

Dietetic Pocket Guide

paediatrics



Luise Marino PhD, RD

Rosan Meyer PhD, RD

Hinke Kruizenga PhD, RD

Nicolette Wierdsma PhD, RD



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Contributors and reviewers

Many thanks to all the contributors for reviewing chapters and giving feedback:

Sian Philips

Cystic Fibrosis Dietitian
Southampton Children's Hospital
Southampton
United Kingdom

Rebecca Weeks

Diabetes Dietitian
Southampton Children's Hospital
Southampton
United Kingdom

Hayley Kuter

Neurodisability Dietitian
United Kingdom

Konstantinos Gerasimidis

Senior Lecturer
University of Glasgow
Glasgow
United Kingdom

Shihaam Cader

Head of Department of Dietetics,
Red Cross War Memorial Children's
Hospital Cape Town
South Africa

Claire De Koker

Paediatric Dietitian
Medical Research Council
Tijgerberg
South Africa

Isabel Fischer

Dietitian Universitäts Kinderspital
Zürich – Eleonorenstiftung
Zürich
Switzerland

Tessa Kingma and Anita Stok

Dietitians from the department of
Nutrition and Dietetics
Amsterdam University Medical
centers
Amsterdam
the Netherlands

Sylvia Walet and Wendy Kastelijn

Dietitians department of Dietetics
Medical Center of Erasmus MC
Rotterdam
the Netherlands

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Introduction Dietetic Pocket Guide

paediatrics

The backbone to clinical care provided by the dietitian is a thorough nutritional assessment, which comprises anthropometrical assessment, review of biochemical markers, clinical assessment and dietary review. In this *Dietetic Pocket Guide paediatrics* we provide guidance on all of these factors including normative values for biochemical markers and most importantly we also provide guidelines for nutritional requirements which can be used for both hospitalised and outpatients. The information from the nutritional assessment, together with the history reported by the carers will allow you to develop your dietetic treatment plan, which can be used to evaluate the effectiveness of treatment.

The assessment of nutritional status is complex and in practice, doing this systematically, allows the healthcare professional to critically assess each parameter that will inform clinical practice (Table 1).

Table 1 Dietetic diagnostic toolkit

Somatic factors	Functional factors
<ul style="list-style-type: none"> ▪ Age, gender ▪ Anthropometry (body weight, head circumference, length/height, BMI) ▪ Appetite ▪ Body composition (lean BM/FFM Index, phase angle) ▪ Diagnoses and disease stage/ characteristics ▪ Energy expenditure ▪ Feeding difficulties and swallowing issues ▪ Food and fluid intake ▪ Gastrointestinal issues ▪ Hospital admission/surgery/treatment ▪ Laboratory test results ▪ Medication 	<ul style="list-style-type: none"> ▪ Activity pattern ▪ Exercise/sport ▪ Grip strength – older children ▪ Physical development
Psychological factors (parental and child)	Social factors
<ul style="list-style-type: none"> ▪ Anxiety ▪ Aversion ▪ Coping with loss ▪ Depression/psychological disorder ▪ Development/cognitive disorder ▪ Insight into disease ▪ Motivation/stage of behavioural change ▪ Stress ▪ Quality of life 	<ul style="list-style-type: none"> ▪ Activities/interests/hobbies ▪ Child in need/foster care ▪ Childcare/(type of) school ▪ Education level/type school ▪ Extent of participation in society ▪ Family financial difficulties ▪ Household food security ▪ Personal and family situation ▪ Safeguarding issues – abuse/ exploitation ▪ Social network ▪ Vulnerable young adults

The *Dietetic Pocket Guide paediatrics* was edited by a team of dietitians from the United Kingdom and the Netherlands with the aim to support an evidence-based and uniform approach to dietetic diagnosis. The editors gratefully received support from many specialist dietitians and physicians for sections in this pocket guide. This is the first version of *Dietetic Pocket Guide paediatrics*, but follows the very successful Dutch version ('*Zakboek Diëtetiek*') and recently published adult version (*Dietetic Pocket Guide adults*). As in the adult version, the focus of the paediatric version lies in the information required to complete the assessment of nutritional status and the dietetic diagnosis, and it follows the existing international guidelines as closely as possible. The *Dietetic Pocket Guide paediatrics* also has an additional section on nutritional requirements to guide users not only on assessment but also on dietary management. These guidelines and consensus proposals for the nutritional assessment, implementation, norms and nutritional requirements will help dietitians with the clinical rationale and integration of nutritional assessment followed by requirements, which will also help with monitoring effectiveness of treatment.

The *Dietetic Pocket Guide paediatrics* is not a replacement for specialty specific textbooks and research publications which dietitians are motivated to stay abreast of. It is a guide aimed for quick reference and bedside use to guide clinical practice.