 **Thames Valley & Wessex Operational Delivery Networks**

**(Hosted by University Hospital Southampton NHS Foundation Trust)**

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| **Nutritional Care of Infants in the Neonatal Unit** |

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| Description | Clinical guideline | | |
| Target audience | Wessex units within the Neonatal ODN | | |
| Related documents / policies | UHS Nutritional Care of Infants in the Neonatal Unit Guideline | | |
| Author(s) | Dr Mark Johnson Consultant Neonatologist  University Hospital Southampton | | |
| Policy sponsor | TV W ODN Management team  Dr VF Puddy TVW Neonatal ODN Clinical Lead | | |
| Is there any non-compliance with NICE guidance? | No | | |
| First Consultation | Thames Valley and Wessex ODN Governance Forum | | |
| Second Consultation | Network Medical Leads Network Nurse Leads & Practice Educators Network ANNP group Network Pharmacist group Network AHP & Psychology Leads Network Care Coordinators Network Parent & Family Engagement Lead | | |
| Approval committee | | Approval date | |
| Thames Valley and Wessex ODN Governance Forum | |  | |
| TVW ODN reference | Version | Publication date | Next review due |
|  | 3.0 | March 2023 | Feb 2024 |

# Version control

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Consultation / Comments | Version created | Page | Key changes |
| Dec 2016 | Work began on transposing from a UHS Guideline to a Network format. | 1.0 |  |  |
| Oct 2017 | Draft New Network Final  Dr Mark Johnson, Locum Consultant Neonatologist  Dr Freya Pearson, Consultant Neonatologist  Mr Nigel Hall, Associate Professor of Paediatric Surgery | 2.0 |  |  |
| Jan 2023 | Adopted UHS Guideline v3.0 issued Feb 2021 as the Wessex guideline as an interim measure | 3.0 |  |  |

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# Executive Summary / Introduction

Good nutrition is important at all stages of life. Babies are born at a time of rapid growth and formation of body tissues and organs, yet immature metabolism means they are unable to cope with either excess or lack of nutrients. Detail in both the quantity and quality of nutrients is critically important.

There is clear evidence that mother’s breast milk confers many advantages to both babies and mothers. As well as providing optimal nutrition for human development, breast milk contains many factors which promote immune function and enable healthy intestinal development. Breast milk and breast-feeding should be the preferred milk feed and all mothers should be encouraged and supported to breast feed.

Preterm infants and those with congenital abnormalities or metabolic disorders may require nutrient supplements or special feeds and may require a period of intravenous nutrition until the gut is able to support their needs.

Measuring growth and monitoring biochemical well-being is crucial to optimising nutrition in high risk individuals.

# Scope and purpose

The guideline applies to all neonatal units in the Wessex region covered by Thames Valley and Wessex Neonatal Operational Delivery Network. This includes the following hospitals:

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| **Wessex** | | |
| **TRUST** | **Hospital** | **Designation** |
| University Hospital Southampton NHS Foundation Trust | - Princess Anne Hospital | NICU |
| Portsmouth Hospitals University NHS Trust | - Queen Alexandra Hospital | NICU |
| Dorset County Hospital NHS Foundation Trust | - Dorset County Hospital, Dorchester | SCU |
| Hampshire Hospitals NHS Foundation Trust | - Basingstoke and North Hampshire Hospital | LNU |
| Hampshire Hospitals NHS Foundation Trust | - Royal Hampshire County Hospital, Winchester | LNU |
| Isle of Wight NHS Trust | - St Mary's Hospital | SCU |
| University Hospitals Dorset NHS Foundation Trust | - Poole Hospital | LNU |
| Salisbury NHS Foundation Trust | - Salisbury District Hospital | LNU |
| University Hospitals Sussex NHS Foundation Trust | - St Richard's Hospital, Chichester | SCU |

# Details of guideline to be followed

**UHS Nutritional Care of Infants in the Neonatal Unit Guideline**



# Roles and responsibilities

This guideline applies to all clinical staff working within the Wessex units within the Thames Valley and Wessex Neonatal ODN. Staff have a responsibility to ensure that they are aware of this guideline and its contents. They should clearly document their rationale if they have not complied with the recommendations detailed in this guideline.  It is the responsibility of department managers, consultants, team leaders and education leaders to ensure staff are aware of this guideline.

# Communication and training plans

The guideline will be displayed on the Thames Valley and Wessex Neonatal ODN website (or PIER website if this is not available) and sent to the relevant Care Group clinical teams. The team leaders will be expected to cascade to all relevant staff groups. All medical, nursing staff caring for newborns should have support and training in implementing the contents of the guideline. In addition, the guidelines will be included in local induction programs for all new staff members.

# Document review

This guideline will be implemented as an interim measure and will be reviewed after one year or sooner as a result of audit findings or as any changes to practice occurs.