

Nutrition Rounds – PEDS Rotation

History and Presenting Illness	ML is a 3 year old female with a history of prematurity (born at 30 weeks), necrotizing enterocolitis (stage I), perinatal subependymal hemorrhage (grade I), s/p bronch and adenoidectomy 5/29/15 with findings of subglottic stenosis (grade II), tracheitis, and recurrent croup admitted 7/23/15 for a laryngotracheal reconstruction with anterior costal cartilage graft from floating rib. Post-operative course complicated by klebsiella ventilator associated pneumonia and parainfluenza 4.																	
<div>Hospital Day #2-12 (7/24-8/3)<ul style="list-style-type: none">○ Central line and NG tube placed post op○ Nasotracheal tube on mechanical ventilation (extubated 8/3)</div>																		
Nutrition Assessment	<div><div>1. Baseline Anthropometrics<ul style="list-style-type: none">○ Ht: 101.6 cm○ Height Percentile: 75%○ Wt: 17.6 kg (38 lb 12.8 oz)○ Weight Percentile: 85%○ IBW: 15 kg○ IBW%: 117 %○ BMI: 17○ BMI Percentile: 87%</div><div>2. Food/Nutrition History<ul style="list-style-type: none">○ Current Diet Order: NPO<ul style="list-style-type: none">○ Tube Feeding Order: Pediasure 1 @ 60 ml/hr x 24 hrs (started on 7/24/15)○ Goal Tube Feeds Provide:<div>Total kcal: 1440 kcal Kcal/kg: 82 Total Protein (gms): 43.2 gm Protein/kg: 2.5</div></div><div>3. Feeding Volume</div><table><tr><td>7/24</td><td>7/25</td><td>7/26</td><td>7/27</td><td>7/28</td><td>7/29</td></tr><tr><td>Trickle feeds @ 10 ml/hr: Stopped – tachycardia</td><td>Maintained at 5 ml/hr</td><td>Advanced from 5 ml/hr to 15 ml/hr</td><td>Advanced from 15 ml/hr to 55 ml/hr: Stopped – NPO for procedure</td><td>From 25 ml/hr to goal of 60 ml/hr</td><td>At goal of 60 ml/hr</td></tr></table></div>						7/24	7/25	7/26	7/27	7/28	7/29	Trickle feeds @ 10 ml/hr: Stopped – tachycardia	Maintained at 5 ml/hr	Advanced from 5 ml/hr to 15 ml/hr	Advanced from 15 ml/hr to 55 ml/hr: Stopped – NPO for procedure	From 25 ml/hr to goal of 60 ml/hr	At goal of 60 ml/hr
7/24	7/25	7/26	7/27	7/28	7/29													
Trickle feeds @ 10 ml/hr: Stopped – tachycardia	Maintained at 5 ml/hr	Advanced from 5 ml/hr to 15 ml/hr	Advanced from 15 ml/hr to 55 ml/hr: Stopped – NPO for procedure	From 25 ml/hr to goal of 60 ml/hr	At goal of 60 ml/hr													

	7/30	7/31	8/1	8/2	8/3				
	Stopped, then back at goal of 60 ml/hr for half day	Stopped – NPO emesis/possible procedure	Restarted at 35 ml/hr advanced to 40 ml/hr	Held – emesis and extubation,	Rate started at 15 ml/hr to 30 ml/hr				
	<div>4. Estimated Nutrient Requirements<ul style="list-style-type: none">○ Calculating Weight: 17.6 kg○ Kcal/kg: 80○ Kcal/day: 1411○ Protein g/kg: 1.05○ Protein g/day: 19○ Fluid ml/kg: 80○ Fluid/day: 1411</div>								
Nutrition Diagnosis/PES	Swallowing difficulty related to intubation as evidenced by need for NG feeds.								
Nutrition Intervention	Recommend to advance feeding as soon as medically feasible								
Nutrition Monitoring and Evaluation	<ul style="list-style-type: none">• Monitor tolerance to diet / feeding as advanced• Monitor weight, labs and I & O								
Impression	Pt has received limited TF since admit due to not tolerating feeds, need for various procedures, and other complications. Only met feeding goal 3 out of 11 days.								
Hospital Day #13 (8/4) – Day 1									
Nutrition Assessment	<div>1. Noted Medical Events/ Subjective Data<ul style="list-style-type: none">○ Currently weaning HFNC and sedation requirements</div> <div>2. Anthropometrics<ul style="list-style-type: none">○ Wt: 17.6 kg (38 lb 12.8 oz)○ Weight Percentile: 85%</div> <div>3. Nutritionally Relevant Medications<ul style="list-style-type: none">○ Morphine, miralax, protonix, and ciprodex, cleocin, fortaz (antibiotics)</div> <div>4. Biochemical Data</div> <table><tr><td colspan="2">8/4</td></tr><tr><td>Na</td><td>141</td></tr></table>					8/4		Na	141
8/4									
Na	141								

