

# **The Study on Nutritional Status and Growth of Children with Cerebral Palsy in Tabriz Children Hospital**

Madinei N., Toopchizadeh V, M.D.

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, Tabriz University of Medical Sciences

## **Abstract:**

### **Background and purpose:**

Cerebral palsy (CP) is a diagnostic term to describe a group of permanent mobility and posture impairment that causes activity limitation. The disease is associated with non-progressive cerebral damages in fetal and neonatal periods (1). Oromotor dysfunction causes dysphagia, malnutrition, dehydration and increase the risk of aspiration pneumonia (2). Feeding problems in the subjects affected by the disease and its important role in developing rehabilitation goals as well as lack of knowledge about the growing conditions of CP children led to study about growing and nutrition condition of CP children and the roles of influencing factors.

### **Materials and method:**

In this cross-sectional study, 100 CP children referred to the rehabilitation department of Tabriz Children's Hospital were examined based on the demographic and clinical data including weight, height, type of CP, GMFC performance level and Nutrition (Protein - Calcium - Calories), over a period of 10 months. The study was conducted based on a nutrition questionnaire in which the received calorie, calcium and protein by patients over the past 24 hours were asked the parents. The patients' Weight and height were measured, and then weight for age and height for age percentile was calculated based on the percentile charts individually for each patient. Normal values for the nutritional parameters were extracted from reference books and sufficient nutritional levels were determined based on them.

### **Results:**

The number of patients in this study was 100 but the information of one patients was incomplete and excluded from study. 56 child (56/5%) were male, 43 child (43/5%) were female. 45 child (45/4%) were under 5th percentile of weight and 34 child (34/3%) were under 5th percentile of height. 72 child (72/4%) were CP type Spastic, 16 child (16/1%) were

level IV and 5 child (5/%) were in level V. 64 child (64/6%) had insufficient intake of calorie, 35 child (35/4%) had sufficient intake of calorie. 56 child (56/6%) had insufficient intake of calcium, 43 child (43/4%) had sufficient intake of calcium. Whole of patients had sufficient intake of protein.

### **Conclusion:**

According to results of the study, Growth and Nutritional problems is common in children with CP and attwntion to this problems and ejudcation of parents is helpful to progress the aims of rehabilitation.

**Key Words:** Growth Failure, Nutrition, Children with CP