

Weight faltering (< 5 years) Guidelines for Primary healthcare professionals

Important tips: Check plotting error and check parental heights if additional short stature; Use UK-WHO growth charts; Weight gain pattern over time rather than single measurements (height velocity); Gestational correction should be continued until: ☐ 1 year for infants born 32-36 weeks ☐ 2 years for infants born before 32 weeks

History

- ♦ Feeding/dietary history e.g. weaning age
- ♦ Brief developmental history
- ♦ Age of weaning
- ♦ Range and types of food now taken
- ♦ To exclude organic disease (5-10%**)
- ♦ Social history (safeguarding/deprivation)
- ♦ Three day food diary; routine, feeding behaviour
- ♦ maternal depression
- ♦ Lack of engagement with Universal Services

Examination (GP) [Link to RCPH Guidance](#) & [NICE Guidance](#)

- ♦ Examination to exclude organic disease (5-10%**) ♦ Plot weight, height, and BMI obtain (parental heights and plot mid-parental height if height velocity faltering)
- Consider** - pale complexion, muscle wasting, development delay, emotional and behavioural concerns, low BMI

Weight moved two centile lines downwards?

Refer to Paediatrician if:

- concerns of organic cause**
- no improvement seen from health visitor monitoring

Provide a robust handover and clearly document in health record

Refer to HV for monitoring with a feeding plan

Improvement seen?

No – HV to refer to Paediatrician on PAU (if urgent during home visit) or refer to GP for review/referral

Yes within 1-2 centile lines from earlier position

Revert to universal services with
Clear documentation and a plan of action

Refer to MAST

Document reason and rationale in the child's record with brief note in Safeguarding Information Node in SystmOne or Emis equivalent

Link to Secondary care guidance – see guidelines for secondary care

Safeguarding considerations throughout

Parents/ carers are: ♦ hostile substance misuse, mental health ♦ their needs are too great to allow a focus on the needs of a child ♦ Insist on a diet that is inappropriate for the child's age ♦ fail to follow professional advice

** Organic disease - see https://hertsscb.proceduresonline.com/chapters/p_ident_man_failure_to_thrive.html#flowcharts

Leaflets/signposting: Healthy eating NHS guidance on healthy eating and nutrition for children, parents and families <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

NHS guidance on weaning infants <http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/solid-foods-weaning.aspx>