Guideline Responsibilities and Authorisation

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Target Audience	NICU medical and nursing staff

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Guideline Review History

Version	Updated by	Date Updated	Summary of Changes
1	Maggie Rainbow	June 2024	New guideline

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator 7	Fitle:	Nurse Pra	ctitioner		Department:	NICU	
IF THIS DO		IS PRINT	ED, IT IS V	/ALID ONLY F	OR THE DAY OF	PRINTING	Page 1 of 12

Contents

1	Ove	rview	3
	1.1	Purpose	3
	1.2	Staff group	3
	1.3	Patient / client group	3
	1.4	Exceptions / contraindications to enteral feeding	3
	1.5	Definitions and acronyms	3
	1.6	Background	4
2	Clini	cal management	4
	2.1	Roles and responsibilities	4
	2.2	Competency required	4
	2.3	Guideline/Management	4
	2.4	Calculating stoma losses	7
	2.5	Potential complications	8
3	Evid	ence base	8
	3.1	Summary of Evidence, Review and Recommendations	8
	3.2	Bibliography / References	8
	3.3	Associated Health NZ Waikato Documents	8
Арр	endix	A – Guideline for advancing enteral feeds	9
Арр	endix	x B – Stoma created for ≤ 32 weeks and/or ≤ 1500 g infants for Necrotising Enterocolitis Pathway 1	0
Арр	endix	x C – Stoma created for indications other than NEC for > 32 weeks and/or >1500 g 1	1
Арр	endix	D – Stoma output form (A1304HWF) 1	2

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator 7	Facilitator Title: Nurse Practitioner				Department:	NICU	
IF THIS DO		IS PRINT	ED, IT IS V	OR THE DAY OF	PRINTING	Page 2 of 12	

1 Overview

1.1 Purpose

To guide a standardised approach to the assessment and management of fluid, electrolyte and nutritional needs of neonates who have had intestinal surgery and formation of stoma.

1.2 Staff group

- NICU medical team, including SMO, RMO, NP, CNS
- Paediatric surgical team
- NICU nursing team

1.3 Patient / client group

All neonates with stoma especially focusing on small bowel stoma.

1.4 Exceptions / contraindications to enteral feeding

- Clinical suspicion of intestinal obstruction including lleus
- Bilious/persistent vomiting (>3 episodes in 12 hours)
- Grossly blood-stained stoma output or stools
- Radiologic changes suggestive of ischaemic intestine
- No paediatric surgical clearance to feed

1.5 Definitions and acronyms

SMO	Senior Medical Officer						
RMO	Resident Medical Officer						
NP	Nurse Practitioner						
CNS	Clinical Nurse Specialist						
NICU	Newborn Intensive Care						
NEC	Necrotising enterocolitis						
ЕВМ	Expressed breast milk						
IV	Intravenous						

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator Title: Nurse Practitioner				Department:	NICU		
IF THIS DO	CUMEN	IS PRINTE	ED, IT IS V	OR THE DAY OF	PRINTING	Page 3 of 12	

1.6 Background

The neonate is particularly vulnerable to excessive fluid and electrolyte losses when they have a stoma formed following intestinal surgery. This is especially so for the preterm infant and small bowel stomas which typically have larger fluid output. This leaves the infant at risk of life-threatening fluid and electrolyte imbalances and nutritional depletion, resulting in a failure to thrive.

Stoma losses can lead to low serum potassium and sodium levels, disruption in the acid/base balance, therefore require careful monitoring and probable replacement of volume lost.

Acceptable physiologic intestinal fluid loss is calculated at 20-40ml/kg/day, hence this volume is not required to be replaced if other hydration assessments are stable.

This guideline is to provide a starting point at which to assess infants and develop an individualised fluid and electrolyte management plan for them.

2 Clinical management

2.1 Roles and responsibilities

Nurses

Measure and record as accurately as possible stoma losses each time bag emptied. Maintain 24-hour total of losses and fluid balance on daily fluid total chart. Report any significant change in volume of stoma losses to medical team.

