

HELSEUTFORDRINGER HOS VOXNE MED CP

CP-KONFERANSEN 21-22 MARS 2022





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Cerebral pares, CP

en rörelsenedsättning orsakad av en tidig hjärnskada

-  spastisk unilateral (hemiplegi)
-  spastisk bilateral (diplegi och tetraplegi)
-  dyskinetisk
-  ataktisk

Associerade funktionsnedsättningar vid CP:

- intellektuell funktionsnedsättning, IF
- epilepsi
- sväljsvårigheter
- synnedsättning
- hörselnedsättning
- kommunikationssvårigheter



In swaddling clothes behold the bud, Of sweet and gentle womanhood.
Next she foreseeth with mimic plays, The business of her future days.
Now glories in a full-blown flower, A husband now her arms entwines, She clings around him like the vine.
Now bearing fruit, she rears her boys, And last as a mother's pains and joys.
Like sparkling fountain gushing forth, She proves a blessing The daily food her hand prepares.
As age creeps on she seeks for grace, Always to church and in her place.
Now second childhood loosens all her tongue, She talks of love and prattles with the young.
A useless customer on the earth, From house to house she listless knits they send her forth.
Chained to her chair by weight of years, She listless knits till death appears.

Entered according to Act of Congress in the Year 1846, by J. Baillie, in the Clerk's Office of the Third Court of the South District of N.Y.

Published by James Baillie, 87th St. near 3rd Avenue N.Y.

Västsvenska CP-registret

1959- pågående

Inklusionskriterier:

- CP-diagnos
- född i Sverige
- boende i Västsverige



Populationsbaserat !

Uppföljningsbesök



<https://pixy.org/672531/>

Intervju

Sjukhistoria, Familj, Ekonomi, Hjälbehov, Vårdkontakter



<https://pixy.org/4521072/>

Undersökning

Grovmotorik, Handfunktion, Kommunikation, Kognition, Rörelseomfång, Spasticitet, Blodtryck och BMI



<https://pixy.org/1377323/>

Enkäter

Livskvalitet, Smärta, Fatigue, Självständighet och delaktighet, Transition, Psykiskt mående



