stabilography and clinical balance assessment using the Pediatric Balance Scale (PBS) in girls with VI.)

方法 (Methods):

共 26 位年齡介於 10-15 歲之視覺損傷女童接受 PBS 與穩定儀測試。以斯皮爾曼等級相關係數分析 PBS 分數與搖晃參數間的相關性。

(The PBS and stabilography were administered to 26 girls with VI aged 10 to 15 years. The association between PBS scores and sway parameters was examined using the Spearman correlation coefficient.)

結果 (Results):

受試者之 PBS 分數介於 47 至 56 分之間。平衡困難顯現於單腳站、腳尖-腳跟相接站與前伸項目。PBS 分數與大部份搖晃參數相關，僅 2 項參數未達統計意義，r 值介於-0.18 至-0.58 之間。

(The range of PBS scores was 47 to 56. Balance difficulties appeared in single-leg stance, tandem stance, and reaching forward. The PBS scores correlated with all but 2 sway parameters, with r values ranging from -0.18 to -0.58.)

結論 (Conclusions):

視覺損傷女童在支持底面積縮小與重心接近支持底面積邊緣的直立站姿下顯現平衡困難。需提供介入以改善視覺損傷女童之平衡能力。

(Girls with VI present difficulties in upright stance when the size of the base of support is narrowed and in situations where the center of gravity approaches the edge of the base of support. There is a need to provide interventions to improve balance abilities in girls with VI.)

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