Clinicians

Assess fluid losses at each ward round and adjust management appropriately to fluid loss replacement.

2.2 Competency required

NICU medical staff, SMO, RMO, NP, CNS and registered nurses.

2.3 Guideline/Management

- Following the formation of a surgical stoma each infant will have a stoma output chart to record 24-hour total stoma output (<u>Appendix D</u>).
- Urine output will be measured and calculated at ml/kg/hour over 24-hour period
- Daily blood gas analysis to assess electrolyte and acid/base balance until stable.

NOTE: Refer to the flow chart for ≤32/40 and/or ≤1500g or NEC (<u>Pathway A</u>) and flow chart for >32/40 and/or >1500g with no NEC (<u>Pathway B</u>)

This is due to the vulnerability of the low birthweight, preterm and unwell neonate prior to stoma formation, where there is greater risk of fluid and electrolyte imbalances.

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator 7	Facilitator Title: Nurse Practitioner				Department:	NICU	
IF THIS DOCUMENT IS PRINTED, IT IS VALID ONLY F					OR THE DAY OF	PRINTING	Page 4 of 12

2.3.1 Commencement and advancement of enteral feeds

All infants

- Once stoma starts functioning with regular stoma output, feeds can be initiated in consultation with operating Paediatric surgical team.
- Feeds to commence at 10ml/kg/day using EBM or hydrolysed formula e.g. peptijunior.
- Stoma losses measured and calculated 4-6 hourly, with daily total volume target <20ml/kg/day for infants ≤32/40, ≤1500g, and/or NEC,
- or <40ml/kg/day for infants>32/40, >1500g with no NEC
- Urine output calculated each nappy change, target >1ml/kg/hour
- When baby is able to tolerate the enteral feeds and meets above criteria, consider increasing the feeds by 10-30ml/kg/day, dependant on risk for NEC, and adjust the IV nutrition accordingly.
- Monitor for feed tolerance
- Continue to advance feeds as tolerated, fluid losses remain minimal and electrolyte balance maintained and appropriate weight gain until full feeds achieved.
- Consider continuous gastric feeds to mitigate rapid intestinal transit that can occur with increasing bolus feeds.

NOTE: If there is persistent vomiting, significant abdominal distension OR blood in stools at any time, an urgent clinical review is warranted to exclude NEC or a surgical emergency

2.3.2 Managing increased stoma output

Infants ≤32/40, ≤1500g or NEC = 20 to 40ml/kg/day

- Stoma losses measured and calculated 4-6 hourly
- Urine output calculated each nappy change target >1ml/kg/hour
- Assess for clinical signs of dehydration
- Daily blood gas to assess electrolyte and acid/base balance
- Continue current rate of feeds, do not increase.
- Continue to monitor stoma losses, urine output and electrolytes
- Commence IV fluid replacement of losses with 0.9% sodium Chloride consider potassium replacement with 10mmol per 500ml, for losses above 20ml/kg/day ml for ml (e.g. 30ml/kg/day losses measured = 10ml/kg/day losses replaced).
- Minimal to moderate stoma losses can be considered to be measured and replaced over 24 hours
- Reassess next 24 hours as to increasing enteral feed volume.
- Consider continuous feeds, type of milk feed i.e. EBM, hydrolysed formula (peptijunior) or elemental formula (neocate).
- Consider refeeding in consultation with paediatric surgeons where appropriate.