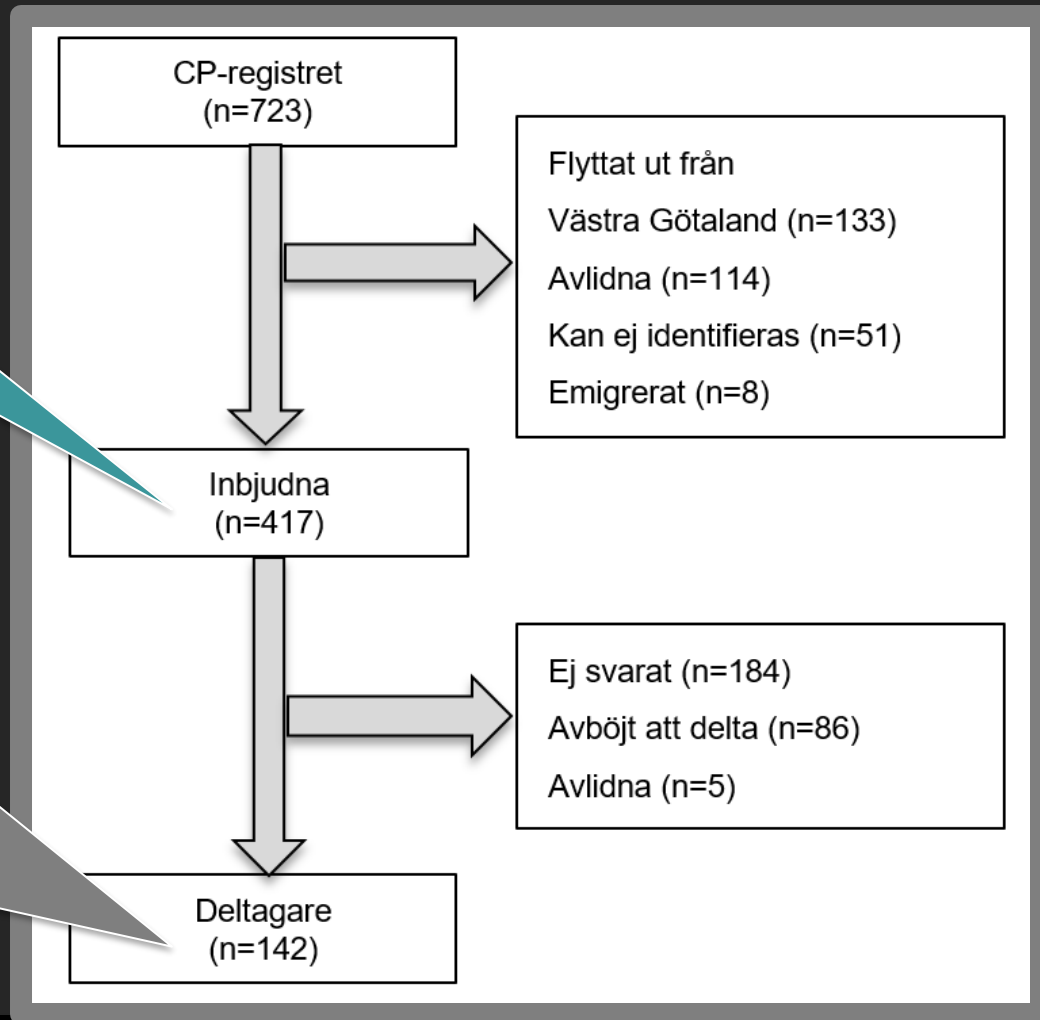
LÅNGTIDSUPPFÖLJNING 50 ÅR

Inklusionskriterier:

- Född 1959-1978
- Finns i CP-registret
- Bor i Västra Götaland

Deltagare:

- Medelålder 48 år
42% kvinnor, 58% män
- 44% unilateral
 - 35% bilateral
 - 17% dyskinetisk
 - 4% ataktisk



Data från Västsvenska CP-registret

CP-typer

(spastisk, dyskinetisk, ataktisk)

gångförmåga

(3 nivåer)

