

第一大題：

請閱讀以下論文摘要，並回答以下問題 (15%)：

1. 研究目的為何？(5%)
2. 針對中風後上肢痙攣問題，本篇論文提出什麼介入方式？其實證強度 (strength of evidence) 為何？(10%)

Importance: Spasticity is one of the most common and disabling motor impairments after stroke.

Objective: To examine the evidence for the effectiveness of stretching interventions, including splinting, on reducing upper extremity spasticity, increasing hand function, and improving functional tasks for adults with poststroke spasticity.

Data Sources: Databases searched were MEDLINE, CINAHL, OTseeker, AgeLine, and the Cochrane Library; results were limited to studies published from 2004 to January 2017.

Study Selection and Data Collection: Following PRISMA guidelines, we included articles describing Level I–III studies with participants who were adults with upper extremity spasticity and received a stretching intervention.

Findings: Eleven articles describing 6 Level I and 5 Level III studies met inclusion criteria.

Conclusion and Relevance: For reducing upper extremity spasticity, low strength of evidence was found to support the use of static splinting, strong strength of evidence was found for the use of stretching devices, and low strength of evidence was found to support the use of dynamic splinting; no evidence was found for manual stretching to address spasticity. For increasing hand function, moderate strength of evidence was found to support the use of static splinting, dynamic splinting, and manual stretching, and low strength of evidence was found for the use of stretching devices. For improving functional tasks, moderate strength of evidence was found to support the use of static splinting, dynamic splinting, and manual stretching, and low strength of evidence was found for the use of stretching devices.

What This Article Adds: This updated synthesis summarizes the current literature regarding the effectiveness of stretching interventions to improve poststroke spasticity, hand function, and functional tasks.

(文章出處：Kerr, L., Jewell, V. D., & Jensen, L. (2020). Stretching and splinting interventions for poststroke spasticity, hand function, and functional tasks: A systematic review. *American Journal of Occupational Therapy*, 74, 7405205050)

見背面

題號： 159

國立臺灣大學 110 學年度碩士班招生考試試題

科目： 英文文獻閱讀測驗

題號：159

節次： 2

共 8 頁之第 2 頁

第二大題：

請以中文簡述下列研究之目的、方法、結果與結論 (15%)

Despite federal mandates to transition students with disabilities to successful adulthood, outcomes have been poor. Although areas of occupational therapy expertise, such as life and work skills, are effective in improving transition outcomes, occupational therapy personnel rarely provide transition services. The purpose of this study was to examine the effectiveness of occupational therapy transition readiness services for students with disabilities, 14 to 16 years of age, over two academic years of intervention. Forty-two students and 14 occupational therapy personnel from 10 school districts participated. Assessments were provided to transition teams. Peer groups explored work and life skills and completed long-term student-led projects. Pre-post scores of functional behavior were analyzed using a proportional change index. Students receiving occupational therapy transition readiness services demonstrated statistically significant gains. Occupational therapy holds potential to increase the functional readiness of students with disabilities for transition to a successful and productive adult life.

(文章出處：Pierce, D., Sakemiller, L., Spence, A., & LoBianco, T. (2020). Effectiveness of transition readiness interventions by school-based occupational therapy personnel. *OTJR: Occupation, Participation and Health*, 40(1) 27–35.)

接次頁

第三大題：

請閱讀以下論文摘要 (10%)

1. 依據本文，新近提出的三項罹患失智症的危險因子為何？
2. 請將內文中畫底線的二句，翻譯為中文。

Topic: Dementia Prevention, Intervention, and Care: 2020 Report of the Lancet Commission

The number of older people, including those living with dementia, is rising, as younger age mortality declines. However, the age-specific incidence of dementia has fallen in many countries, probably because of improvements in education, nutrition, health care, and lifestyle changes. Overall, a growing body of evidence supports the nine potentially modifiable risk factors for dementia modelled by the 2017 Lancet Commission on dementia prevention, intervention, and care: less education, hypertension, hearing impairment, smoking, obesity, depression, physical inactivity, diabetes, and low social contact. We now add three more risk factors for dementia with newer, convincing evidence. These factors are excessive alcohol consumption, traumatic brain injury (TBI), and air pollution. We have completed new reviews and meta-analyses and incorporated these into an updated 12 risk factor life-course model of dementia prevention. Together the 12 modifiable risk factors account for around 40% of worldwide dementias, which consequently could theoretically be prevented or delayed. The potential for prevention is high and might be higher in low-income and middle-income countries (LMIC) where more dementias occur.

