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Evaluation of a modification of the nutrition policy on the frequency of extra-uterine growth retardation in premature newborns between 2012 and 2014

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Introduction: Extra uterine growth restriction (EUGR) is associated with long term effects on growth and neurodevelopmental outcomes in preterm infants. The objective of our study was to evaluate the effects of a change in nutritional policy on the postnatal growth of premature infants.

Method: Prospective observational study carried out between 01/01/14 and 31/12/14 in all newborns less than 33 weeks gestational age (GA) admitted at the CHU of Bordeaux after modification of the nutrition policy at the beginning of January 2014. This cohort was compared to a retrospective historical cohort of children born between 01/01/12 and 31/12/12. In the second period, the nutrient intakes received were evaluated and compared with the recent recommendations (ESPGHAN 2005, 2010, nutritional care of preterm infant). The impact of EUGR was compared between the two populations.

Results: 144 children were included, among which 66 in the 2012 cohort and 78 in the 2014 cohort. Their initial characteristics are similar. The moderate EUGR rate is 86.4% in 2012 vs. 39.7% in 2014 and the severe EUGR rate is 21.2% in 2012 vs. 5.1% in 2014. In 2014, half of the newborns had an energy deficit and 2/3 had a protein deficit at the end of the 6 weeks of hospitalization.

Conclusion: Our study shows that the optimization of the nutrition policy can reduce the incidence of EUGR.

Biography

Pages Anne Sophie has completed her MD in 2015 from University of Bordeaux. She is a Neonatologist at the Hospital of Cherbourg in Normandy, France. She has published two articles in French journals.

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