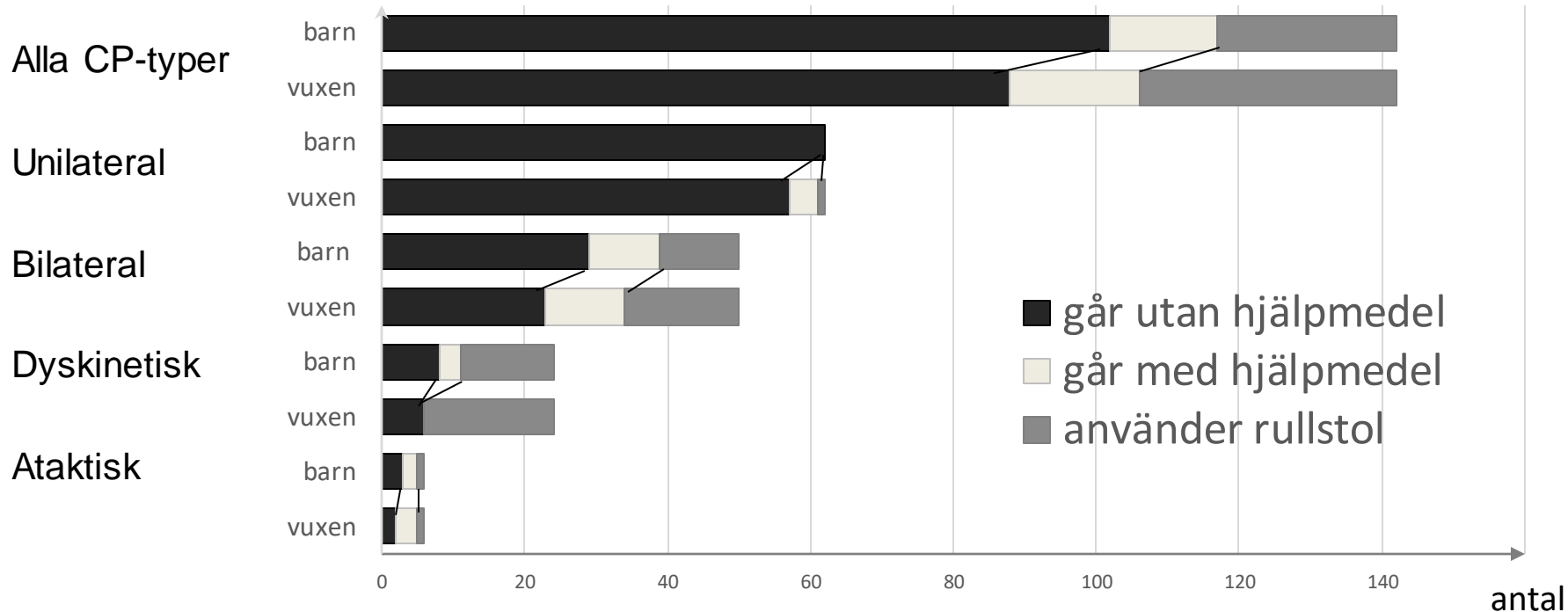
IF

(normal/mild/svår)

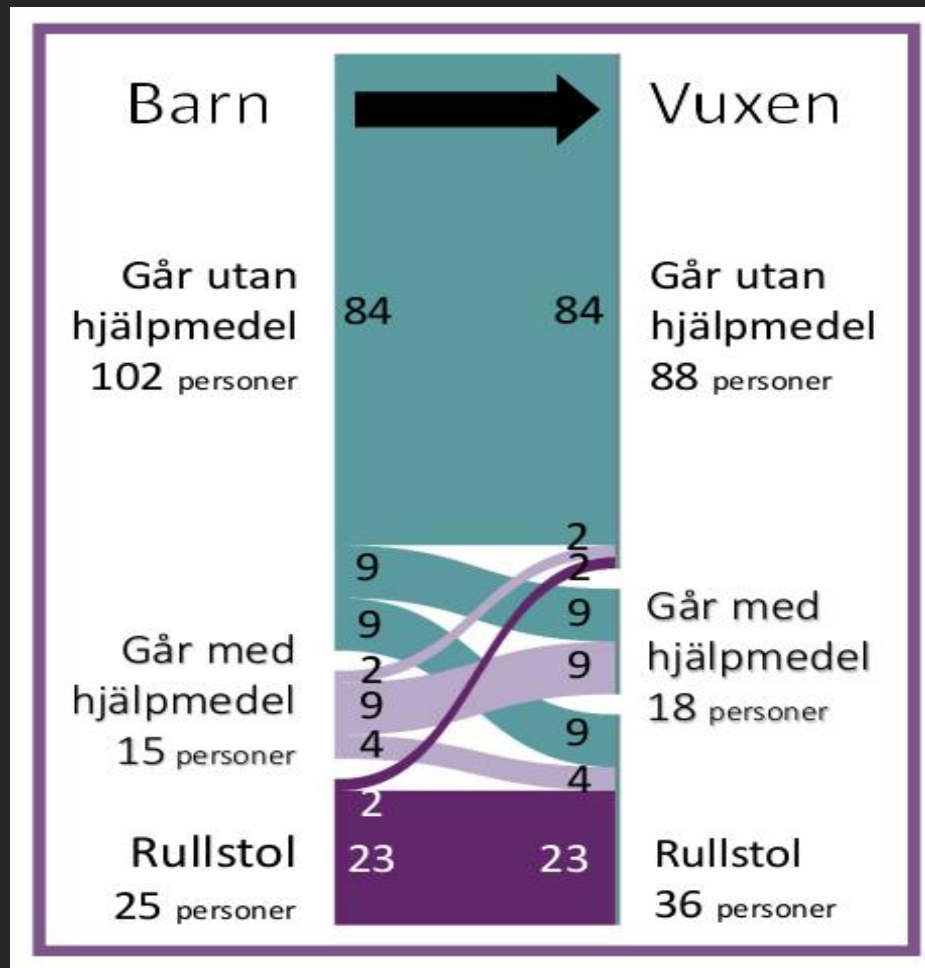
epilepsi

(ja/nej)

