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**題目 (Title):**

對在維持性治療期中的兒童期急性淋巴性白血病患進行居家運動的可行性以及初步成效

(Feasibility and Initial Effectiveness of Home Exercise During Maintenance Therapy for Childhood Acute Lymphoblastic Leukemia)

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**目的 (Purpose):**

急性淋巴性白血病(ALL)兒童在癌症治療後會增加肥胖及失用 (deconditioning) 的風險, 此前驅試驗評估急性淋巴性白血病病患在維持性治療時以運動介入的可行性及初步成效。

(Children with acute lymphoblastic leukemia (ALL) are at increased risk of obesity and deconditioning from cancer therapy. This pilot study assessed feasibility/initial efficacy of an exercise intervention for patients with ALL undergoing maintenance therapy.)

**方法 (Methods):**

受試者為正在接受維持性治療的 5-10 歲兒童, 並處在第一個緩解期中。進行為期六個月的居家介入, 輔以紙本及視聽式指導, 並有一個運動教練每週打電話監督運動執行情形。研究前後測量肌力、柔軟度、體適能以及運動功能。

(Participants were aged 5 to 10 years, receiving maintenance therapy, in first remission. A 6-month home-based intervention, with written and video instruction, was supervised with weekly calls from an exercise coach. Pre- and poststudy testing addressed strength, flexibility, fitness, and motor function.)

### **結果 (Results):**

共有 17 名病人參與 (參與度為 63%)。其中 12 名病人 (71%) 完成介入，達成預定課程的  $81.7 \pm 7.2\%$ 。改善超過 5% 的項目包含膝關節肌力 (67%)、握力 (75%)、膕旁肌/下背肌 (58%)、踝關節柔軟度 (83%)、六分鐘行走測試 (75%) 以及第二版布魯茵克斯－歐西瑞斯基動作精練度評量工具之表現 (33%)。

(Seventeen patients enrolled (participation 63%). Twelve (71%) finished the intervention, completing  $81.7 \pm 7.2\%$  of prescribed sessions. Improvements of 5% or more occurred in 67% for knee and 75% for grip strength, 58% for hamstring/low-back and 83% for ankle flexibility, 75% for the 6-Minute Walk Test, and 33% for performance on the Bruininks-Oseretsky Test of Motor Proficiency Version 2.)

### **結論 (Conclusions):**

此前驅試驗顯示在急性淋巴性白血病治療期中進行運動介入是可行且有效的。  
(This pilot study demonstrated that exercise intervention during ALL therapy is feasible and has promise for efficacy.)

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