

原作者及出處 (Original):

Ferro AM, Quinn L.

Pediatr Phys Ther. 2020 Jul;32(3):211-217. doi: 10.1097/PEP.0000000000000707.

翻譯者 (Translator):

張薰文

輔英科技大學物理治療學系助理教授，高雄，臺灣

校閱者 (Reviewer):

康琳茹

長庚大學早期療育研究所副教授，桃園，臺灣

題目 (Title):

在學校系統的物理治療以一個結構性的目標設定過程以達到促進功能性和可測量的結果：一個知識轉譯研究

A Structured Goal-Setting Process to Promote Functional and Measurable Outcomes in School-Based Physical Therapy: A Knowledge Translation Study.

摘要中文翻譯**前言：**

目標設定是學校系統物理治療很重要的部分，但是有證據顯示治療師並非都能始終如一的擬定有相關的、針對具體情境的、及可測量性的目標。此篇知識轉譯研究之目的為評估學校系統的治療師目標設定方法的實施情況。

方法：

此篇研究之設計與“知識到行動”框架一致，包括一天的訓練及後續指導，在訓練前及訓練後評估目標，並以問卷的方式調查評估阻礙和促進因素。

結果：

共有22位物理治療師參與此研究。19位參與者(90%)強烈同意或同意經過訓練之後改變了他們在學校環境中目標設定之觀點。在訓練前後之目標品質有統計學上顯著的差異，治療師們也提出了在臨床執行有效率的目標擬定之阻礙及促進因素。

討論：

結果顯示此方法可能會有效的改善在學校系統撰寫有相關的、針對具體情境的及可測量的目標的能力。

Original Abstract

INTRODUCTION:

Goal setting is an important component of school-based physical therapy; however, evidence suggests that therapists may not consistently write goals that are relevant, context specific, and measurable. The aims of this knowledge translation study were to evaluate implementation of a goal-setting method for school-based therapists.

METHOD:

This study was created to align with the Knowledge to Action framework and included 1-day training and follow-up mentorship. Goals were assessed pre- and posttraining, and questionnaires assessed barriers and facilitators.

RESULTS:

Twenty-two physical therapists participated. Nineteen participants (90%) strongly agreed/agreed that the training helped change their perspectives about goal setting in the school environment. There was a statistically significant difference in goal quality pre- and posttraining. Therapists identified barriers and facilitators to implementation of effective goal setting in practice.

DISCUSSION:

Results indicate that this method may be effective at improving goal writing that is relevant, context specific, and measurable in school settings.

Lippincott Williams & Wilkins, a business of Wolters Kluwer Health and its affiliates take no responsibility for the accuracy of the translation from the published English original and are not liable for any errors which may occur.

威科集團醫療衛生業務部門之一：Lippincott Williams & Wilkins，及威科集團醫療衛生業務部門的其他附屬機構不承擔因從英文原文翻譯的準確性而導致的任何責任，也不承擔由於翻譯錯誤而導致的任何法律責任。