

Factors Associated with Malnutrition in Children with Cerebral Palsy Aged 2 to 17 Years at Public Health Facilities in Greater Soroti: A Case-Control Study

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Abstract

Background: In Uganda, the prevalence of malnutrition in Children with CP and adolescents is high at 64%, with stunting at 55% (Lukia Hamid Namaganda, 2023). however, there is a gap in data regarding prevalence of malnutrition and associated factors among children with cerebral palsy in greater Soroti. This study therefore provides information on the factors associated with malnutrition in children with CP in Soroti.

Methodology: A case-control study design was used. The study was matched by sex in the ratio 1:1 of cases to controls. Cases were the children with CP, with malnutrition: controls were children with CP, without Malnutrition. Data was collected using semi-structured questionnaires, medical records analysis, FGD, and KIIs. Stata BE (17) used for analysis were Descriptive statistics, bivariate and multivariate analysis were done.

Results: A total of 188 participants were recruited, i.e. 94 cases and 94 controls. 39.36% were females and 60.64% were males. Key findings were: On average the level of malnutrition in Children with CP in public health facilities is at 62.4%. the individual factors were; presence of chronic disease, having feeding difficulties, having ≤ 3 feeds per day. Socio demographic factors were rural place of residence, caretaker having no occupation and Health system factors were weekly health facility visits, weekly nutritionist visits.

Conclusions: Having, chronic diseases, feeding difficulties, fewer feeds per day, rural place of residence, weekly health facility and nutritionist visit contribute to malnutrition in CP.

Recommendations: Policy development and amendment of existing policies regarding persons with disabilities, Advocacy for CP, health worker capacity building programs.

Keywords: Factors Associated, Malnutrition, Children with Cerebral Palsy, Aged 2 to 17 years, Public Health Facilities, Greater Soroti, A Case-Control Study.

