



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 (chemodeneration, 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.