

North of Tyne, Gateshead and North Cumbria Area Prescribing Committee

Guidance for the management of Growth Faltering in Primary Care 2021 (Review 2024)

An electronic version of this document can be viewed/ downloaded from the North of Tyne and Gateshead Area Prescribing Committee Website:

<http://www.northoftyneapc.nhs.uk/documents/guidelines-and-statements>

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Introduction

These guidelines were developed to help assist GPs and Health Visitors on the use of prescribable infant formulae, in line with ACBS indications, for growth faltering in infancy.

These guidelines advise on

- Initiating prescribing
- Quantities to prescribe
- Which products to prescribe
- When onward referral to dietetic or specialist care should be considered

Contact details

Newcastle upon Tyne Foundation Trust Paediatric Dietitians	0191 2824812
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Faltering Growth

Faltering growth is used to describe a lower weight or rate of weight gain than expected in childhood and is measured using the correct growth charts.

Symptoms and diagnosis

Growth faltering should be considered when:

Weight falls across 1 or more centile space and birth weight was below 9th centile **or**
Weight falls across 2 or more centile spaces and birth weight was between 9-91st centiles **or**

Weight falls across 3 or more centile spaces and birth weight was above 91st centile **or**

Current weight is below 2nd centile regardless of birth weight.

If weight loss is greater than 10% in the early days of life and birth weight has not been regained by 3 weeks of age.

Onward referral

Infants with growth faltering should be referred to paediatrics and paediatric dietetic services without delay.

Management/ Treatment

For formula fed infants (with no known milk allergy) an equivalent volume of high energy formula to the child's usual formula should be prescribed in primary care until an assessment can be performed and recommendations made by paediatric dietitian or paediatrician. NB 1 floz = 30 mls.

Where all of the nutrition is provided by a feeding tube (NG/ NJ/ gastrostomy), the paediatric dietitian will provide information on appropriate monthly amounts of formula required; this may exceed the guideline amount for other infants.

For breast fed infants

Be aware that supplementary feeding with an infant formula, in breast fed infants, may help weight gain but often results in cessation of breast feeding. Support the mother to continue breast feeding, advise to express to promote milk supply and feed expressed breast milk before giving infant formula.

Review and discontinuation of treatment

- All infants on a high energy formula will need their growth (weight and length) monitored at least monthly to ensure catch up growth occurs.
- Once catch up growth occurs the formula should be reviewed and decreased or stopped to prevent excessive weight gain; ideally this should be done under paediatric dietetic supervision.

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Products available on prescription

Product name, size and manufacturer	Age of use	Description
<p>SMA High Energy 200ml carton. Can be kept in fridge for up to 24 hours after opening.</p> <p>Nestle Nutrition</p> <p>(£2.01 per 200ml June 2020)</p>	Birth to 18 months	<p>1kcal/ml, 100% whey based, ready to use formula.</p> <p>Nutritionally complete up to 6 months. Protein is partially hydrolysed for easier digestion.</p> <p>Halal and Kosher approved.</p>
<p>Similac High Energy 200ml bottles</p> <p>Abbott Nutrition</p> <p>(£2.50 per 200ml June 2020)</p>	Birth to 8kg	<p>1.0kcal/ml ready to use infant formula. Casein dominant formula (60:40) Nutritionally complete.</p> <p>Halal and Kosher approved.</p>
<p>Infatrini 200ml bottles and 500ml Optri bottles</p> <p>Nutricia</p> <p>(£2.56 per 200ml June 2020)</p>	Birth to 18 months or <9kg	<p>1.0kcal/ml ready to use infant formula. Casein dominant formula (60:40) Nutritionally complete.</p> <p>Halal and Kosher approved.</p>
<p>Infatrini Peptisorb 200ml bottles *should be started in secondary care</p> <p>Nutricia</p> <p>£3.92 per 200ml June 2020)</p>	Birth to 18months or <9kg.	<p>1.0kcal/ml ready to use infant formula. Protein is extensively hydrolysed to be used for intolerance to whole protein. Nutritionally complete.</p> <p>Kosher approved.</p>

References

NICE Faltering growth guideline (NG75) June 2018
Clinical Paediatric Dietetics, 5th Edition, Shaw.V, 2020