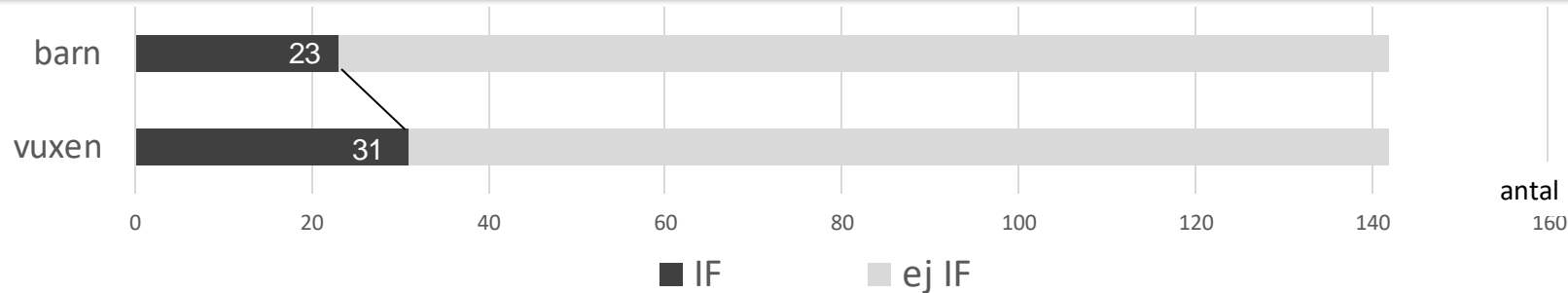
Gångförmåga på gruppnivå:



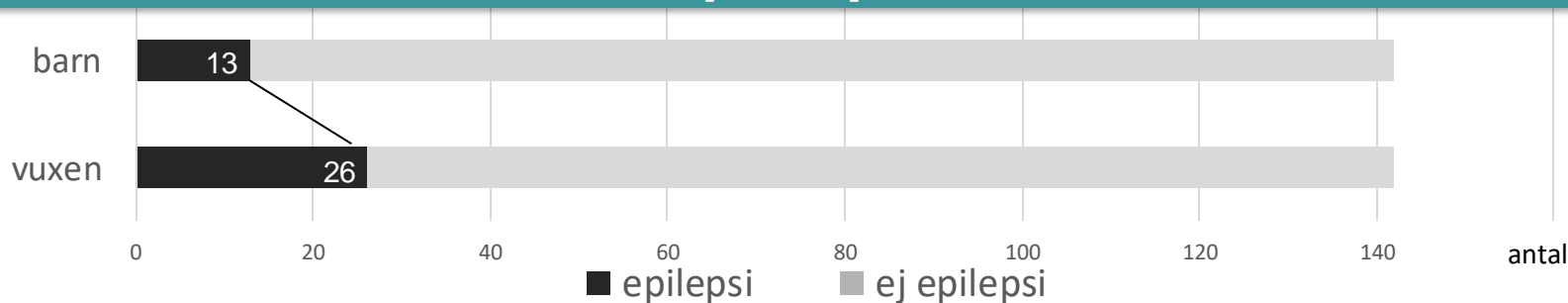
Gångförmåga på individnivå:



Intellektuell funktionsnedsättning, IF



Epilepsi



Sammanfattning:

Gångförmåga

-försämras:
inte mycket
inte hos alla

IF

-fler upptäcks

Epilepsi

-kan debutera
-kan läka ut

“Take-home message 1”:

Symtombilden kan förändras.

Träning, behandling och stöd, behöver kunna uppdateras.

Specialistkunnig personal behövs även i vuxen ålder.

Changes in walking ability, intellectual disability, and epilepsy in adults with cerebral palsy over 50 years: a population-based follow-up study

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PUBLICATION DATA

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AIM To determine if walking ability and presence of intellectual disability and epilepsy change from childhood to 50 years of age in individuals with cerebral palsy (CP), and if such changes are related to age, sex, or CP subtype.

METHOD This was a population-based follow-up study of 142 adults born from 1959 to 1978 (82 males, 60 females; mean age 48y 4mo, range 37–58y; 44% unilateral, 35% bilateral, 17% dyskinetic, and 4% ataxic CP) listed in the CP register of western Sweden. We compared childhood data with a follow-up assessment in 2016.