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator T	itle:	Nurse Pra	ctitioner		Department:	NICU	
IF THIS DC	CUMENT	IS PRINTE	ED, IT IS N	/ALID ONLY F	OR THE DAY OF	PRINTING	Page 5 of 12

Infants >32/40, >1500g no NEC = 40 to 70ml/kg/day

- Stoma losses measured and calculated 4-6 hourly
- Urine output calculated each nappy change target >1ml/kg/hour
- Assess for clinical signs of dehydration
- Daily blood gas to assess electrolyte and acid/base balance
- Continue current rate of feeds, do not increase.
- Continue to monitor stoma losses, urine output and electrolytes
- Commence IV fluid replacement of losses with 0.9% sodium Chloride consider potassium replacement with 10mmol per 500ml, for losses above 40ml/kg/day ml for ml (e.g. 50ml/kg/day losses measured = 10ml/kg/day losses replaced).
- Minimal to moderate stoma losses can be considered to be measured and replaced over 24 hours
- Reassess next 24 hours as to increasing enteral feed volume.
- Consider continuous feeds, type of milk feed i.e. EBM, hydrolysed formula (peptijunior) or elemental formula (neocate)
- Consider refeeding in consultation with paediatric surgeons

2.3.3 Managing stoma losses:

Infants ≤32/40, ≤1500g or NEC = >40ml/kg/day, or urine output <1ml/kg/hour and/or signs of dehydration

- Stoma losses measured and calculated 3-4 hourly
- Urine output measured each nappy change 3-4 hourly
- Assess for signs of dehydration
- Daily blood gas to assess electrolyte and acid /base balance, consider more frequent evaluations e.g. 8-12 hourly.
- Reduce feeds to previous step or consider withholding feeds. Adjust intravenous nutrition accordingly.
- Commence IV fluid replacement of all losses over 20ml/kg/day with 0.9% sodium chloride with potassium 10mmol per 500ml, ml for ml (e.g. 60ml/kg/day losses measured = 40ml/kg/day losses replaced)

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator 7	Fitle:	Nurse Pra	ctitioner		Department:	NICU	
IF THIS DO		IS PRINT	ED, IT IS V	/ALID ONLY F	OR THE DAY OF	PRINTING	Page 6 of 12

Infants >32/40, >1500g no NEC = >70ml/kg/day or urine output <1ml/kg/hour and/or signs of dehydration

- Stoma losses measured and calculated 3-4 hourly
- Urine output measured each nappy change 3-4 hourly
- Assess for signs of dehydration
- Daily blood gas to assess electrolyte and acid /base balance, consider more frequent evaluations e.g. 8-12 hourly.
- Reduce feeds to previous step or consider withholding feeds. Adjust intravenous nutrition accordingly.
- Commence IV fluid replacement of all losses over 40ml/kg/day with 0.9% sodium chloride with potassium 10mmol per 500ml, ml for ml (e.g. 60ml/kg/day losses measured = 20ml/kg/day losses replaced).

Note: This plan maybe too conservative for the late preterm and term infants and feeding management should be adjusted to their individual clinical presentation.

2.4 Calculating stoma losses

Stoma losses are to be calculated each time the stoma bag is emptied to assess for sudden changes in output.

Sudden increase in output can result in rapid dehydration and electrolyte derangement and require prompt assessment by medical team.

Unexpected decreases in stoma losses can indicate intestinal obstruction proximal to stoma and require prompt assessment by medical team.

2.4.1 Calculate stoma losses

Daily volume calculation

Total Volume measured over 24 hours ÷ infant working weight

For example:

- Infant weighing 1.5kg with stoma loss of 60ml in 24 hours = 40ml/kg/day stoma loss
- Infant weighing 650g with stoma loss of 60ml in 24 hours = 92ml/kg/day stoma loss

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator 7	Facilitator Title: Nurse Practitioner				Department:	NICU	
IF THIS DOCUMENT IS PRINTED, IT IS VALID ONLY F					OR THE DAY OF	PRINTING	Page 7 of 12

Hourly stoma loss calculation

Volume stoma loss measured ÷ working weight ÷ number of hours since last measure

For example:

• Infant weight 1.5kg, latest stoma output measured 10ml over 4 hours

 $10 \div 1.5 \div 4 = 1.67$ ml/kg/hour this can then be multiplied by 24 to calculate daily losses to compare like with like.

