|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Birth** | **\*Centile** | **Most recent** | **Centile** | **Weight gain** |
| **Date** |  |  |  |  | *Average over last week* |
| **Weight** |  grams |  |  grams |  |  g/kg/day |
| **Head**  |  cm |  |  cm |  |  cm/week |
| **Length** |  cm |   |  cm |  |  cm/week |

*\*Record to nearest centile e.g. <10th, >2nd etc.*

|  |  |  |  |
| --- | --- | --- | --- |
| **BIOCHEMISTRY** | **mmol/L** | **Date** | **Comment** |
| **Sodium** |  |  |  |
| **Phosphate** |  |  |  |
| **\*** |  |  |  |
| **\*** |  |  |  |
| **\*** |  |  |  |

*Consider: \*Hb, urea, albumin, calcium, CRP, alk phos, specific micronutrient levels*

**DIET: actual intakes in last complete 24hr period** **Working weight:** **kg**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **PARENTERAL** | **\*Volume****(mL)** | **ml/kg****A** | **Calories/mL****B** | **Kcal/kg/day****A x B** | **Protein/mL****C** | **g/kg/day****A x C** |
| **Numeta G13E****(central)** |  |  | 0.91 |  | 0.031 |  |
| **Numeta G13E****(peripheral)** |  |  | 0.68 |  | 0.024 |  |
| **Lipid/SMOF** |  |  | 1.8 |  | 0 |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MILK** | **\*Volume (mL)** | **ml/kg****A** | **Calorie/mL****B** | **Kcal/kg/day****A x B** | **Protein/mL****C** | **g/kg/day****A x C** |
| **Breastmilk** |  |  | 0.65 |  | 0.012 |  |
| **Fortified BM** |  |  | 0.80 |  | 0.022 |  |
| **Preterm milk formula** |  |  | 0.80 |  | 0.025 |  |
| **Term milk formula** |  |  | 0.67 |  | 0.018 |  |
| Other |  |  |  |  |  |  |
| **Total intakes****PN + Milk** |  |  |  |  |  |  |

$*If no enteral intake for >2 weeks discuss with dietician & consider measuring micronutrient concentrations*

**CLINICAL**

|  |  |  |
| --- | --- | --- |
| **Condition** |  | **Comment** |
| Acute sepsis/NEC |  |  |
| Stoma / increased losses |  |  |
| Chronic lung disease /BPD |  |  |
| Rashes / poor wound healing |  |  |
| Other |  |  |

**Current Rx** (circle): Probiotic Sodium Vitamins Phosphate Iron Fortifier Other\*

*\*e.g. additional vitamins e.g. ADEK, calcium,*

**EVALUATION & ENVIRONMENT**

**A – Growth** Acceptable / Sub-optimal **Growth chart** updated Yes/No

*Comment/action:*

**B - Bloods** Acceptable / Sub-optimal **Tests ordered**: U&E Bone LFT Micronutrients

**C – Clinical** *comments:*

**D – Diet** Acceptable / Sub-optimal **Rx to start:** Probiotic Na+ PO4- Vitamin BMF Iron

|  |  |
| --- | --- |
| **Routine supplements** | **When to start** |
| Probiotic  | >20-30mls/kg/d of milk tolerated |
| Vitamin | ~100mls/kg/d of milk tolerated  |
| \*Breastmilk fortifier | ~100mls/kg/d of milk tolerated |
| \*Iron | Full feeds of breastmilk, >3 weeks postnatal age, no blood transfusion last week (check Ferritin? |

\* *needed when breastmilk is >50% of intake by volume*

**E – Environment**

|  |  |
| --- | --- |
| **Action / process** | **Comment** |
| Mother actively supported with BM expression? |  |
| NICU environment appropriate? |  |
| Is the baby demonstrating ‘feeding cues’? |  |
| Is specialist dietetic referral required? |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Weight ↓** |  | **Intakes** | **Parenteral** | **Enteral or mix** |
| **<30w: 17-21/kg/day** |  | **Energy** | 90-110kcal/kg/day | 110-135kcal/kg/day |
| **>32w: 15/kg/day** |  | **Protein** | 3.5g/kg/day | 3.5-4.5g/kg/day |

*Growth is best assessed when plotted on growth chart and time periods of at least 1 week*