

348 Central Nervous System Disorders (ALL)

**Description**

- Central nervous disorder such as: epilepsy, cerebral palsy, neural tube defect, Parkinson’s, multiple sclerosis
- Disorders and treatments affect ability to eat (inadequate growth, drug interactions, difficulty chewing/swallowing & movements)

**Assess Readiness for Change:** with open ended questions

- “Tell me how Sam’s xx (i.e. cerebral palsy) affects his eating?”
- “What feeding changes have you made for Sam’s medical problem?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“He is a little behind the other kids but the Dr said he is doing ok.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “What is Sam behind in? Anything related to feeding; like swallowing or using a spoon?”</li> <li>• “What foods have you removed or added to his diet due to his condition?”</li> </ul>	<ul style="list-style-type: none"> <li>• “Sam is eligible for WIC because he has xx (i.e. cerebral palsy). WIC is here to help you with feeding issues. What can we help you with today?”</li> <li>• Offer feeding suggestions for disease/condition</li> <li>• Not high risk but refer to RD if above comfort level</li> <li>• Knowledge: epilepsy &amp; ketogenic diet; low calorie high fat diet, requires close supervision, usually begun in hospital, forces body to use fat instead of glucose. MS; possibly benefit of low fat added Omega 3 &amp; 6 diet (other diets not evidence based)</li> </ul>
<p><b>Record Plan or Goal</b> → Parent feels no info is needed. Regularly sees provider. Re-assess next appointment.</p>		
<p><b>Unsure</b> →</p> <p>“He has been seeing a therapist so he is doing well?”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “What has the therapist been working on, any feeding issues?”</li> <li>• “On a scale of 1-10, how comfortable are you with Sam’s eating?”</li> <li>• “What changes are you planning to make to Sam’s food/meals?”</li> </ul>	<ul style="list-style-type: none"> <li>• Address side effect medications- sore throat, loss appetite</li> <li>• Address side effects of condition:                         <ul style="list-style-type: none"> <li>○ poor swallowing, choking</li> <li>○ loss bowel control, diarrhea/constipation</li> <li>○ decreased motor skills, seizures</li> <li>○ poor growth, obesity</li> </ul> </li> <li>• Address fad diets used for treatment</li> </ul>
<p><b>Record Plan or Goal</b> → Parent wants to increase texture of child’s food. Discussed choking concerns. Revisit textures next appointment.</p>		
<p><b>Ready</b> →</p> <p>“I heard about a diet that helps cerebral palsy but I’m not sure I should try it?”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “Tell me more about what the diet is- foods allowed, not allowed, where you heard about it?”</li> <li>• “What does your Dr think about putting Sam on that diet?”</li> </ul>	<ul style="list-style-type: none"> <li>• “Many diets that claim to help xx (central nervous system condition) are not medically safe. Ask your Dr before starting to make sure it supports growth, doesn’t interfere with medications and has all the nutrients Sam needs.”</li> <li>• “How do you feel about talking to your Dr about it?”</li> </ul>
<p><b>Record Plan or Goal</b> → Parent to talk to Dr about safety of CP diet. Follow-up if parent decided to try diet.</p>		

**Education Resources**

[http://www.ucp.org/ucp\\_generaldoc.cfm/1/9/37/37-37/447](http://www.ucp.org/ucp_generaldoc.cfm/1/9/37/37-37/447) Resource- *Cerebral Palsy*

[http://www.spinabifidaassociation.org/site/c.liKWL7PLLrF/b.2642327/k.5899/FAQ\\_About\\_Spina\\_Bifida.htm](http://www.spinabifidaassociation.org/site/c.liKWL7PLLrF/b.2642327/k.5899/FAQ_About_Spina_Bifida.htm) Resource- *Spina Bifida*

<http://www.nationalmssociety.org/index.aspx> Resource- *MS Society*