

# INFOSHEET



This information sheet is for educational purposes only.

For further information regarding this topic, please contact the Nutrition and Dietetics Department on 9845 2225 (Westmead) or 9382 1021 (Randwick).

## Parent information: Paediatric nutrition screening

Nutrition screening and regular weight and height measurements are a part of your child's care in hospital. They are needed to provide good quality care for your child.

Nursing staff will ask you 3 screening questions and measure your child's weight and height in the first 24 hours of admission. Two follow-up screening questions will be asked each week during your child's stay. This is to check for changes in your child's weight or eating habits.

### The paediatric nutrition screening tool is to identify children who:

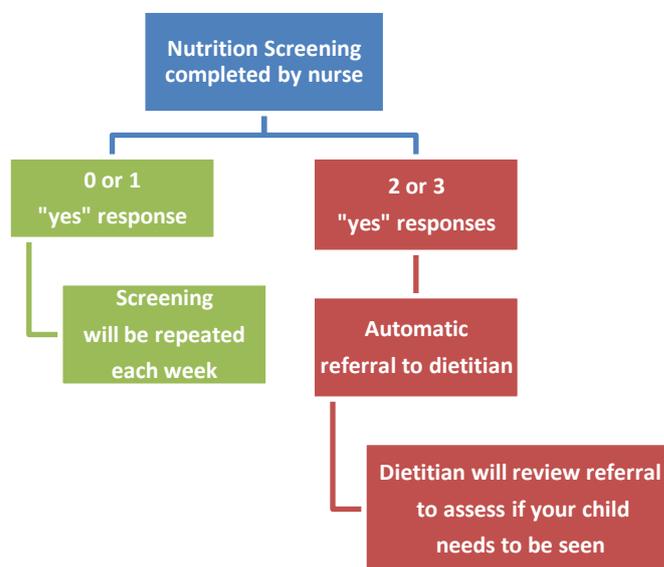
- may not be growing as expected
- are not eating enough to meet their nutritional needs
- are losing weight without trying
- are gaining weight rapidly or are above a healthy weight
- This could be due to a medical condition, side effects of medical treatments such as vomiting or diarrhoea, or fussy eating.

If nutrition issues are not identified and treated then your child may be at risk of malnutrition.

### What questions will you be asked?

1. Has your child unintentionally lost weight lately?
2. Has your child had poor weight gain over the last few months?
3. Has your child been eating or feeding less in the last few weeks?

### What happens after your child is screened?



### If a dietitian needs to see your child, they will assess:

- your child's weight, height & growth
- reason for poor appetite and/or weight loss
- food and fluid intake
- barriers to food intake (e.g. constipation, vomiting, diarrhoea or medical condition)

A dietitian will help to develop a plan to improve your child's growth and nutrition. This involves you, your child, and the medical team.



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## Sources of further information:

### Websites:

#### SCHN Factsheets

<https://www.schn.health.nsw.gov.au/factsheets/category/#cat23>

#### Raising Children Network

[www.raisingchildren.net.au](http://www.raisingchildren.net.au) and search for “nutrition”.

#### Eat For Health

[https://www.eatforhealth.gov.au/sites/default/files/the\\_guidelines/n55f\\_children\\_brochure.pdf](https://www.eatforhealth.gov.au/sites/default/files/the_guidelines/n55f_children_brochure.pdf)

#### Healthy Kids

<https://www.healthykids.nsw.gov.au>