RESULTS At follow-up, walking ability had changed significantly ($p < 0.001$). The proportion of participants walking without aids had decreased from 71% to 62%, and wheelchair ambulation increased from 18% to 25%. Walking ability was related to subtype ($p = 0.001$), but not to age, sex, pain, fatigue, or body mass index. The proportion classified as having intellectual disability had increased from 16% to 22% ($p = 0.039$) and the proportion with epilepsy from 9% to 18% ($p = 0.015$). Of those with childhood epilepsy, 46% were seizure-free without medication.

INTERPRETATION Walking ability and the presence of intellectual disability and epilepsy had changed significantly since childhood. Life-long access to specialized health care is warranted for re-evaluation of impairments, treatment, and assistance.

Open access

HÄLSOPROBLEM HOS MEDELÅLDERS VUXNA MED CP



Health conditions in adults with CP:

the association with CP subtype and severity of impairments

Inklusionskriterier:

- Född 1959-1978
- Har CP
- Bor i Västra Götaland

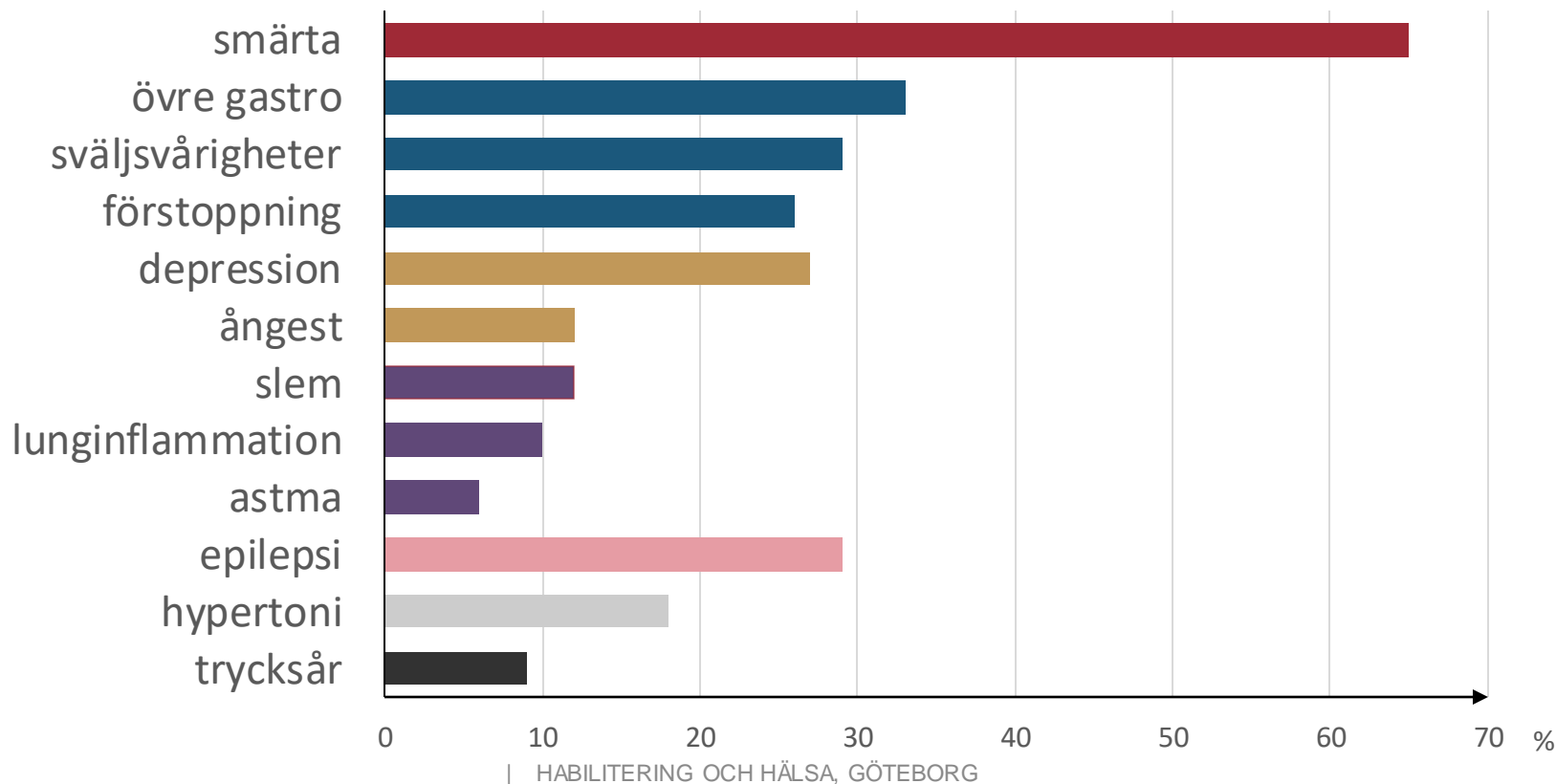
Deltagare:

Medelålder 48 år

43% kvinnor, 57% män

- CP typ:
- 41% unilateral
 - 36% bilateral
 - 19% dyskinetisk
 - 4% ataktisk

Hälsoproblem hos vuxna med CP



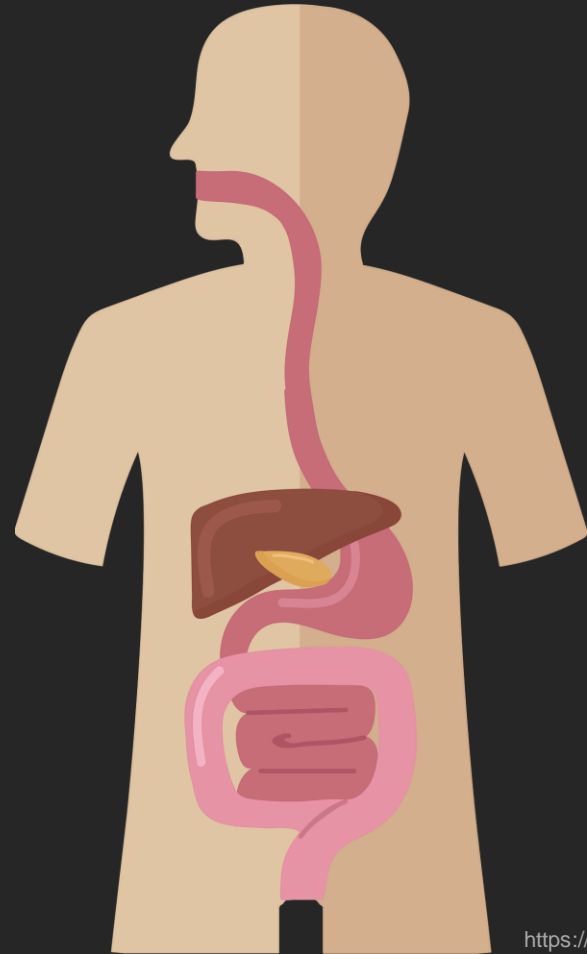
Smärta 65%

- Svår smärta 25%
- Daglig smärta 47%
- Smärta mer än 3 månader 75%
- Smärtmedicinering 30%



Mag-tarm besvär 61%

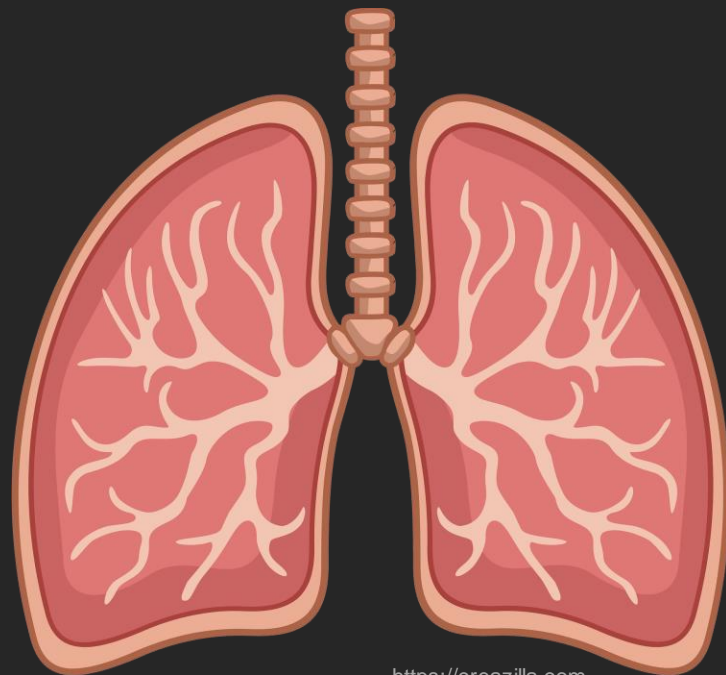
- Sväljsvårigheter 29%
- Sura uppstötningar/magkatarr 33%
- Förstoppning 26%



