

## Julie Johnson, M.D., leads Cerebral Palsy Study

Dr. Julie A. Johnson, Medical Director of Rehabilitation Programs at Children's Care Hospital & School, led Children's Care in a study published in August 2007 issue of the Journal of Pediatrics. This study involved Children's Care physical therapist Lois Vogel, MS, PT, PCS, and researchers from North Carolina, Virginia, Delaware, Ohio, and Pennsylvania who are members of the North American Growth in Cerebral Palsy Project (NAGCePP).

This particular study looked at the growth and nutrition between children with Cerebral Palsy (CP) who lived in a home environment and those who lived in a residential care facility. The study is titled "Growth and Nutritional Status in Residential Center versus Home-Living Children and Adolescents with Quadriplegic Cerebral Palsy."

More than 205 children and adolescents with moderate to severe CP living at home were assessed, as were 75 children living in a residential care facility. Those studied included some from Children's Care, who participated with the consent of their parents. This was a joint effort involving other facilities and researchers who are members of the North American Growth in Cerebral Palsy Project (NAGCePP).



(Left to Right) Lois Vogel, MS, PT, PCS; Julie Johnson M.D.; Anne Bensen, Therapy Aide; Rozanne Binkerd, Therapy Aide/ David Rosenbaum, Therapy Aide

Overall, results indicated that children in residential care grew differently than children living at home. Results showed a positive association of residential care with growth and nutrition. Reasons may relate to children living in residential care facilities having complex health-care needs that involve 24/7 nursing care and easy access to physicians. Facilities also have the support of professional therapeutic and dietary support to assist in delivering nutrition to the children. "We always like to see children living in their own homes, but sometimes a second home like Children's Care is a better setting for children whose needs are great," says Dr. Johnson. "The family still provides the love and support, but are relieved by the expert care provided by a 24-hour, specialized staff."

This study did not involve any out-of-the-ordinary practices. "We can never take for granted that we have all the answers; we must keep pushing to learn more so that we can help more", says Children's Care CEO Dianna Rajski.



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