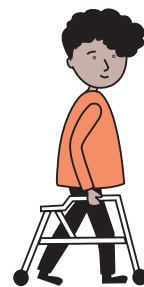
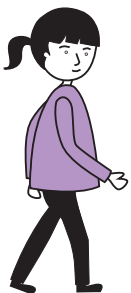


Healthy lungs for kids with cerebral palsy:

Part 2



This book is in 2 parts.

- Part 1 explains what kids can do to keep their lungs healthy. It also explains what things cause kids to get sick.
- Part 2 talks about the people who can help kids to keep their lungs healthy.

It also talks about medical tests and treatments.

You can get someone to help you:

- read this book
- know what this book is about.

You can ask for more information.



This book is written so it is easy to read. The first time we use hard words we write them in **blue**. Then we explain what the word in **blue** means.



You can get someone to help you:

- read this book
- know what this book is about

You can ask for more information.

Who made this book?



This book was written by:

- Noula Gibson, Physiotherapist, Perth Children's Hospital;
- A. Marie Blackmore, Researcher, The Kids Research Institute Australia;
- Anne B Chang, Respiratory Physician, Queensland University of Technology;
- Monica S Cooper, Paediatrician, Murdoch Children's Research Institute;
- Adam Jaffe, Respiratory Paediatrician, University of New South Wales;
- Katherine Langdon, Rehabilitation Paediatrician; Perth Children's Hospital;
- Lisa Moshovis, Speech Pathologist, Ability WA;
- Rachael Marpole, Respiratory Physician, Perth Children's Hospital;
- Breanna Caird, Physiotherapist, Perth Children's Hospital;
- Julie Depiazzi, Physiotherapist, Perth Children's Hospital;
- Andrew C Wilson, Respiratory Physician, Perth Children's Hospital.

The illustrations are by Gillian Northcott, Graphics Designer, Perth Children's Hospital.



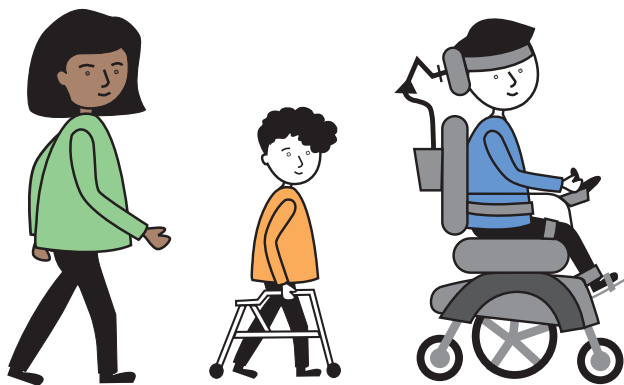
Acknowledgements

We thank the following people with lived experience, who advised us as we prepared this booklet: Wendy and Beth Langford, Lesley and Kyra Culloton, Smiling Campbell, Stacey Tasker, and Christina Lee.



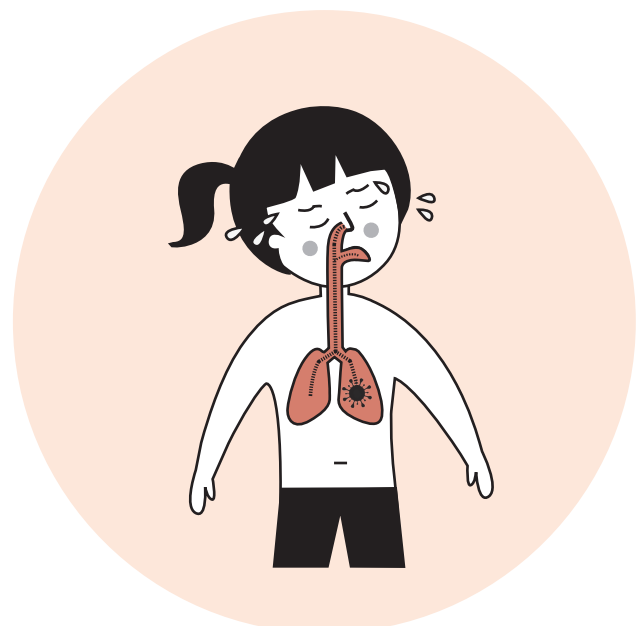
Who is this booklet about?