<https://creazilla.com>

Luftvägsbesvär 30%

- Slem i luftvägar 12%
- Lunginflammationer 10%
- Astma 6%



<https://creazilla.com>

Psykisk ohälsa 39%

- Depression 27%
- Ångest 12%



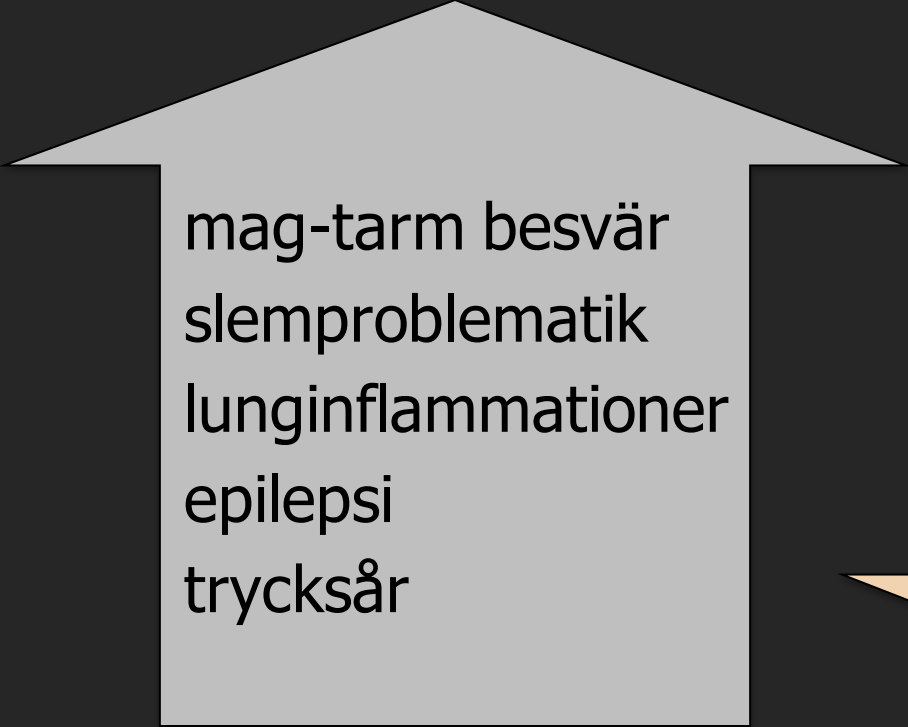
<https://creazilla.com>

Svårare fysisk funktionsnedsättning:



mag-tarmbesvär
luftvägsbesvär
trycksår

Intellektuell funktionsnedsättning



mag-tarm besvär
slemproblematik
lunginflammationer
epilepsi
trycksår



smärta
högt blodtryck

Hjärnskada

Funktionsnedsättning

Hälsoproblem

För tidig död

Andra orsaker

“Take-home message 2”:

Flera olika hälsoproblem är vanliga vid CP.

Uppföljningen behöver fånga upp befintliga hälsoproblem.

Patienten behöver få hjälp till utredning och behandling.



-Tack!



Health Conditions in Adults With Cerebral Palsy: The Association With CP Subtype and Severity of Impairments

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Aim: To determine the prevalence of common health conditions in adults with cerebral palsy (CP) and to identify associations with the CP subtype or the severity of impairments.

Methods: A population-based, cross-sectional study of 153 adults with CP born from 1959 to 1978 (87 males, 66 females; median age 48 years 3 months, range 37–58

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