

Nutrition algorithm for ALL single ventricle infants

Interstage growth and weight gain

Identify individual weight goals based on anthropometric percentiles



In hospital

Advance volume and energy to achieve growth

- Maximum volume 180mls/kg/day*
- maximum of extra 30kcal/kg/day from energy supplementation

Daily weight, volume, quality of feed, energy intake

Weekly weight, length, HC and plot growth percentiles

Dietitian, SLT, LC as indicated

*volume depends on signs of CHF, tolerance, growth

Prior to Discharge

Feeding regimen established AND gaining weight

150-210gm / week (20-30gm / day)

Review feed regimen, feed, energy supplement, GI meds

Caregiver education

Review services, supports, equipment needed

Plan & goals communicated to local health team

Outpatient Monitoring

Daily (caregiver)

- Weight, quality and number of feeds and volume if bottle fed

X1- 2 weekly review (community team)

- Weight, volume, energy supplement

Monthly (NS PCCS & dietitian)

- Review weight , length, HC and plot growth percentiles
- Review feeding regimen

Faltering Growth

Discuss with community team

Discuss with lead cardiologist

Causes of faltering growth

- Low nutrient intake
- Cardiac dysfunction
- Feeding dysfunction
- GI concerns
- Neuro concerns
- Syndromes

Cardiac evaluation

- CHF symptoms
- O2 saturations
- 12 lead ECG
- Consider ECHO / Catheter / CT /MRI

Consider Stage II surgery if faltering growth / weight plateau despite intervention

Nutritional Intervention (Table 5)

Review with community dietitian

- Check intake.
- Increase energy supplement to maximum of extra 30kcal/kg/day from calogen
- If breast fed consider bottle top ups
- if bottle fed consider increase volume (max 180mls/kg/day *)

*increase volume only after consultation with cardiology team

Review with paediatrician / cardiology

Nutrition Red Flags

- Weight loss >50grams in 1 day
- Does not achieve weight gain of 20 grams over 3 days
- Reduced feeding: frequency, duration, quality, volume
 - < 6 feeds/24hrs (breast) OR < 120mls/kg/day (bottle)
- Feed intolerance , excessive vomiting and /or diarrhoea

ADMISSION FOR SEVERE OR CONCERNING RED FLAGS