 $1.67 \times 24 = 40 \text{ml/kg/day}$

• Infant weight 650g latest stoma output measured 10ml over 4 hours

10 ÷ 0.65 ÷ 4 = 3.8ml/kg/hour

 $3.8 \times 24 = 91 \text{ml/kg/day}$

2.5 Potential complications

- Fluid imbalance resulting in dehydration or circulatory overload
- Electrolyte imbalance especially hypokalaemia or hyper/hyponatraemia

3 Evidence base

3.1 Summary of Evidence, Review and Recommendations

 New Zealand National Intestinal Failure and Rehabilitation Service (NZIFRS) Guideline for advancing enteral feeds in preterm babies and neonates with a small bowel stoma <u>https://media.starship.org.nz/advancing-enteral-feeds-</u> <u>neonate%26preterm/Advancing_enteral_feeds_neonate_preterm.pdf</u>

3.2 Bibliography / References

• DR Shores et al. Implementation of feeding guidelines in infants at risk of intestinal failure Journal of Perinatology (2015) 35, 941–948

3.3 Associated Health NZ Waikato Documents

• Enteral Feeding Standardisation in Newborn Intensive Care Unit (NICU) (Ref. 6172)

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator Title: Nurse Practitioner				Department:	NICU		
IF THIS DO		IS PRINT	ED, IT IS V	OR THE DAY OF	PRINTING	Page 8 of 12	

Appendix A – Guideline for advancing enteral feeds

Guideline for advancing enteral feeds in a newborn with a small bowel stoma

Initiate feeds with the agreement of surgical team if stoma is functioning and there are no contraindications to enteral feeding Day 1: Start EBM at ~10 to 20 ml/Kg/day *Contraindications to enteral feeding are blody stools or stoma output, or radiologic changes suggesting intestinal Vomiting or aspirates - refer to Withholding ischaemia; shock/poor perfusion due to cardiac or Feeds guideline, Newborn Services website Tolerating respiratory insufficiency; bilious and/or persistent vomiting Abdominal distension causing clinical concern No enteral (>3 episodes in 12 hours); clinical suspicion of obstruction or - review clinically (do not adjust enteral feeds until review) feeds? ileus (severe distension, decreased ostomy output and/or · Blood in stool - hold enteral feeds until NEC radiologic changes suggesting obstruction or ileus). assessment is complete Yes Are all the following present? Are all the following present? Is either of the following present? Stoma output <40 ml/Kg/day Stoma output 40 to 70 ml/Kg/day Stoma output >70 ml/Kg/day and not being refed* Urine output >1 ml/Kg/hour and no signs or Urine output >1 ml/Kg/hour and Urine output <1 ml/Kg/hour and signs of dehydration symptoms of dehydration no signs or symptoms of dehydration Stable electrolyte and acid base balance · Stable electrolyte and acid base balance IV fluid replacements: When stoma losses reach >40 ml/Kg/day commence replacement of losses above 40 ml/Kg/day ml for ml with 10 mmol KCl in 500 ml 0.9% NaCl. Advance by 10-20 ml/Kg/day every 24 hours Reduce rate or withhold feeds Continue current rate of feeds Wean IVN based on fluid volume and weight gain Monitor tolerance after each advance until full enteral feeds are reached Reassess the next day for possible feed advancement

If not making consistent progress with advancing enteral feed volumes:

Consider changing to continuous feeds and/or from EBM to extensively hydrolysed (Pepti Junior) or amino acid formula (Alfamino, Elecare or Neocate) depending on stoma location.

