

脊柱側彎症

Scoliosis

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摘要

利用學校進行篩檢，以早期偵測脊柱側彎和變形的情況，在美國及加拿大均已非常普遍，臺灣地區因對於脊柱側彎篩檢的起步較晚，相關知識及研究仍付之闕如，故本文回顧整理相關文獻，綜述脊柱側彎的定義、原因、徵象及症狀、流行病學、治療等，並介紹學校脊柱側彎篩檢計畫，俾提供學校進行脊柱側彎篩檢之參考。重點包含：脊柱側彎症以原發性型態居多；盛行率大約在 0.3~19%，容易發生在有脊柱側彎的家族史、女生、9~15 歲之間。大部分的脊椎彎曲是輕微的，僅需由醫師密切觀察，其他的治療包括運動、穿背架與手術等。最後建議政府相關單位，未來宜針對 10~16 歲學生進行篩檢，每年檢查一次，並有完整的轉介、追蹤計畫。

Abstract

The use of school screening for the early detection of scoliosis and spinal deformities has become widespread in the United States and Canada. Since scoliosis screening is not mandated in Taiwan, knowledge and research about scoliosis in school-age children are relatively lacking. The purpose of this paper is to review relevant literature to summarize its definition, etiology, symptoms and signs, epidemiological data, various screening and treatment methods etc. School scoliosis screening plans are also introduced in this paper. Important points considered include the prevalence rates of 0.3~19%, the majority of which is of the idiopathic type, and the risk factors of family history, being female, and the rapid development stage between the ages of 9 to 15 years. In most cases the curvature of the spine is so mild that the only treatment needed is close observation by a physician. Other forms of treatment may include exercises, a brace, surgery, or a combination of these. Finally, recommendation is made to target 10-16 year old students for yearly screening; and further referral and follow-up processes are planned in this paper.