

第二篇：

Comparison of CO-OP and goal-directed training on occupational performance and functional status in children with cerebral palsy: Three-armed randomised trial

研究目的彙整

本研究的核心目的在於調查並比較兩種不同的任務取向介入策略——「日常職能表現之認知定向」（Cognitive Orientation to Daily Occupational Performance, CO-OP）與「目標導向訓練」（Goal-Directed Training, GDT）——對於腦性麻痺（CP）兒童在職能表現與功能狀態上的臨床療效差異。

具體而言，研究旨在釐清以下重點：

- **比較介入效果**：探討 CO-OP 結合傳統職能治療（COT）、GDT 結合 COT，以及單獨接受 COT 三組之間，在提升職能表現與功能狀態上的優劣。
- **職能表現之評估**：透過「加拿大職能表現評量表」（COPM）來衡量兒童在自我照顧、生產力與休閒領域中，對於個人目標的表現與滿意度變化。
- **功能狀態之評估**：透過「兒童功能障礙評量表」（PEDI）來客觀測量兒童在自我照顧、移動能力及社會功能等發展領域的功能性技能與能力表現。
- **填補研究缺口**：由於過往文獻尚未有研究直接比較 CO-OP 與 GDT 對於腦麻兒童職能表現與功能狀態的影響，本研究旨在提供實證依據，以協助臨床職能治療師進行決策。

研究結果彙整

1. **各組內之進步**：所有介入組別（A 組：CO-OP、B 組：GDT、C 組：COT）在介入 12 週後，其職能表現與功能狀態均有顯著提升。

"All groups demonstrated statistically significant improvements in occupational performance and functional status ($p<0.001$)."

2. 組間療效比較 (CO-OP 的優越性)：雖然三組均有進步，但統計顯示，結合 CO-OP 方法的 A 組在職能表現與功能狀態上的改善程度顯著優於 GDT 組 (B 組) 與僅接受傳統職能治療的控制組 (C 組)。

"Between-group comparisons revealed that Group A achieved greater improvements in occupational performance and functional status... compared to the other groups." "Although significant gains were achieved... it was revealed that the group receiving the CO-OP approach had superior effects."

3. 職能表現 (COPM) 之發現：

- A 組與 B 組在表現與滿意度上的得分增長皆超過 2 分，顯示具備臨床意義的療效。
 - 在後測中，A 組的平均職能表現 (秩次 21.57) 與滿意度 (秩次 21.70) 顯著高於其他兩組。
4. "Group A has the highest average occupational performance and satisfaction values among the groups... Statistical comparisons indicate that these differences are significant ($p<0.001$) for both occupational performance and satisfaction."

5. 功能狀態 (PEDI) 之發現：

- **功能性技能**：A 組在「自我照顧」與「移動能力」子向度上的改善程度顯著大於 B 組與 C 組。
 - **照護者協助**：在自我照顧的照護者協助程度上，A 組展現出最顯著的改善效果。
 - **社會功能**：在社會功能向度中，三組之間未發現統計學上的顯著差異。
6. "...Group A registered the most significant differences compared to Groups B and C ($p<0.0167$)... However, no statistically significant differences were found in the self-care, mobility, and total scores when comparing Groups B and C." "According to the results of our study, only in the social function domain of PEDI, no significant differences were observed between the three groups."

研究結論彙整

- CO-OP 的優越療效：研究證實，雖然 CO-OP 與 GDT 均能顯著提升腦性麻痺兒童的職能表現與功能狀態，但 CO-OP 結合傳統職能治療（COT）的介入效果明顯優於 GDT 結合 COT 及單獨接受 COT 的組別。

原文引用："Although significant gains were achieved on occupational performance and functional status levels of both the CO-OP approach and GDT, it was revealed that the group receiving the CO-OP approach had superior effects."

- 臨床應用的建議：作者建議將 CO-OP 方法納入腦性麻痺兒童的常規復健治療中，作為傳統職能治療的重要補充，以達成更全面的治療效益。

原文引用："Thus, we think that it would be valuable to add the CO-OP approach to routine therapy as an important complement to traditional rehabilitation services."

