

135 Inadequate Growth (I/C)

Description

- Inadequate Weight Gain: birth-1mo excess loss, not to birth weight 2wks, or weight gain less than risk average gain table
- A decrease in normal weight gain may indicate poor nutrition or disease

Assess Readiness for Change: with open ended questions

- “What concerns do you have about how Sam is growing?”
- “How do you feel about how much Sam is eating?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
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<p>Not ready →</p> <p>“I just came from the Dr. They said it was normal for him to lose weight after birth.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “Tell me more about what the Dr told you?” • “How is feeding going?” • “How do you know when Sam is hungry?” <p>*****</p> <p>Children:</p>	<ul style="list-style-type: none"> • “It’s normal for infants to lose after birth, if not more than 10%, and they are gaining again within 10-14 days. If not, they may not be eating enough.” • Share infant’s plotted growth chart <p>*****</p> <ul style="list-style-type: none"> • “Children grow at a slower rate than infants. It can be harder to tell if slowed weight gain is a problem.”
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Record Plan or Goal	Participant viewed growth chart, but feels child’s growth is normal. Will re-assess readiness for change at next appointment.
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<p>Unsure →</p> <p>“I’m not sure he is getting enough. My mom said to feed him every four hours?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “That’s nice you have your mom! It sounds like you are worried about feeding Sam. Tell me what worries you?” • “Tell me what kind of things he eats?” • “On a scale of 1-10 how well do you feel feeding is going?” 	<ul style="list-style-type: none"> • Feeding first month: 2-4oz per feed, 16-24oz per day • Hunger cues: <ul style="list-style-type: none"> ○ Active arms/legs & stretching ○ Lip motions (sucking) ○ Putting fingers/fist in their mouth ○ Rooting (turning head towards breast/food) ○ Crying
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Record Plan or Goal	Parent to watch for hunger cues. Will check weigh and re-asses next appointment.
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<p>Ready →</p> <p>“I’m worried about his weight, he weighs less than at his last check-up.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “I can tell you are concerned. Shall we talk about feeding Sam?” • “How do you feel feeding is going?” • “What questions do you have about feeding Sam?” 	<ul style="list-style-type: none"> • “Your infant’s weight is the best indicator of growth. You can bring Sam in between appointments and we can check his weight!”
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Record Plan or Goal	Mom to bring Sam back for a weight check next appointment. Follow-up on growth and feeding.
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Education Resources	<p>http://www.cdc.gov/nccdphp/dnpao/growthcharts/index.htm Reference: <i>CDC Growth Chart Training</i></p> <p>http://www.cdc.gov/nccdphp/dnpa/growthcharts/resources/growthchart.pdf Reference: <i>Interpreting Growth Charts</i></p> <p>http://depts.washington.edu/growth/ Reference: <i>MCH Growth Chart Training</i></p>
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