(文章出處: Livingston G. et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *Lancet* 2020; 396: 413–46.)

見背面

第四大題：

請閱讀以下論文 Abstract，試回答下列問題：(15%)

1. 本研究目的為何？(5分)
2. 研究對象？(5分)
3. 研究結果？(5分)

(*) Check for updates

Original Article



Factors underlying cross-cultural differences in stigma toward autism among college students in Lebanon and the United States

Autism
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Kristen Gillespie-Lynch^{1,2}✉, Nidal Daou^{3,4},
Maria-Jose Sanchez-Ruiz⁵, Steven K Kapp^{6,7}, Rita Obeid^{1,2},
Patricia J Brooks^{1,2}, Fumio Someki¹✉, Nava Siltan⁸
and Rudy Abi-Habib⁵

Abstract

Although stigma negatively impacts autistic people globally, the degree of stigma varies across cultures. Prior research suggests that stigma may be higher in cultures with more collectivistic orientations. This study aimed to identify cultural values and other individual differences that contribute to cross-cultural differences in autism stigma (assessed with a social distance scale) between college students in Lebanon (n=556) and those in the United States (n=520). Replicating prior work, stigma was lower in women than men and in the United States relative to Lebanon. Heightened autism knowledge, quality of contact with autistic people, openness to experience, and reduced acceptance of inequality predicted lower stigma. Collectivism was not associated with heightened stigma. Findings highlight the need to address structural inequalities, combat harmful misconceptions, and foster positive contact to combat stigma.

Keywords

autism, contact, cross-cultural, knowledge, stigma, training

接次頁

第五大題：

請閱讀以下摘要，並回答下列的問題（15%）：

1. 請說明此研究之設計為何？（200 字左右）
2. 本篇的結果與結論為何？（200 字左右）

PURPOSE. To compare the efficacy of behavioral activation (BA) plus low vision rehabilitation with an occupational therapist (OT-LVR) with supportive therapy (ST) on visual function in patients with age-related macular degeneration (AMD).

METHODS. Single-masked, attention-controlled, randomized clinical trial with AMD patients with subsyndromal depressive symptoms ($n = 188$). All subjects had two outpatient low vision rehabilitation optometry visits, then were randomized to in-home BA + OT-LVR or ST. Behavioral activation is a structured behavioral treatment aiming to increase adaptive behaviors and achieve valued goals. Supportive therapy is a nondirective, psychological treatment that provides emotional support and controls for attention. Functional vision was assessed with the activity inventory (AI) in which participants rate the difficulty level of goals and corresponding tasks. Participants were assessed at baseline and 4 months.

RESULTS. Improvements in functional vision measures were seen in both the BA + OT-LVR and ST groups at the goal level ($d = 0.71$; $d = 0.56$ respectively). At the task level, BA + OT-LVR patients showed more improvement in reading, inside-the-home tasks and outside-the-home tasks, when compared to ST patients. The greatest effects were seen in the BA + OT-LVR group in subjects with a visual acuity $\geq 20/70$ ($d = 0.360$ reading; $d = 0.500$ inside the home; $d = 0.468$ outside the home).

CONCLUSIONS. Based on the trends of the AI data, we suggest that BA + OT-LVR services, provided by an OT in the patient's home following conventional low vision optometry services, are more effective than conventional optometric low vision services alone for those with mild visual impairment.

(文章出處: Ashley D. Deemer, et al. (2017) Functional outcomes of the low vision depression prevention trial in age-related macular degeneration. *Investigative Ophthalmology and Visual Science*, 58:1514–20.)

