

Part 1: Optimizing Pediatric Nutrition and Growth.

PRE-QUIZ

1. 2.5 yo patient (pre-term IUGR) is getting formula via a GT. Weight is at the 50th% on the WHO curve.

This patient:

- Is getting sufficient calories and free water/fluid
- Should be charted on CDC curve
- Is at an optimal weight
- None of the above
- All the above

PREQUIZ

2. 1.5 Pediatric formula is

- 1 & 1/2 the amount of calories as a standard infant formula
- 1 & 1/2 the amount of fluid as a standard infant formula
- Generally similar content as 1 scoop + 1 oz standard pediatric formula
- None of the above
- All the above

PREQUIZ

3. Ideal Body Weight for "C" is about:

- 6 kg
- 5.5 kg
- 5kg
- 4kg

PREQUIZ

4. Most recent wt-for-length is likely:

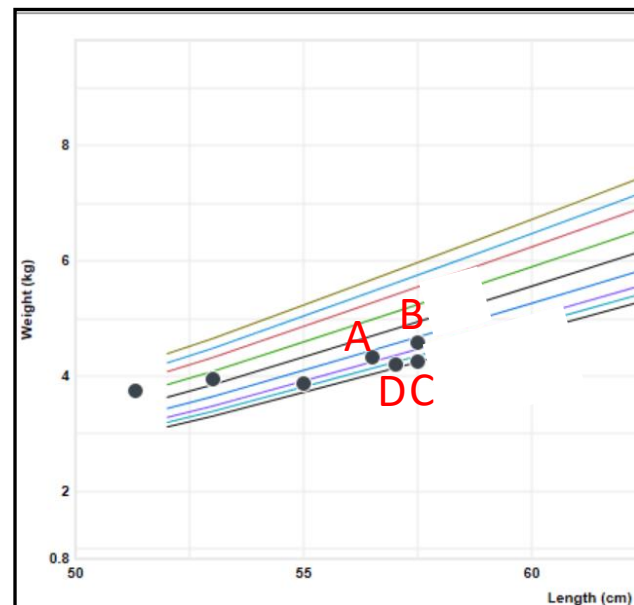
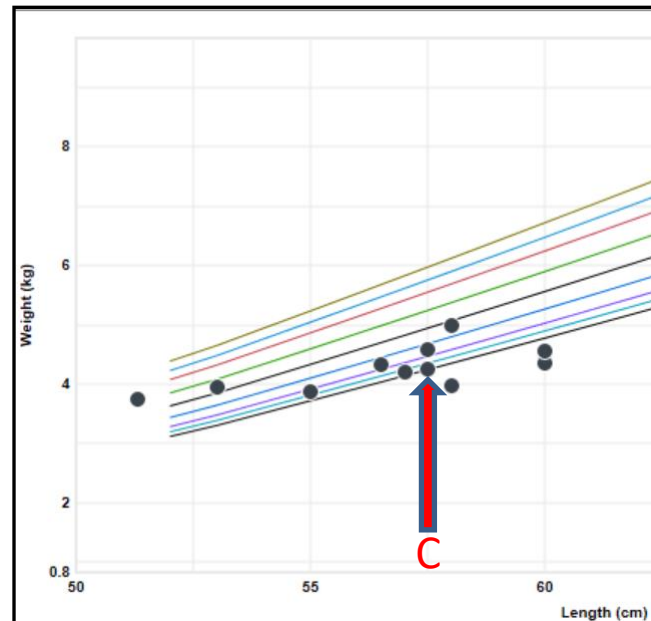
- A
- B
- C
- Cannot be determined
- D

1. Free Water (fluid) per day:

- 10 kg child? $10\text{kg} \times 100\text{mL/kg} = \underline{\hspace{2cm}}$ mL /day
- 20kg child? $1000\text{ mL} + (10 \times 50\text{mL/kg}) = \underline{\hspace{2cm}}$ mL /day

2. How much FREE WATER (fluid) per day should a...

- 5 kg baby get? $\underline{\hspace{2cm}}$ mL
- 15 kg toddler get? $1000\text{mL} + (5 \times 50\text{mL/kg}) = \underline{\hspace{2cm}}$ mL
- 30 kg child get? $1500\text{ mL} + (10 \times 20\text{mL/kg}) = \underline{\hspace{2cm}}$ mL
- 50kg adolescent get? $1500\text{mL} + (30 \times 20\text{mL/kg}) = \underline{\hspace{2cm}}$ mL



3. Case 1

- a. _____ mL free water
- b. 20mL/hr x 24 hr= _____ mL of formula. _____ % is free water = _____ mL free water

4. Calories

- a. Newborn needs now many calories/kg? ~ _____ kcal/kg
- b. 12yo MALE needs how many calories/kg? _____ kcal/kg
- c. 16yo FEMALE need how many calories/kg? _____ kcal/kg
- d. 3 kg needs how many calories/day? _____ kcal/day
- e. 6 kg baby needs how many calories/day? _____ kcal/day

Growth charts

0-2yo use the _____ growth chart, and review # _____ growth charts.

2yo-2yo use the _____ growth chart, and review # _____ growth charts.

To find Cerebral Palsy Growth charts, you can google:

_____.com

To find Mean Upper Arm Circumference % for children _____ mo and older, you can google:

_____.org