This booklet is about **sick**
kids with **cerebral palsy**.



That means children,
teenagers, and young
adults (up to age 25 years).

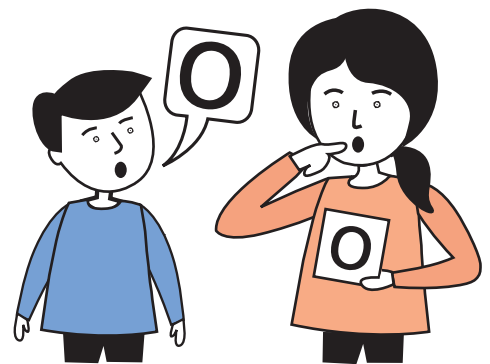
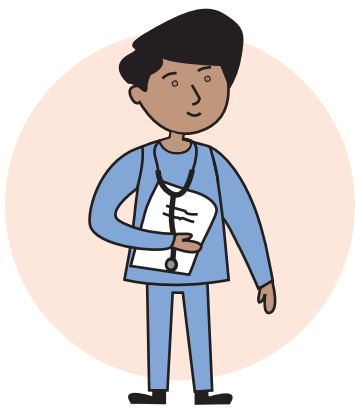
It means kids who get
sick in their **lungs**.



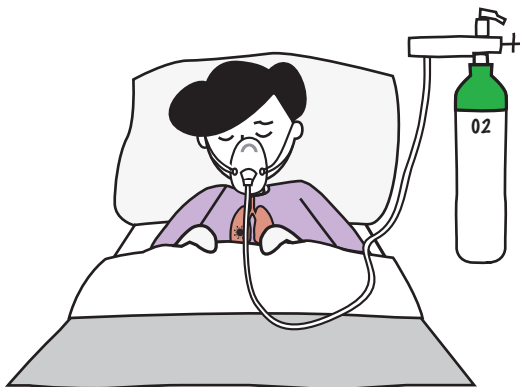
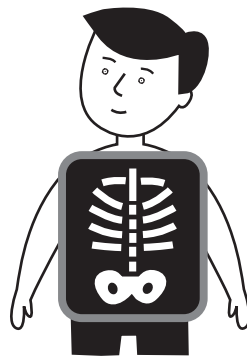
What's in Part 2?

This booklet explains:

- the people who help kids stay healthy (e.g., doctors, dentists, physios, speechies, dietician),



- medical tests to find out more about kids' health (e.g., X-rays), and



- treatments to help kids with any health problems (e.g., medicines).

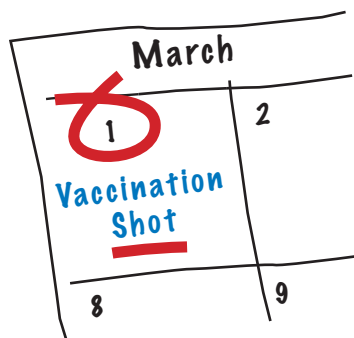
People who help sick kids with cerebral palsy

These people can help kids to stay healthy.



If kids get sick, these people can help them get better.

You need an appointment to see these people.



GPs and Dentists

General practitioners

are called GPs for short.
A GP is a family doctor.
GPs treat children
and adults when
they become sick
or injured.



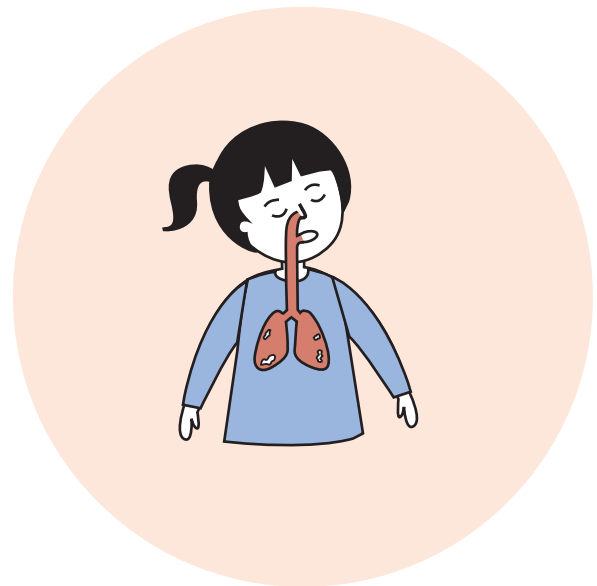
Dentists check your teeth
to see if they are healthy.
Dentists fix tooth problems.