見背面

第六大題：

請閱讀下列摘要後，回答以下問題 (10%)：

1. 請問本篇研究的主要目的為何？ (5 分)
2. 根據本摘要，何為溝通技巧的有力預測因子。(5 分)

This study investigated the relationship between professionalism factors and undergraduate occupational therapy students' fieldwork performance as measured by the Student Practice Education Form-Revised Edition (SPEF-R). 135 undergraduate occupational therapy students (86% 20-24 years old; 87% female) completed the Penn State College of Medicine Professionalism Questionnaire (PSCOPQ). Student fieldwork performance was measured using the Student Practice Evaluation Form-Revised Edition (SPEF-R). Multi-linear regression with bootstrapping was completed on the midway and final SPEF-R scores. Regression analysis demonstrated a range of professionalism variables to be significant predictors of fieldwork performance at the midway assessment of their fieldwork placement: Equity was a significant predictor of Selfmanagement Skills; Enrichment and Altruism were significant predictors of Coworker Communication; and Altruism was a strong predictor of Communication Skills. No PSCOPQ variable was found to be a significant predictor of final SPEF-R performance. The findings reflect the dynamic and complex nature of professionalism in occupational therapy fieldwork settings.

(文章出處：Brown T, Yu ML, Hewitt A, Etherington J. Professionalism as a predictor of fieldwork performance in undergraduate occupational therapy students: An exploratory study. *Occupational Therapy in Health Care* 2020;34(2):131-54.)

接次頁

第七大題：

依據下列摘要，請用中文回答以下問題 (10%)

1. 請問 It Just Makes Sense 是指什麼? (1%)
2. 請問本文主要目的為何? (4%)
3. 請翻譯文章中，有底線且加灰底的文字 (5%)

It Just Makes Sense: Sensory Strategies in Educational Contexts, An Efficacy Study

It Just Makes Sense, a nine-month professional development program conducted with Broward County Schools for occupational and physical therapists included four workshops, community of learning, knowledge translation, sensory equipment lending library, and adult learning theories to guide an enhanced way to provide continuing education. After an initial needs assessment, which identified barriers related to time, space, systems, teacher collaboration, teacher knowledge, therapist knowledge, administrator support, and lack of equipment, the program was created to address the identified needs and promote competence and mastery for the participating therapists and related services administration team. With a program goal toward efficacy and generalization of knowledge and skills obtained, a research study utilizing a qualitative approach provided participant experiences of the trainings to inform how a long-term program can empower therapists within a system that has multiple contextual and environmental barriers toward sensory-based interventions (Mills & Chapparo, 2018). Within schools, there is potential for up to 16.5% of the student populations to have sensory-related needs that influence occupational performance (Ben-Sasson, Carter, & Briggs-Gowan, 2009), potentially impacting approximately 43,000 students in Broward County Schools, the sixth largest district in the United States (Broward County Public Schools, 2018). This study utilized a phenomenological methodology, using convenience and purposive sampling, resulting in a sample of five school-based occupational therapists who completed three of the four workshops. Utilizing a semi-structured interview format and Colaizzi's (1973) seven-step phenomenological method, participants provided symbolic representations of their experience of the program. The researchers then coded the individual interviews during data analysis; thematic analysis commenced with a resulting bracket analysis for final thematic conclusions. Utilizing the Kawa model (Iwama, 2006), systems theory (Meadows, 2008), and occupational adaptation (Schkade & Schultz, 1992) for theoretical guidance, the resulting themes of the study emphasized the unique barriers of school system service delivery, limits related to traditional continuing education formats, specific enablers related to teacher receptiveness, interprofessional collaboration, and format of the workshops, and the personal enablers related to desire for learning and life experiences. The results were then converted into a discussion involving a professional development knowledge translation cycle, including five process elements: self-reflection, desire for mastery, knowledge gained, knowledge translation, and self-efficacy toward generalization. The information gained from this study is important to convey how school-based therapists encounter unique barriers within sensory-based intervention delivery, thus requiring adaptation of traditional continuing education and professional development formats to better meet their needs, consistent with needs identified by Laverdure (2014) and utilize the strong enablers of pediatric OTs and their commitment to practice (Seruya & Hinojosa, 2010). This study has potential to influence multiple aspects of occupational therapy, including validating barriers experienced by school-based therapists working with children with sensory needs, exploring effective ways to adapt professional development for school-based therapists, identifying enablers within school contexts for improved delivery of sensory-based interventions, and encouraging use of self-reflection as a means toward improved efficacy with continuing education.

