

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