Physiotherapists



A **physiotherapist** is called a physio (pronounced “FIZZY-oe”) for short. Physios help kids move.

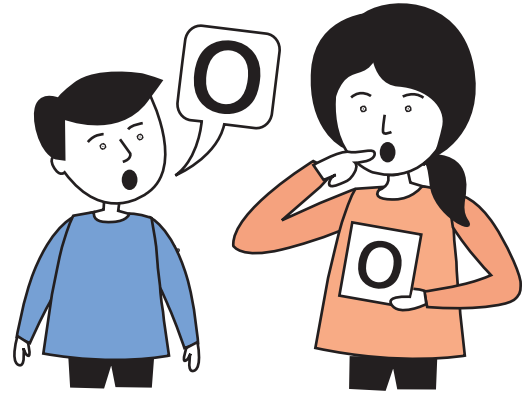
When kids get a lung sickness, they can get sticky fluid in their lungs. This is called phlegm (pronounced “flem”).



Physios can show kids how to get phlegm out of their lungs.

Speech pathologists and Respiratory physicians

Speech Pathologists are called speechies for short. Speechies help kids talk and communicate.



They also help kids to eat and drink safely, especially if kids have trouble swallowing.

Respiratory physicians (pronounced “resp-PIR-a-tree fiz-ISH-uns”) are lung doctors. They help kids who have trouble breathing.



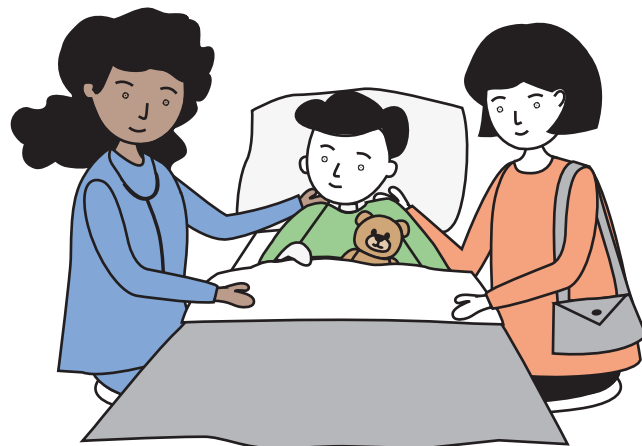
Paediatricians

Paediatricians (pronounced “pee-dee-ah-TRISH-uns) are specialist children’s doctors.



They measure children’s growth and watch their health.

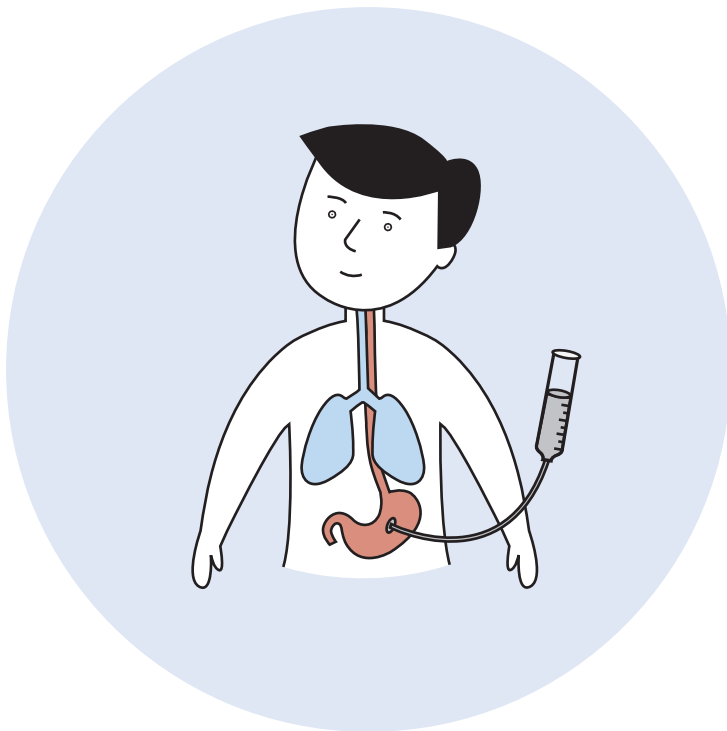
They also give medical treatments when children get sick.



