

## MULTIDISCIPLINARY APPROACH OF CHILDREN WITH CEREBRAL PALSY AND MENTAL RETARDATION IN OUR CLINIC

**M. Nae**<sup>1</sup>, V. Morcov<sup>2</sup>, L. Preduca<sup>2</sup>, L. Padure<sup>3</sup>

<sup>1</sup>Child and Adolescent Psychiatry, CMI Dr. Nae Mihaela, <sup>2</sup>Psychology, <sup>3</sup>Rehabilitation, National Medical Center of Neuropsychomotor Rehabilitation for Children Dr. Nicolae Robanescu, Bucharest, Romania

**Introduction:** The large number of children with neuromotor pathology associated with mental retardation met in our clinic made us approach this topic. We have chosen this study in order to reveal the benefit of multidisciplinary treatment of these children.

**Objectives:**

- assessment of children with cerebral palsy and mental retardation aiming an appropriate and individualized therapeutic plan.
- to draw a warning regarding the needs of therapeutic methods of children with cerebral palsy and mental retardation.

**Material and methods:** We studied 75 children diagnosed with cerebral palsy and mental retardation, evaluated between 2010-2011 in National Medical Center of Neuropsychomotor Rehabilitation for Children Dr. Nicolae Robanescu in Bucharest. Our methods were: observation, clinical interview with parents and children, Hamburg test and Portage guide.

**Results:** In our sample there were 30 girls and 45 boys, 46,66% from urban region, 53,33% from rural region, 53,33% with moderate mental retardation, 33,33% with mild mental retardation and 13,33% with severe mental retardation. Multidisciplinary therapeutic approach (kineto therapy, ergo therapy, psychological intervention and medication) led to improvement in motor and psychic skills. Periodical evaluation at 6 month contributed to an appropriate therapeutic intervention.

**Conclusions:** Data from our study confirms that early diagnosis and therapeutic intervention lead to improvement in skills of children with cerebral palsy and mental retardation and implicitly a better life quality. The approach of these children problems in a multidisciplinary team is determinant for obtaining better performances.