Check reducing substances and if greater than ++ consider changing to a lactose free formula

If stoma output is being reinfused into a distal stoma (recommended)*	 Stoma output is the combined output from all stomas + stool
 Aim to refeed 100% of the proximal stoma output volume if at all possible 	 If feeds are withheld for <24 hours, they can be restarted at 75% of previous rate
•DO NOT USE the stoma output volume guidelines above to assess tolerance	Monitor urinary sodium weekly
Instead, be guided by stool consistency and frequency to assess feed tolerance	 Infants with an ileostomy will require additional sodium supplements

Adapted from: Brenn M, Gura K, Duggan C. Intestinal failure. In: Manual of Pediatric Nutrition, 5th ed, Sonneville K, Duggan C (Eds), People's Medical Publishing House, Shelton, CT 2013.Graphic 108756 Version 1.0 and Shores DR, Bullard JE, Aucott SW, et al. Implementation of feeding guidelines in infants at risk of intestinal failure. J Perinatol 2015;35:941-8 by Barbara Cormack, Neonatal Dietitian, Starship Child Health, February 2018, updated October 2023.

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator Title: Nurse Practitioner				Department:	NICU		
IF THIS DC		IS PRINT	ED, IT IS V	OR THE DAY OF	PRINTING	Page 9 of 12	

Appendix B – Stoma created for ≤ 32 weeks and/or ≤ 1500 g infants for Necrotising Enterocolitis Pathway



DISCLAIMER: This algorithm is mainly designed for the management of stoma losses during the initial feeding phase of the infant. Please use it cautiously when an infant with stable stoma fluid losses has a sudden increase in losses.

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator Title: Nurse Practitioner				Department:	NICU		
IF THIS DO	CUMENT	IS PRINT	ED, IT IS V	OR THE DAY OF	PRINTING	Page 10 of 12	



DISCLAIMER: This algorithm is mainly designed for the management of stoma losses during the initial feeding phase of the infant. Please use it cautiously when an infant with stable stoma fluid losses has a sudden increase in losses.

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator Title: Nurse Practitioner				Department:	NICU		
IF THIS DO	CUMENT	IS PRINT	OR THE DAY OF	PRINTING	Page 11 of 12		

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Guideline

Stoma losses and managing feed advancement in the neonate

Appendix D – Stoma output form (A1304HWF)

ate								A1304H
							\bigcirc	Waikato District Health Board
							NEWBO	ORN INTENSIVE CARE
oday's W	Veight						Flui	d Loss/Replacement
		FLU	ID LOSS		FLUI	D REPLACE	MENT	Fluid Losses Column
TIME	1-4 hourly Measure	4 hourly Drainage	4 hourly Total	24 hourly Running Total	Hrly Volume over 4 hours	4 hourly Total	24 hourly Running Total	 Measure fluid loss at prescribed interval (usually 4 hourly) and place volume obtained
0800 0900 1000 1100			A			F		 in column headed 1-4 hourly measure. Measure amount of free drainage at prescribed interval (usually 4 hourly) and note in 4 hourly Drainage column.
1200 1300 1400 1500			в			A		Total the two and place in column headed 4 hourly Total. This volume now needs to be replaced over the next 4 hours.
1600 1700 1800 1900			С			в		Fluid Replacement The volume in the column headed 4 hourly Total now needs to be replaced over the next
2000 2100 2200 2300			D			с		4 hours, i.e. 4 hourly Total <u>Fluid Loss</u> A corresponds with 4 hourly Total <u>Fluid</u> <u>Replacement</u> A.
2400 0100 0200 0300			E			D		Chart as on the Fluid Sheet the hourly volume pushed through via the I.V. pump and have the running total in the 4 hourly Ranning Total column so that at the end of the 4 hours the previous 4 hour's loss has been replaced. Place the
0400 0500 0600 0700			F			E		4 hourly Running Total into the 24 hourly Running Total column and keep a running total for the 24 hours.
		TOT	AL OUT		- · · ·	TOTAL IN		Reviewed: September 2005

Doc ID:	6553	Version:	01	Issue Date:	23 SEP 2024	Review Date:	23 SEP 2027
Facilitator Title: Nurse Practitioner				Department:	NICU		
IF THIS DO	CUMENT	IS PRINTE	ED, IT IS V	OR THE DAY OF	PRINTING	Page 12 of 12	