Dietitians

Dietitians

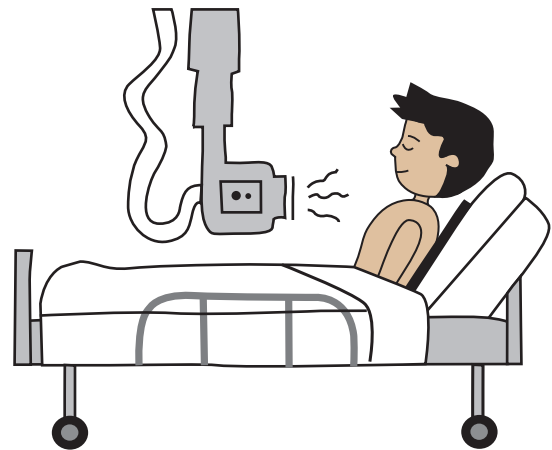
(pronounced “dy-a-TISH-uns”)
give advice about healthy eating.



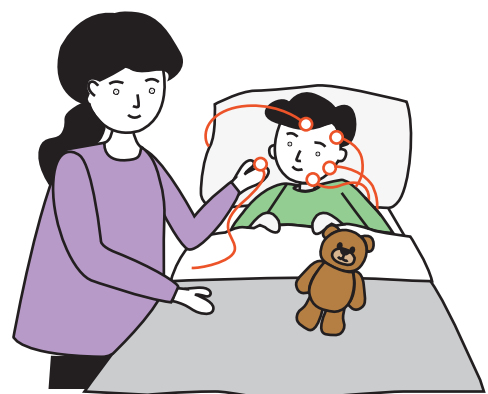
They also help kids who
receive food and drink
through a tube.

Medical tests

Doctors sometimes send kids for **medical tests** to find out more about their health.



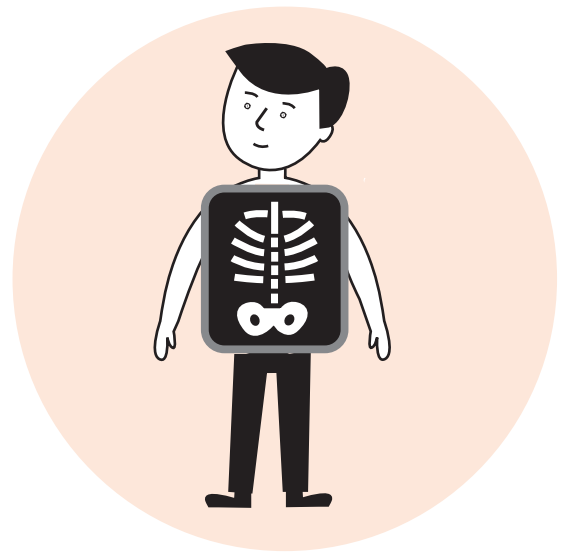
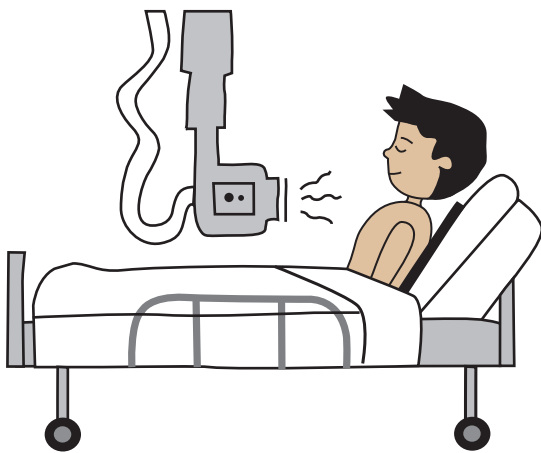
Here are some of the tests kids might have.



