

Questions

1. What was the main objective of Silva et al.'s systematic review?
 - a) To compare pharmacological interventions in CP
 - b) To evaluate motor therapy outcomes only
 - c) To identify suitable and effective nutritional interventions for children/adolescents with CP
 - d) To assess parent satisfaction with feeding programs

2. Which reporting guideline did this systematic review follow?
 - a) CONSORT
 - b) STROBE
 - c) PRISMA
 - d) AMSTAR

3. How many studies were finally included in the review?
 - a) 10
 - b) 12
 - c) 15
 - d) 20

4. The review included participants aged 0–18 years with a diagnosis of CP.
 - a) TRUE
 - b) FALSE

5. How many total participants across included studies?
 - a) 328
 - b) 512
 - c) 658
 - d) 842

6. What was the most common CP type studied?
 - a) Spastic CP
 - b) Ataxic CP
 - c) Dyskinetic CP
 - d) Mixed types

7. What did most studies report regarding nutritional status in CP children compared to typically developing peers?
 - a) Better nutritional status due to higher energy expenditure
 - b) Worse nutritional status, with a higher risk of malnutrition
 - c) Similar nutritional status when adjusted for age and sex
 - d) Improved nutritional status only in children receiving enteral feeding
 - e) No consistent differences in nutritional status across studies

8. What kind of supplementation showed benefits?
 - a) Hypercaloric & hyperprotein formulas
 - b) Herbal supplements
 - c) Homeopathy
 - d) None

9. Which classification system was often used to assess motor function in these studies?
 - a) GMFCS
 - b) MACS
 - c) PEDI
 - d) Bayley Scales

10. Which issue was most directly linked to impaired nutritional intake?
 - a) Vision problems
 - b) Oro-motor dysfunction
 - c) Sleep disturbances
 - d) Behavioral issues

11. Food texture modification (purees, semi-solids) was found to help improve nutritional intake.
 - a) TRUE
 - b) FALSE

12. According to Sullivan et al., what was the approximate energy intake achieved by G-tube-fed patients compared to oral-fed?
 - a) 40% vs 20%
 - b) 57% vs 69%
 - c) 69% vs 57%
 - d) 90% vs 80%

13. Which tool was used for assessing bias in randomized clinical trials?
 - a) ROBIS
 - b) Newcastle-Ottawa scale
 - c) RoB 2 (Cochrane tool)
 - d) QUADAS-2

14. Which outcome improved with homemade functional food shakes in Mexico (Leal-Martínez et al.)?
 - a) Gross motor function
 - b) Sleep quality
 - c) IQ scores
 - d) Visual perception

15. What was the main conclusion of the review?
 - a) Nutrition is irrelevant in CP
 - b) Supplementation, enteral feeding, and texture modification improve nutritional outcomes in CP
 - c) CP children should avoid supplementation
 - d) Parents should be solely responsible for feeding plans