(文章來源： Quint, N. (2020). It just makes sense: Sensory strategies in educational contexts, An efficacy study. *American Journal of Occupational Therapy*, 74, 7411515454. <https://doi.org/10.5014/ajot.2020.74S1-PO9318>)

見背面

第八大題：

請依照以下文章，簡要敘述針對乳癌患者的復健評估原則與方式。(10%)

Prehabilitation Protocol: Evaluation and Intervention*Evaluation*

An evidence-based protocol for prehabilitation services begins with a screening process to establish a client's baseline functional measures and proactively identify any modifiable lifestyle factors associated with poorer outcomes (Silver, 2014). OTs can regularly screen clients to monitor indicators of functional decline to ensure maximum recovery in the shortest amount of time (AOTA, 2012). By conducting an in-depth occupational profile interview, the OT can gather information on roles, routines, client priorities, and available assistance to consider each client's unique status while creating collaborative goals to facilitate participation in valued occupations despite illness.

Specific measurements related to obesity and sarcopenia risk (e.g., body fat percentage, body mass index, skeletal muscle mass, lymphedema index, grip strength, capacity for physical activity) could be taken and compared with normative data to determine which clients are more susceptible to poorer outcomes during and after cancer treatments.

Given cancer's physical and emotional burden and associated sequelae, a client's QOL and perceived sense of well-being must be recorded, monitored, and taken into consideration during clinical decision making (Nguyen et al., 2015). Two widely used, breast cancer-specific QOL assessments are the European Organization for Research and Treatment of Cancer (EORTC; n.d.) Quality of Life Questionnaire C30 (EORTC QLQ-C30) and the Functional Assessment of Cancer Therapy-General (FACT-G; Nguyen et al., 2015). The EORTC QLQ-C30 has been translated and validated in more than 100 languages, is used regularly in research studies, and includes breast cancer-specific questionnaires (i.e., QLQ-BR23, QLQ-BR45, QLQ-BRECON23). The FACT-G is a free, validated, 27-item questionnaire that assesses four primary QOL domains (physical, social/family, emotional, functional), has been widely used in research, and includes a breast cancer-specific questionnaire (i.e., FACT-B; Functional Assessment of Chronic Illness Therapy Management System, n.d.). Low scores on either of these assessments may indicate a need for further evaluation of a client's QOL to best tailor goals and interventions. Based on outcome predictors related to smoking and diet, clients could also be asked about their smoking history and dietary habits.

Additional assessments to screen for symptom-specific deficits may include the Brief Fatigue Inventory (BFI; Mendoza et al., 1999), the Pain Visual Analog Scales or Brief Pain Inventory (Harrington et al., 2014), the Timed Up-and-Go Test (TUG; Fisher et al., 2015), the Malnutrition Screening Tool (MST; Ferguson et al., 1999), and Beck Anxiety Inventory (BAI; Beck et al., 1988) or Beck Depression Inventory (BDI-II; Beck et al., 1961). Patient Reported Outcome Measurement Information System (PROMIS) measures of pain, fatigue, affect, physical function, and social function also demonstrate validity among several chronic conditions, including cancer (Cook et al., 2016).

(文章來源：Madeline Harcrow, Elena Espiritu, and Andrea Cooper: Occupational Therapy's Role in Breast Cancer

Prehabilitation: Protocol Recommendations to Enhance Clients' Function.

<https://www.aota.org/Publications-News/otp/Archive/2020/breast-cancer-prehab>)

試題隨卷繳回