None of them hurt.

Chest X-ray and Chest CT

Chest X-ray. A chest X-ray takes a picture of kids' chest and lungs.



Chest CT. A chest CT takes a picture of kids' chest and lungs. It shows even more than the chest X-ray.

Videofluoroscopy and Sleep study



Videofluoroscopy

pronounced

(“vi-dee-oe-floo-ROS-cop-ee”)

is a moving X-ray of kids’
swallowing.

It shows if any food and drink is
going into the lungs.

Sleep study

This is an overnight test
in hospital.

It measures kids’ brain
signals and breathing
while they are sleeping.

Kids sleep with stickers
on their head and body.



Sputum culture



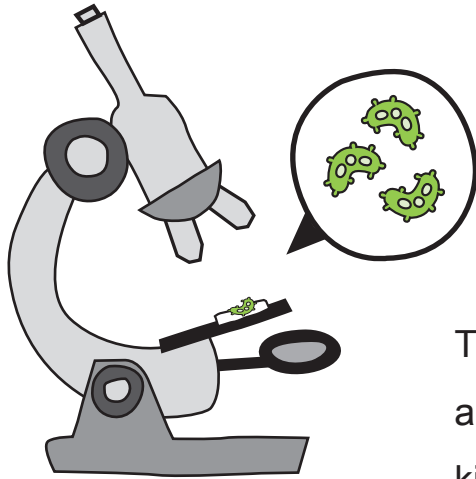
A **Sputum culture**
(pronounced
“SPEW-tum KUL-chah”)
tests the germs in phlegm.

If they can, kids cough some
phlegm into a cup.



If a kid can't cough up phlegm,
then a suction tube is used to
take some phlegm gently from
the kid's throat.

Sputum culture



Then the phlegm is tested in a laboratory to find out what kinds of germs are in it.

This helps doctors to give the right medicine to help kids get better.

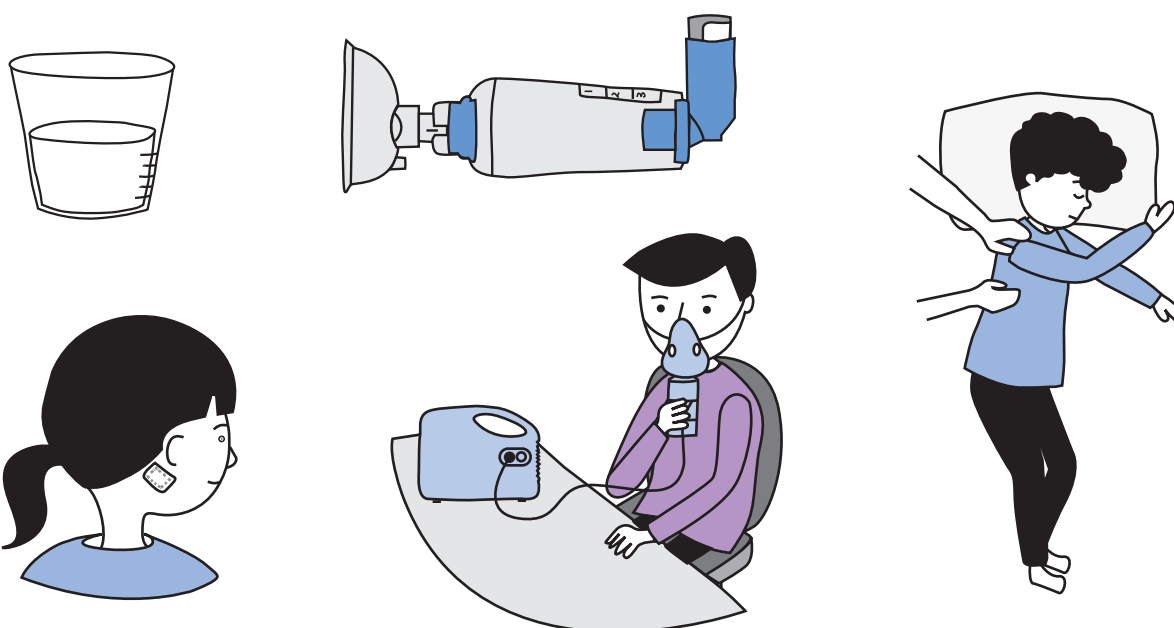


Treatments

If a kid with CP gets sick in the lungs, it is important for them to get checked.



