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題目 (Title):

提升兒童物理治療的實證基礎：「誠摯地發自內心」。

Advancing the Evidence Base of Pediatric Physical Therapy: "Sincerely, From the Heart".

摘要中文翻譯**目的：**

分享對主題的反思，這些主題對身為發展中的兒童物理治療研究人員的我，和對於本領域的知識創造做出貢獻而言，非常重要。

重點：

主題內容包含：選擇實力強的職場導師(mentor)，召集具有不同觀點和優勢的研究團隊，以家庭為中心，在研究設計方法上嚴謹地契合研究問題，指導下一代以及從事知識轉譯和交流。

結論：

我鼓勵所有人透過具廣度的研究設計來回答仍然存在的許多研究問題，並協助實踐知識的實行，進而思考誰曾經或可能成為您的職場導師或學習者(mentees)，以及自己如何成為有效的以家庭為中心的研究團隊的一員。

臨床相關性：

透過使用實證基礎知識，可以強化兒童和家庭接受兒童物理治療服務的成效。

Original Abstract

PURPOSE:

To share reflections on themes that have become important to me as a developing pediatric physical therapy researcher contributing to knowledge generation in our field.

KEY POINTS:

The themes are: select strong mentors, assemble a research team with diverse perspectives and strengths, be family-centered, be rigorous in approaches to study design to match the research question, mentor the next generation, and engage in knowledge translation and exchange.

CONCLUSIONS:

I encourage everyone to reflect on who has been or could be your mentors or mentees, and on how you can be a part of an effective, family-centered research team, by encouraging a breadth of research designs to answer the many research questions that remain and by assisting in the implementation of knowledge to practice.

CLINICAL RELEVANCE:

Outcomes for children and families receiving pediatric physical therapy services are enhanced through the use of evidence-based knowledge.

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