- 認知參與的重要性：CO-OP 成功的關鍵在於其強調「認知參與」與「全球性問題解決策略」，這能促進兒童自我省思，並將學習到的技能轉移至不同情境中。

原文引用："The CO-OP method is characterised by its emphasis on cognitive engagement through a global problem-solving strategy that facilitates client self-reflection and the active development of personalised strategies."

- 適性介入的選擇：在選擇介入策略時，應評估兒童的認知能力。對於具有自我反省能力者，CO-OP 是較佳選擇；而對於認知限制較多或適合結構化練習的兒童，GDT 可能更為合適。

原文引用："Ultimately, the choice of intervention should be informed by a thorough assessment of the client's cognitive abilities, readiness for self-directed learning, and specific occupational performance goals."

研究限制彙整

- **樣本數量的局限性**：雖然本研究的樣本量足以偵測到統計上的顯著效應，但作者指出，未來仍需要更大規模的樣本，以更清晰地揭示臨床上具有意義的差異。

原文引用："Sample size was determined using a power analysis, and while it was adequate for detecting significant effects, future studies with larger sample sizes may provide even clearer insights into the clinically meaningful differences."

- **缺乏長期追蹤追蹤**：本研究未進行後續追蹤評估，因此無法確定介入後觀察到的益處是否能長期維持。

原文引用："Furthermore, the absence of follow-up assessments is another limitation of the study."

- **長期影響與持續性不明**：為了更深入了解介入措施的長期影響，未來研究應納入 6 或 12 個月的追蹤評估，以驗證療效的持續性。

原文引用："To better understand the long-term impact of the intervention, future studies should include follow-up evaluations at 6 or 12-month intervals to determine whether the observed benefits are sustained over time."

- **診斷類型的多樣性不足**：研究建議未來需要針對不同診斷類型的兒童群體進行研究，以更全面地檢視 CO-OP 與 GDT 的效果。

原文引用："...further studies with larger sample sizes and examining the effects on children with different diagnosis groups are needed..."

學術意義與價值

- **填補比較性研究的缺口**：過往研究雖探討過 CO-OP 或 GDT 的個別療效，但鮮少有研究直接比較這兩者在腦性麻痺兒童上的優劣，本研究彌補了此文獻空白。

"However, their comparative effectiveness in enhancing occupational performance and functional status in children with CP remains underexplored."

- **提供功能狀態（PEDI）的實證數據**：本研究是目前已知少數針對 CO-OP 對腦麻兒童功能狀態影響進行深入探討的研究，擴展了職能治療在客觀功能測量上的學術基礎。

"To our knowledge, there is no other study other than this study examining the effect of CO-OP on functional status in children with CP."

- **強化實證為基礎的實務（EBP）**：透過三臂隨機對照試驗的高等級證據，研究強化了任務取向介入在復健科學中的學術地位。

臨床應用、意義與價值

- **優化常規治療成效**：研究結果證實將 CO-OP 納入傳統職能治療（COT）計畫中，能產生比傳統治療或 GDT 更強的臨床療效，特別是在職能表現與自我照顧能力上。

"CO-OP combined with a COT program significantly improved occupational performance and satisfaction compared to GDT and alone COT."

- **提供更全面的解決方案**：CO-OP 不僅訓練動作，更結合了認知策略與目標設定，能協助兒童建立解決問題的能力，具備更高的臨床應用價值。

"CO-OP... offers a more comprehensive solution for children through cognitive strategies and goal-setting approaches."

- **導引臨床決策與個人化計畫**：研究指引治療師根據病患的認知能力來選擇介入策略，使臨床計畫更能根據個體需求量身打造。

"Insights into CO-OP and GDT benefits and limitations can assist occupational therapists in providing evidence-based recommendations tailored to individual patient needs..."

- **提升照護品質與功能獨立性：**透過提升兒童的自我照顧與移動能力，減輕照護者的協助負擔，進而改善病患及其家庭的生活品質。

"...the group receiving the CO-OP approach along with COT had a greater effect on the levels of occupational performance and functional status..."