There are many treatments to help sick kids with cerebral palsy.



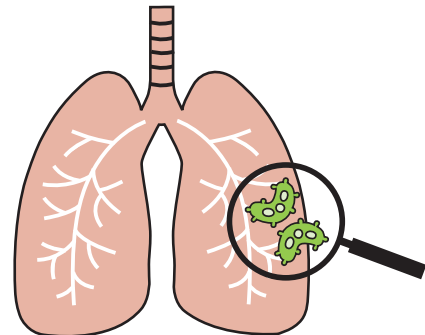
Different kids get different treatments.

Medicines: Antibiotics



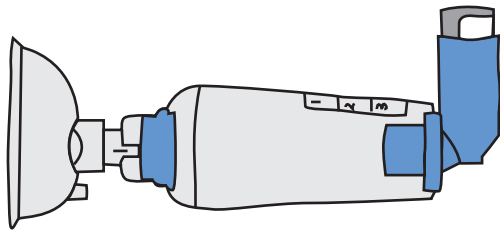
Antibiotics (pronounced “an-tee-by-O-tix”) are medicines for coughs.

Antibiotics are used for certain kinds of germs called bacteria (pronounced “bak-TEE-ree-uh”).



Antibiotics are also used for coughs that won't go away.

Medicines: Puffers and mucolytics



Puffers contain medicines that help kids with trouble breathing.

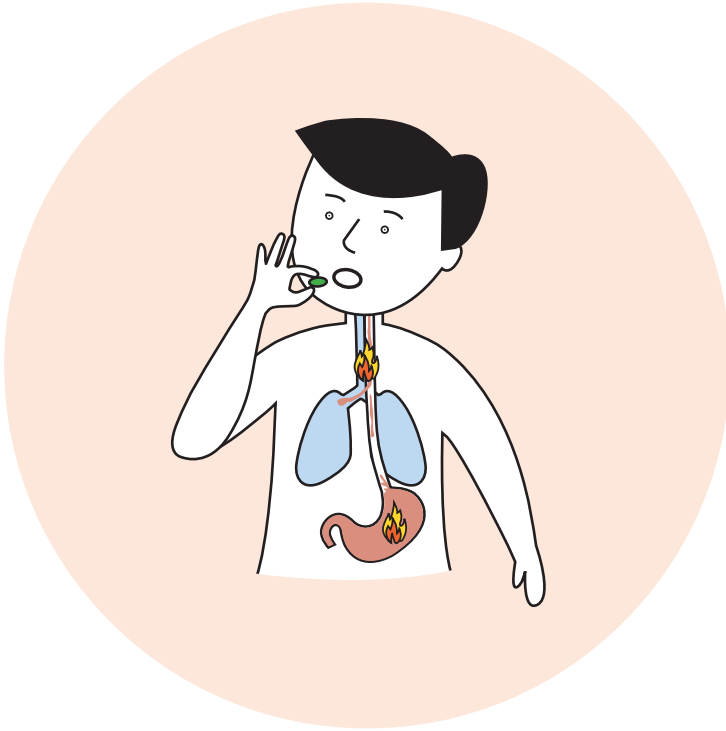
Mucolytics

(pronounced “mew-ko-LI-tix”) are medicines that make phlegm more runny.



