Checklist for Primary Care Providers of Children with Cerebral Palsy

- **Functional Status**
  - Assess mobility, communication skills, fine motor abilities and ability to perform ADLs.
  - Referrals to PT, OT, ST as indicated, monitor progress regularly.

- **Nutrition**
  - Obtain accurate height and weight—may require alternate forms of measurement.
  - Routine nutritional assessment to ensure all caloric, dietary and fluid needs are being met. Dietician to evaluate at least yearly if available.
  - Method of feeding? (Oral vs. tube.) If feeding tube present, does it fit properly? Is it being changed regularly? (Every 3-6 months.)
  - Backup tubes and supplies available? Is family comfortable caring for and changing the tube?

- **Bowel and Bladder Management**
  - Assess elimination patterns and bowel and bladder regimen.
  - Ensure that patient has the appropriate supplies readily available, diapers, wipes, pads, enema supplies, catheterization supplies etc.

- **Musculoskeletal**
  - Assess tone for spasticity and contractures. Review management (chemodenervation, neurolysis, medications, pumps etc.). Complete physical medicine referral.
  - Are orthotics being used? Assess for proper fit. Monitor for scoliosis refer to ortho as needed.

- **Skin**
  - Assess for areas of skin breakdown/pressure areas.

- **Sleep**
  - Assess sleep pattern. Are there signs of apnea (obstructive or central)? Has the patient had sleep study?

- **Health Maintenance**
  - Ensure vaccines up to date. Recommend annual flu vaccine. Pneumovax for high risk patients.
  - Annual vision and hearing as appropriate.
  - Does patient attend school? Homebound? Is there an IEP or 504 plan in place?
  - Monitor vitamin D and calcium levels. Evaluate for risk factors or presence of osteoporosis and refer as necessary.

- **Accessibility and Equipment**
  - What type of home does patient reside in? Is the home accessible (wheelchair ramp, bathroom, etc.)?
  - Assess equipment needs (Hoyer lift, wheelchair, bed, bath chair etc.). Ensure that equipment is the appropriate size and functions properly.

- **Transition**
  - Discuss transition to adulthood beginning in early to middle adolescence. Identify resources. Consider guardianship if needed and other waivers as determined by state.