	K	2.9**
	Cl	108
	CO ₂	22
	BUN	7
	Creat	0.45
	Glu	140
	Ca	9.4
5. Food/Nutrition History		
○ Current Diet Order: NPO		
○ Tube Feeding Order: Pediasure 1 @ 60 ml/hr x 24 hrs		
○ Goal Tube Feeds Provide:		
Total kcal: 1440 kcal		
Kcal/kg: 82		
Total Protein (gms): 43.2		
gm Protein/kg: 2.5		
6. GI Summary		
○ # Bowel Movements (past 24 hr): 1		
○ Emesis: 0 ml		
Nutrition Diagnosis/PES		Swallowing difficulty related to intubation as evidenced by need for NG feeds (now extubated)
Nutrition Goal		Patient to tolerate goal feeding infusion in 24 hours.
Nutrition Intervention		Continue current feeds with plan to advance to goal today.
Nutrition Monitoring and Evaluation		<ul style="list-style-type: none">• Monitor tolerance to diet / feeding as advanced• Monitor weight, labs and I & O
Impression		Pt discussed on rounds with PICU service. Feeds advanced from 40 to 50 ml/hr now, with increase to 60 ml/hr in next 4 hrs to meet goal. May be able to start PO diet in the next few days.
Hospital Day #14 (8/5) – Day 2		
Nutrition Assessment		<div>1. Noted Medical Events/ Subjective Data<ul style="list-style-type: none">○ Pt pulled dobhoff tube○ Drinking water and juice with no difficulty○ Experiencing withdrawal symptoms (sweating, vomiting, loose stools, twitching)</div> <div>2. Nutritionally Relevant Medications<ul style="list-style-type: none">○ Morphine, miralax, protonix, and ciprodex, cleocin, fortaz (antibiotics)</div>

	<p>3. Biochemical Data</p> <table border="1"> <tr><td colspan="2">8/5</td></tr> <tr><td>Na</td><td>142</td></tr> <tr><td>K</td><td>3.5</td></tr> <tr><td>Cl</td><td>109</td></tr> <tr><td>CO₂</td><td>21</td></tr> <tr><td>BUN</td><td>9</td></tr> <tr><td>Creat</td><td>0.45</td></tr> <tr><td>Glu</td><td>97</td></tr> <tr><td>Ca</td><td>9.4</td></tr> </table> <p>4. Food/Nutrition History</p> <ul style="list-style-type: none"> ○ Current Diet Order: General Diet with caution ○ Tube Feeding Order: d/c TF of Pediasure @ 60 ml/hr x 24 hr continuous <p>5. Intake</p> <ul style="list-style-type: none"> ○ Not interested in eating (consumed 0-25% of meals) <p>6. GI Summary</p> <ul style="list-style-type: none"> ○ # Bowel Movements (past 24 hr): 2 ○ Emesis: large (1x) 	8/5		Na	142	K	3.5	Cl	109	CO ₂	21	BUN	9	Creat	0.45	Glu	97	Ca	9.4
8/5																			
Na	142																		
K	3.5																		
Cl	109																		
CO ₂	21																		
BUN	9																		
Creat	0.45																		
Glu	97																		
Ca	9.4																		
Nutrition Diagnosis/PES	Inadequate oral intake related to agitation from medication withdrawal as evidenced by nursing po documentation																		
Nutrition Goal	Patient to consume at least 50% of meals.																		
Nutrition Intervention	Continue advancement of diet with caution and monitoring																		
Nutrition Monitoring and Evaluation	<ul style="list-style-type: none"> • Monitor tolerance to diet / feeding as advanced • Monitor weight, labs and I & O • Start maintenance fluids if pt not taking adequate po 																		
Impression	Patient discussed on rounds with PICU service. Patient pulled NG tube - TF discontinued. Speech unable to evaluate diet advancement until Monday so planning to advance to general diet with caution. Will monitor intakes.																		
<p>Celina saw 8/6 over weekend</p> <p>1. Diet Order: Pediatric General Diet</p> <p>2. Intake</p> <ul style="list-style-type: none"> ○ Not interested in eating (8/5-8/10 around 0-50% - “bites” of yogurt, apple juice, and ice cream) ○ On MIVF (D5W in 0.45% NS + KCl 20 mEq/L) 2/2 inadequate po intake <p>3. Appetite: Fair</p>																			