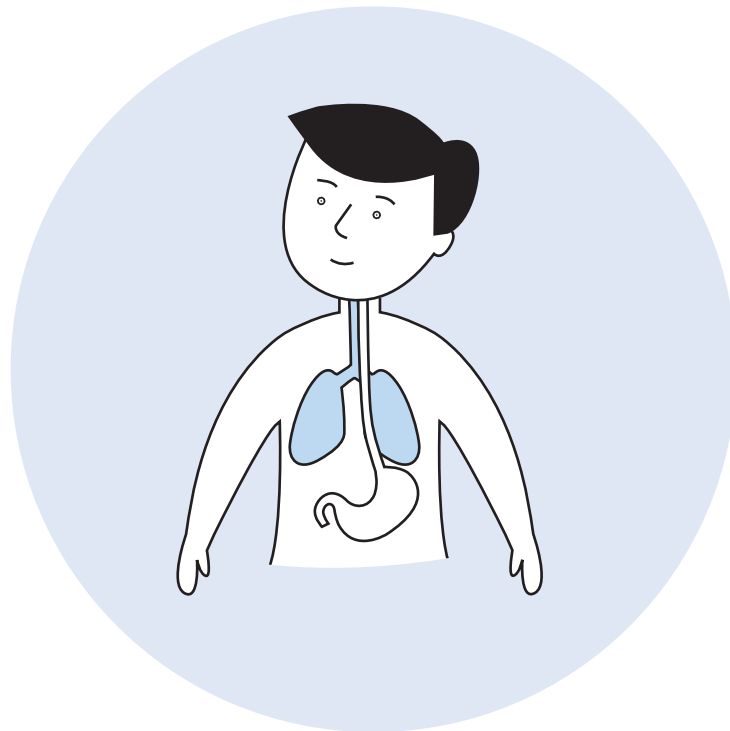
This makes it is easier to cough up phlegm and clear the chest.

Medicines for reflux



Reflux (pronounced “REE-flux”) medicines are used when food and drink comes up from the stomach into the throat.

Reflux medications stop the burning feeling.



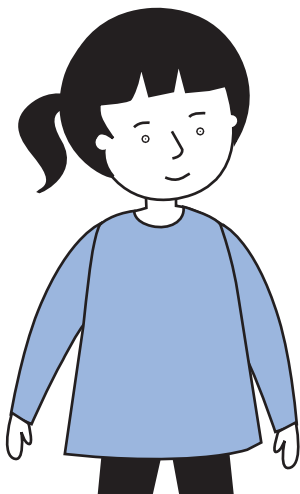
Medicines for spit



A medicine to dry up spit can help kids if they cannot swallow their spit.



A hyoscine patch is a medicine that goes on the neck.



When the patch is on, kids have less spit coming out of their mouth.

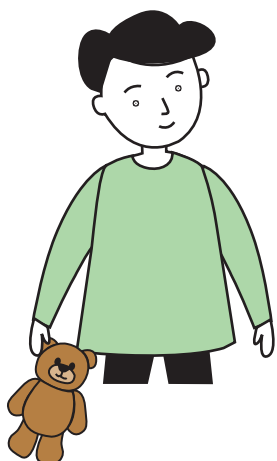
Medicines for spit

Botulinum toxin is often called **botox** (pronounced “BOE-tox”).



Botox can help kids when too much spit goes into their lungs.

Botox is injected through a needle near the jaw.



After Botox kids have less spit coming out of their mouths.

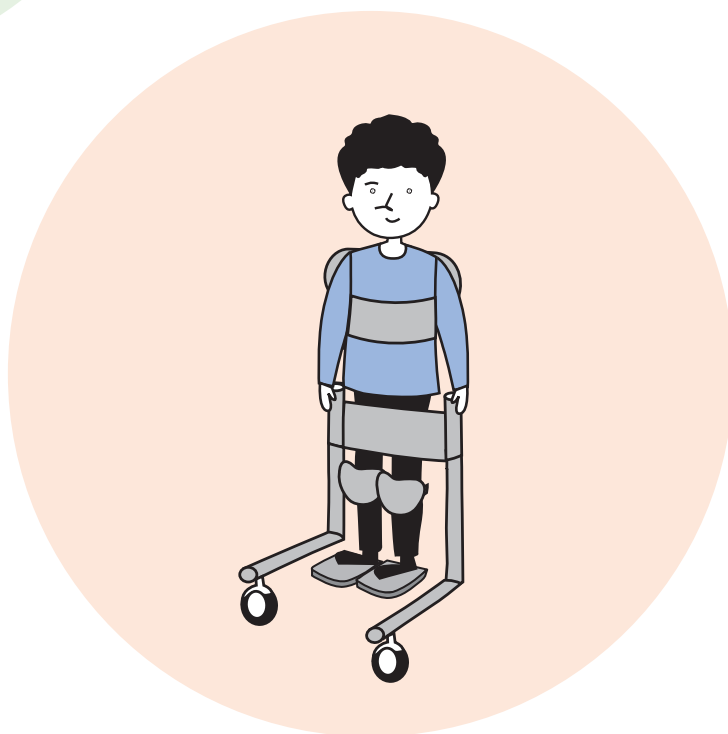
Physiotherapy treatments: Positioning

Positioning makes sure kids change their position a lot.



