



## Guidelines for Children with Cerebral Palsy Care

### 小兒腦癱（腦性麻痺）護理指導(英文)

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#### Definition

Cerebral paralysis is defined as cerebral palsy in Western Medicine. Such children consist of children from newborn to 14 years old. According to Traditional Chinese medicine theory, children with developmental delay is defined to “five kinds of retardations ” and “ five kinds of flaccidity ” including the delay in walking, standing, hair, teeth, and language, while the include the head, mouth, hand, feet, and muscle weakness.

Children who could not stand up and walk between 2 to 3 years old are known as standing delay and walking delay. Newborns with few hair or without hair who still have scarce hair as they age are known as hair delay. Children without teeth growth or with few teeth are known as teeth delay. Children who could not talk by the age of 1 and 2 years old are known as language delay.

The head and neck weakness refers to the weak and hanging head and neck of children; children who could not chew and have drooping saliva are known as mouth weakness; children not lift or hold with the arms are known as arm weakness; children who could not stand or walk by the age of 2 and 3 are known as feet weakness. Children with weak and loose muscles are known as muscle weakness.

#### Symptoms

1. Liver and kidney deficiency: Compared with children in the same age, those children show developmental delay in sitting up, walking and teeth.  
. Weak neck, pale and flabby tongue, and soft pulse. The kidney stores

essence and governs development and reproduction. The liver and kidney also governs the bone, marrow, hair and teeth. Liver and kidney deficiency will result in malnutrition and prevent the bones from growing regularly.

2. Weak heart and spleen: Language dullness, low intelligence, weak extremities, drooping saliva, weak in chewing, delay in hair growth, muscle relaxation, poor appetite, pink tongue, little furred tongue, and weak pulse. The spleen governs the extremities and mouth. Weak spleen will lead to under-nutrition and result in flaccid extremities, drooping saliva and poor appetite. It also governs the mentality, which leads to weakness, delay in language development and lack of intelligence. It governs the blood and blood. The deficiency in blood will result in delayed growth in hair.

## Daily Care Guide

1. Precautions for insomnia prevention. For example, develop the habit of going to bed and getting up early, avoid noise and strong lighting in the room, prevent children from watching horror movies before sleep, and prevent children from drinking tea, coffee or stimulating drinks before sleep.

2. Precautions for preventing constipation. For example, increase water, vegetable and fruit intake, avoid eating deep-fried or roasted food, teaching children to do abdominal massage in clockwise circular motion in order to stimulate peristalsis.

3. Precautions for preventing cold. For example, develop good habits of washing hands frequently, watch for weather change, put on proper cloth to keep the body warm, avoid access in public area, and caregiver should put on the mask if having respiratory tract disease.

4. Precautions for fall prevention. For example, do not let children stay in bed or walk alone without anyone present, provide children with proper clothing to avoid tripping over, maintain an unobstructed room and keep the room bright and floor dry.

5. Precautions for seizure outbreak prevention. For example, follow physician instruction to take medicine regularly, and do not suspend taking the medicine without authorization. In case the duration and times for seizure outbreak increase, discuss with the physician for medication adjustment, do not let children receive excess stimulation from sound and lighting (such as V), to avoid triggering epilepsy outbreak. In the event of seizure outbreak, children should lay flat on the floor or on the side on bed (or ground) to alleviate the spasm. Do not restrict the motion of extremities to avoid bone fracture or dislocation.

6. Patients are encouraged to go out and participate in activities to increase the chance of interacting with people.
7. Patients are encouraged to take a walk, shake hands, swim and engage in other simple and regular exercises in addition to remind children of the precautions before, during and after the exercises.
8. Family can understand the key development of children by providing explicit suggestions and guidelines for therapeutic development.
9. Children should learn to complete daily routines independently. For example, opening the door, taking the glasses, and eating independently. Children should not rely on other people excessively.
10. Teach the children simple social skills and give them the opportunity to practice. For example, children can voluntarily address the other person as uncle or aunt, accept help with a nod or say thank you, and wave or say goodbye before leaving.
11. Parents are encouraged to hold positive educational and nurturing attitude towards children.
12. Listen to parents and encourage them to properly relieve their stress.
13. Maintain a calm attitude to talk and live with the children. Do not treat the children with despise.
14. Help the family understand the strength, capability of children and constantly remind them not to criticize the weakness of the children.
15. Remind the parents not to scold the children or ask them to complete motions which their body could not achieve.

## **Diet Guide**

1. Ice, shrimp, crab, clams, and shell-seafood are prohibited.
2. Avoid eggplant, mango and taro.
3. Avoid caffeinated and alcoholic drinks.
4. Balanced meal in fixed hours and fixed amount. Do not binge and overeat.

