

## Experience with cannabidiol (CBD) in the multimodal management of children and young adults with Cerebral palsy (CP) and complex comorbidities.

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### **INTRODUCTION**

The «Center of Developmental and Pediatric Neurorehabilitation» (C.D.N) in Switzerland is a neuropediatric competence centre for children and adolescents diagnosed with acquired and innate brain pathologies. The aim of our experience-based study is to describe the experience in our centre with a regimen of medical cannabidiol oil. CBD is a non-psychotomimetic substance with a promising therapeutic potential in different medical conditions.

### **PATIENTS AND METHODS**

The included patients were diagnosed severe spastic CP, refractory epilepsy and different comorbid conditions such as chronic pain, sleep disorders, irritability and nausea.

The selected formula contained CBD in sunflower oil for a sublingual application.

Clinical effects were assessed with semi-quantitative questionnaires.

### **RESULTS**

Promising results were reported in management of the refractory epilepsy, with two patients who became seizure-free. Unsatisfactory results were observed concerning decreasing of severe spasticity. Very good results were shown regarding reduction of irritability, pain and nausea and amelioration of sleep quality.

### **CONCLUSION**

Literature shows strong evidence for clinical benefits of CBD in different medical conditions. Our experience with CBD on a population of children and young adults with CP and complex comorbidities is varied and depends on the symptom/disease treated. In the long term therapy ineffective results were shown in decreasing of severe spasticity as opposed to very good results in controlling the number of seizure in patients with refractory epilepsy. CBD appears as well as a good ally in clinical management of additional symptoms (irritability, pain, sickness and sleep disorders) in multiple comorbidity patients, improving quality of life.