It also makes sure they sit or stand in a good posture.

This helps them to breathe better.



Physiotherapy treatments: Chest physiotherapy and suctioning

Chest physiotherapy is a way of tapping the chest to bring up the phlegm, and keep the lungs clear.



Once the lungs are clear, kids can breath better.



Suctioning clears spit and phlegm from the mouth and throat. It helps kids breath better.

Treatments to help kids get their food and drink safely

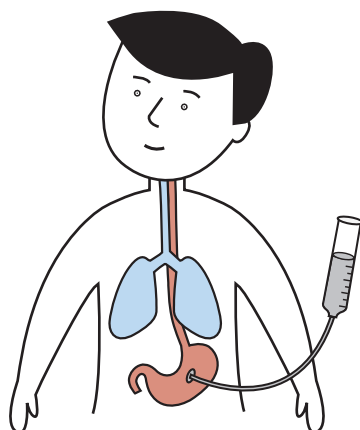


Thickened foods and drinks are good for kids with trouble swallowing because they are easier to swallow.

Thickened foods and drinks don't go down the wrong way as much.



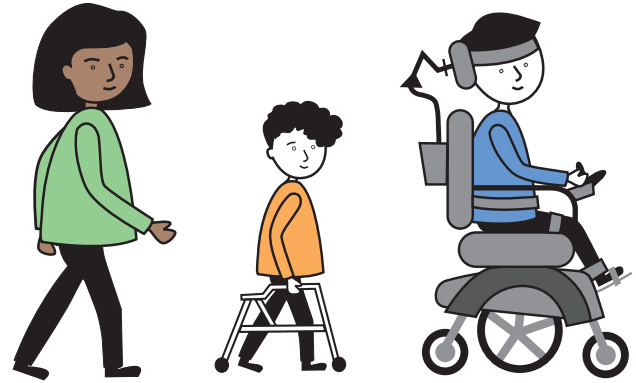
Tube feeding is for kids who cannot swallow food and drink safely.



The tube takes the food and drink straight into the stomach, without needing to swallow it.

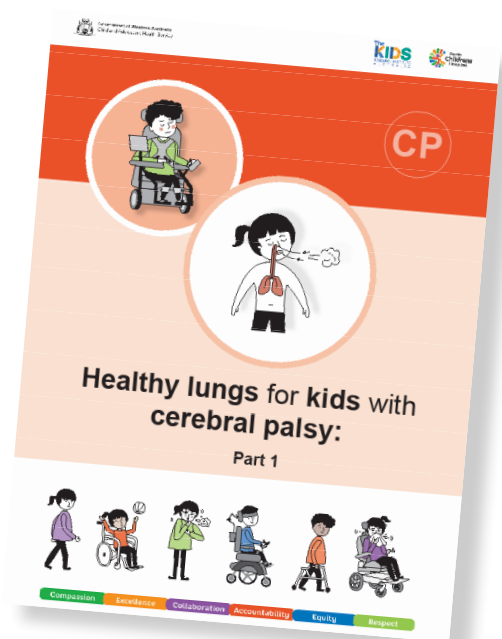
Conclusion

There are many ways kids with cerebral palsy can do to help keep their lungs healthy. Every kid is different. Different kids need different treatments.



You, your family, and your doctors and therapists will all work together to make sure you stay as healthy as you can.

To learn more about healthy lungs for kids with cerebral palsy, read Part 1 of this booklet.



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Government of **Western Australia**
Child and Adolescent Health Service



Perth Children's Hospital



For more information [scan the QR code](#)
or [visit thekids.org.au/cpchecklist](https://thekids.org.au/cpchecklist)

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