

# 氣喘兒童的運動指導

## Exercise Instruction for Children with Asthma

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### 摘要

氣喘是兒童最常見的慢性病，也是造成兒童缺課的主要因素。適度的運動不僅可減少氣喘發作的頻率，亦可降低學童的缺課率。鑒於國內少見氣喘兒童運動的相關研究，因此作者參考文獻就氣喘兒童在運動時的運動要素設立原則及運動時的注意事項做詳細的分析整理，以提供臨床醫護人員或學校老師對氣喘兒童運動有更進一步的了解，進而能提供更具體的運動指導。

### Abstract

Asthma is the most common chronic disease in children in Taiwan and an important factor related to their absence from school. Proper exercise not only can decrease the frequency of asthma attacks, but also can reduce absence from school. However, few studies focus on exercise in asthmatic children in Taiwan. Therefore, a review of the literature was conducted to gather information for developing exercise guidelines, including a list of exercise precautions, for asthmatic children. Findings will help clinical nurses and school educators understand exercises and provide them with practical instructions for teaching such exercises to asthmatic children.