

LEVEL OF CARDIORESPIRATORY FITNESS AMONG CEREBRAL PALSY CHILDREN ATTENDED AT CRP: CROSS- SECTIONAL STUDY

Renuka Suwal

Part – II, M. Sc. in Rehabilitation Science
BHPI, CRP, Savar, Dhaka-1343
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University of Dhaka



ABSTRACT

Purpose: To find out the level of cardiorespiratory fitness among cerebral palsy children with Gross Motor Function Classification Scale I and II.

Objectives: The aim of this study was to determine the cardio-respiratory fitness level among cerebral palsy children.

Methodology: Cross-sectional study was conducted among 76 children those who attained CRP including William and Marie Taylor School.

Result: Cerebral Palsy children with GMFCS I and II has a great effect on types of CP. As it shows 54% right side hemiplegia has the highest number with the GMFCS 79% of participants. It shows the number of participants with GMFCS I was twice as GMFCS II. Distance covered in 6MWT and number of pauses during test shows the positive outcome. The association between 6MWT and GMFCS also shows the significant result.

Conclusion: The Cardiorespiratory fitness training (6MWT) has a strong positive effect towards still standing times & involve limbs with GMFCS as P-value (0.000), whereas, GMFCS, types of CP, involve limbs, 6MWT with number of pauses has a positive effect having the individual value less than ($p < 0.05$). Similarly, age of patients, still standing times, affected sides with GMFCS is not significant because the individual variables values are more than ($p < 0.05$).

Key words: Cerebral palsy, Cardio-respiratory fitness, GMFCS I and II