DC Journal Club Podcast
Episode 5: Growth, Diet, and Physical Activity in Young Children with Cerebral Palsy

MCQs

1. What does the clinically standardised GMFCS stand for?
   a) Gross Motor Function Classification System
   b) General Motor Function Classification Standard
   c) General Motor Function Classification System
   d) Gross Motor Function Classification Standard

2. What validated tool was used in the study, to determine the severity of oropharyngeal dysphagia (OPD) for each participant?
   a) Food Intake LEVEL Scale
   b) Dysphagia Disorder Survey (DDS)
   c) Observation of patient’s clinical signals and symptoms
   d) Eating Assessment Tool (EAT-10)

3. How was energy intake collected and assessed with the help of parents, in the study?
   a) 24-hour food recall
   b) Food diary
   c) Weighed food and fluid diary
   d) Food frequency questionnaire

4. In the podcast, dysphagia rates are discussed amongst the cohort as being fairly standard at what percentage:
   a) 40%
   b) 60%
   c) 70%
   d) 80%

5. The study concluded that children classified with GMFCS level II were most likely:
   a) to grow as tall and as quickly as children without CP
   b) to grow as tall, but more slowly than children without CP
   c) to be shorter, but have a similar growth velocity as children without CP
   d) to grow slower than children without CP

6. In the podcast, what takeaway tips did the researcher suggest?
   a) Energy intake can predict height growth in children
   b) It’s not as important where the child sits on the growth chart, but that they are steadily tracking along their own pattern that matters
   c) When undertaking research with children it is important to make it fun and interact before doing clinical assessments
   d) B and C
Answers:

1. a  2. B  3. c  4. d  5. c  6. d