Hospital Day #19 (8/10) – Day 3 (Transferred from PICU to General PEDS unit)	
Nutrition Assessment	<ol style="list-style-type: none"> 1. Noted Medical Events/ Subjective Data <ul style="list-style-type: none"> ○ Experiencing some agitation, requiring a 1:1 sitter 2. Nutritionally Relevant Medications <ul style="list-style-type: none"> ○ Changed from D5W in 0.45% NS + KCl 20 mEq/L to D5W in 0.9% + KCl 20 mEq/L ○ Prevacid 3. Food/Nutrition History <ul style="list-style-type: none"> ○ Current Diet Order: Pediatric General Diet 4. Intake <ul style="list-style-type: none"> ○ 0-50% over past 2 days 5. Appetite: Good 6. GI Summary <ul style="list-style-type: none"> ○ # Bowel Movements (past 24 hr): 2 ○ Emesis: 10 ml (1x)
Nutrition Diagnosis/PES	Inadequate oral intake related to agitation from medication withdrawal as evidenced by nursing po documentation
Nutrition Goal	Patient will increase PO intake to 50-75% of meal consistently within 4 days.
Nutrition Intervention	<ul style="list-style-type: none"> • Continue current diet order • Monitor weights, labs, Intake/Output • Order snacks per pt mother request (yogurt for afternoon snack and ice cream for evening snack) • Recommend obtaining new weight
Impression	Pt has recently had inadequate po intake of 0-50% over past 2 days. Spoke with mom and pt had just consumed a 90% of a 6-inch subway sandwich consisting of cheese, lettuce and mayo with half a bag of ruffle chips, apple juice and a few sips of sprite. Pediatric general diet order is appropriate and pt is tolerating well. Ordered snacks per pt mother request. Will continue to encourage and monitor po intake. Recommend obtaining new weight (none taken since 7/24/15).
Hospital Day #21 (8/12) – Day 4	
Nutrition Assessment	<ol style="list-style-type: none"> 1. Noted Medical Events/ Subjective Data <ul style="list-style-type: none"> ○ None 2. Anthropometrics <ul style="list-style-type: none"> ○ Ht: 103 cm ○ Height Percentile: 81%

	<ul style="list-style-type: none"> ○ Wt: 16 kg (35 lb 4.4 oz) ○ Weight Percentile: 63% ○ BMI: 15 ○ BMI Percentile: 40% <p>3. Nutritionally Relevant Medications</p> <ul style="list-style-type: none"> ○ Prevacid <p>4. Food/Nutrition History</p> <ul style="list-style-type: none"> ○ Current Diet Order: Pediatric General Diet <p>5. Intake</p> <ul style="list-style-type: none"> ○ 25-75% over past 2 days <p>6. Appetite:</p> <ul style="list-style-type: none"> ○ Good <p>7. GI Summary</p> <ul style="list-style-type: none"> ○ # Bowel Movements (past 24 hr): 1 ○ Emesis: 0 ml
Nutrition Diagnosis/PES	Inadequate oral intake related to agitation from medication withdrawal as evidenced by nursing po documentation (resolved)
Nutrition Goal	Patient will continue PO intake of 50-75% of meal consistently.
Nutrition Intervention	<ul style="list-style-type: none"> • Continue current diet order • Monitor weights, labs, Intake/Output
Impression	Pt has increased intake to 25-75% over past 2 days. Pediatric general diet order is appropriate and patient is tolerating well.