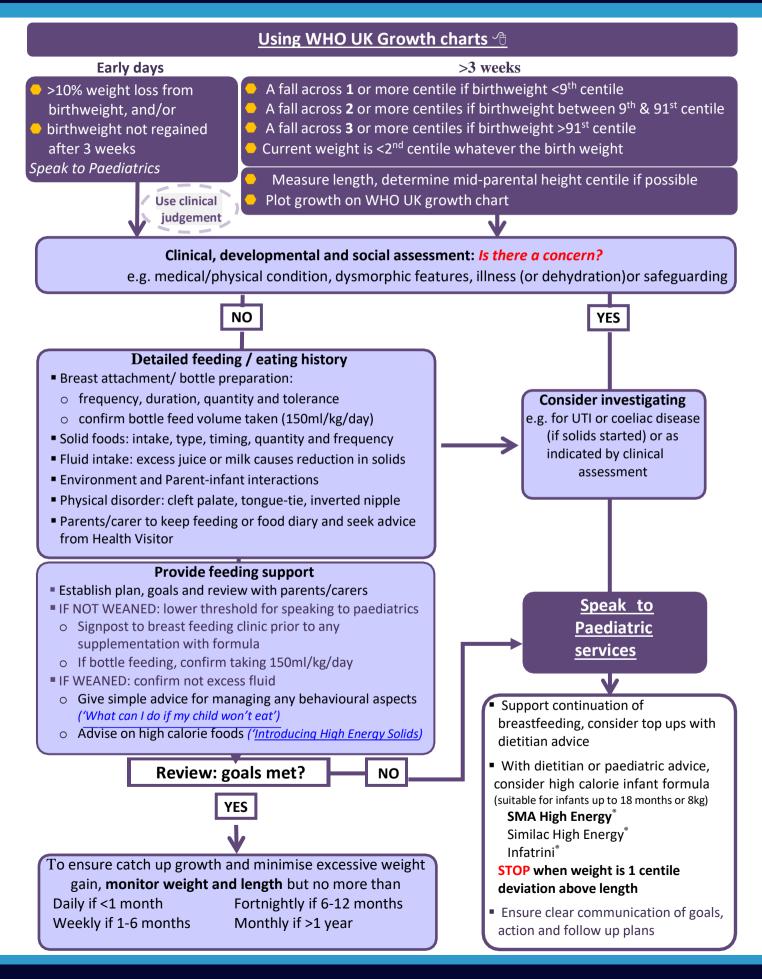
Faltering Growth Pathway











Symptoms and diagnosis

Faltering Growth is not a condition in itself – there are lots of different possible explanations, with feeding problems being the most common.

- UK WHO growth charts should be used to plot weight, length and head circumference.
 - The weight / length of an infant need to be measured properly to interpret changes in pattern:
 - Use only appropriate scales/equipment that are regularly serviced and/or calibrated
 - Remove clothing and nappies before weighing
 - Ensure staff is skilled and practiced
- Crossing down centiles might not be a cause for concern, e.g. babies from mothers with gestational diabetes. Use your clinical judgement.
- If a child is not growing at the expected rate, it is important that this is picked up at an early stage and the reasons investigated e.g. dehydration, acute illness, iron deficiency anaemia, CMPA, Coeliac disease, GORD or a child safeguarding issue.
- In the majority of cases, there isn't an underlying medical problem, and a baby can be successfully treated at home.

Treatment

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Early days: provide feeding support as per NICE NG194 <u>www.nice.org.uk/guidance/ng194</u> 'Postnatal Care' **Under 6 months:**

Check frequency and timing/volume of feeds, as well as breastfeeding and/or bottle preparation technique. An infant's requirements are around 150mls/kg/day and most will need one or more feeds during the night.

Ensure breastfed baby has seen a breastfeeding specialist before supplementation top ups (expressed breast milk of normal formula) are started.

6 months and over:

Ensure appropriate solids are offered at regular intervals; ask about volume and frequency of milk and solids food. Once a food routine is established, milk intake should be around 500-600mls a day. More than that may compromise appetite for solids.

Review and discontinuation of treatment

- All infants on high energy formula will need growth (weight and length) monitored to ensure catch up growth occurs but also prevent excessive weight gain.
- Paediatric Dietitians or Paediatricians should advise if/when the formula should be stopped.

Formula	Presentation	Details	Key Points
SMA High Energy [®] (Nestle)	200mls	100kcals/100mls	Ensure regular
Similac High Energy [®] (Abbott Nutrition)	200mls	From birth to 18months	weight/length
Infatrini [®] (Nutricia)	125/200mls	or up to 8kg	monitoring

Useful resources for parents and health professionals

- NHS choice website: <u>www.nhs.uk/Conditions/pregnancy-and-baby/Pages/help-baby-enjoy-foods.aspx</u>
- Faltering growth: recognition and management of faltering growth in children NICE guidance [NG75] <u>www.nice.org.uk/guidance/ng75</u> (2017)
- Faltering growth NICE Quality Standard [QS197] <u>www.nice.org.uk/guidance/qs197</u> (2020)
- WHO growth charts <u>https://www.rcpch.ac.uk/resources/growth-charts</u>