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Question:

Are pediatric nurses who are using regular weight and height assessment compared with those using SGNA malnutrition assessment tool for children at risk for rates of infection and complications, cognitive development, and overall quality of life over patient's length of stay?

Summary:

Studies have shown that just using regular weight and height is not enough data collected to identify malnutrition. Malnutrition is really important to identify on time and treat as early as possible. As stated in the *Journal of Tropical Pediatrics*, a major cause for childhood mortality is malnutrition that has resulted from infections and has affected the growth and development of the children. (Jowynna Xia-Ni Yeo, 2019). This has also led to a longer stay in the hospital, decreasing recovery rate and costing both parents and hospital money. Therefore, using a tool such as SGNA will decrease mortality rate and increase a faster recovery. SGNA stands for Subjective Global Nutritional Assessment. This tool is used to rapidly identify malnourishment in the pediatric patients. It evaluates the nutritional status by focusing on the medical history of the patient by looking at their growth development, the amount of intake, any gastrointestinal symptoms the patient may be experiencing, metabolic stress, BMI, height, and weight. It also looks for signs of muscle wasting and fat loss. (Jowynna Xia-Ni Yeo, 2019). As stated in the journal of *Screening for Pediatric Malnutrition at Hospital Admission: Which Screening Tool Is Best?*, the anthropometrics which is the tool used to measure weight, height, and BMI, is not enough data that can be collected to make a nursing diagnosis related to malnutrition. Therefore, the SGNA assessment tool is a more advanced assessment to rapidly identify malnutrition in children and start early interventions for a faster recovery. (Carter, L. E., Shoyele, G., Southon, S., Farmer, A., Persad, R., Mazurak, V. C., & BrunetWood, M. K. 2020). SGNA identifies malnourishment by different categories such as well nourished, moderately malnourished, and severely malnourished. There was a study done in the *Journal of the Academy of Nutrition and Diabetics*, that resulted in identifying the malnourished children with the SGNA assessment tool which then started interventions early enough for the children before they were severely malnourished. When using the regular BMI, weight, and height children had falsely resulted in well-nourished leading to a delayed treatment and recovery. (Bell, K. L., Benfer, K. A., Ware, R. S., Patrao, T. A., Garvey, J. J., Haddow, R., Boyd, R. N., Davies, P. S. W., Arvedson, J. C., & Weir, K. A. 2020, June 25). This is to show how accurately the SGNA assessment tool can identify malnourishment.

Conclusion:

In conclusion using the SGNA assessment tool known as Subjective Global Nutritional Assessment is one of the best tools used by health care professionals to identify malnourishment in children. Rather than the anthropometrics which is only BMI, weight, and height, that can actually result in a false well-nourished child. Identifying a malnourished child is important to be able to provide treatment as early as possible. Malnourishment can be caused from infections and lead to a delay in growth and development of the child. Not only does this cost the parents but it also cost the hospital for longer stay periods for something that could've been prevented on time.

Work Cited:

Primary Article

Shu Hwa Ong, Winnie Siew Swee Chee, L Mageswary Lapchmanan, Shan Ni Ong, Zhi Chin Lua, Jowynna Xia-Ni Yeo, Validation of the Subjective Global Nutrition Assessment (SGNA) and Screening Tool for the Assessment of Malnutrition in Paediatrics (STAMP) to Identify Malnutrition in Hospitalized Malaysian Children, *Journal of Tropical Pediatrics*, Volume 65, Issue 1, February 2019, Pages 39–45, Retrieved November 11, 2022, <https://doi.org/10.1093/tropej/fmy009>

Secondary Article

Carter, L. E., Shoyele, G., Southon, S., Farmer, A., Persad, R., Mazurak, V. C., & BrunetWood, M. K. (2020). Screening for pediatric malnutrition at hospital admission: which screening tool is best? *Nutrition in Clinical Practice*, 35(5), 951-958 Retrieved November 11, 2022, <https://doi.org/10.1002/ncp.10367>

Tertiary Article

Bell, K. L., Benfer, K. A., Ware, R. S., Patrao, T. A., Garvey, J. J., Haddow, R., Boyd, R. N., Davies, P. S. W., Arvedson, J. C., & Weir, K. A. (2020, June 25). *The Pediatric Subjective Global Nutrition Assessment classifies more children with cerebral palsy as malnourished compared with anthropometry*. *Journal of the Academy of Nutrition and Dietetics*. Retrieved November 11, 2022, from <https://doi.org/10.1016/j.jand.2020.04.012>