

A string of pearls is the background of the slide. The pearls are white and round, arranged in a slightly curved line across the frame. A dark blue rectangular box is overlaid on the middle of the string, containing the title text.

The Spitting Baby

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3 month old baby with recurrent vomiting

Non-bloody vomiting after meals

Crying and arching

Erratic: good days and bad days

Gags with nipple, initially refuses bottle

Weight: lower range of normal

Eczema on face and feet

Definitions



GER = gastro-esophageal reflux
= backward motion of gastric contents
into esophagus

GERD = GER + troublesome symptoms
affecting daily function and/or
complications

Definitions

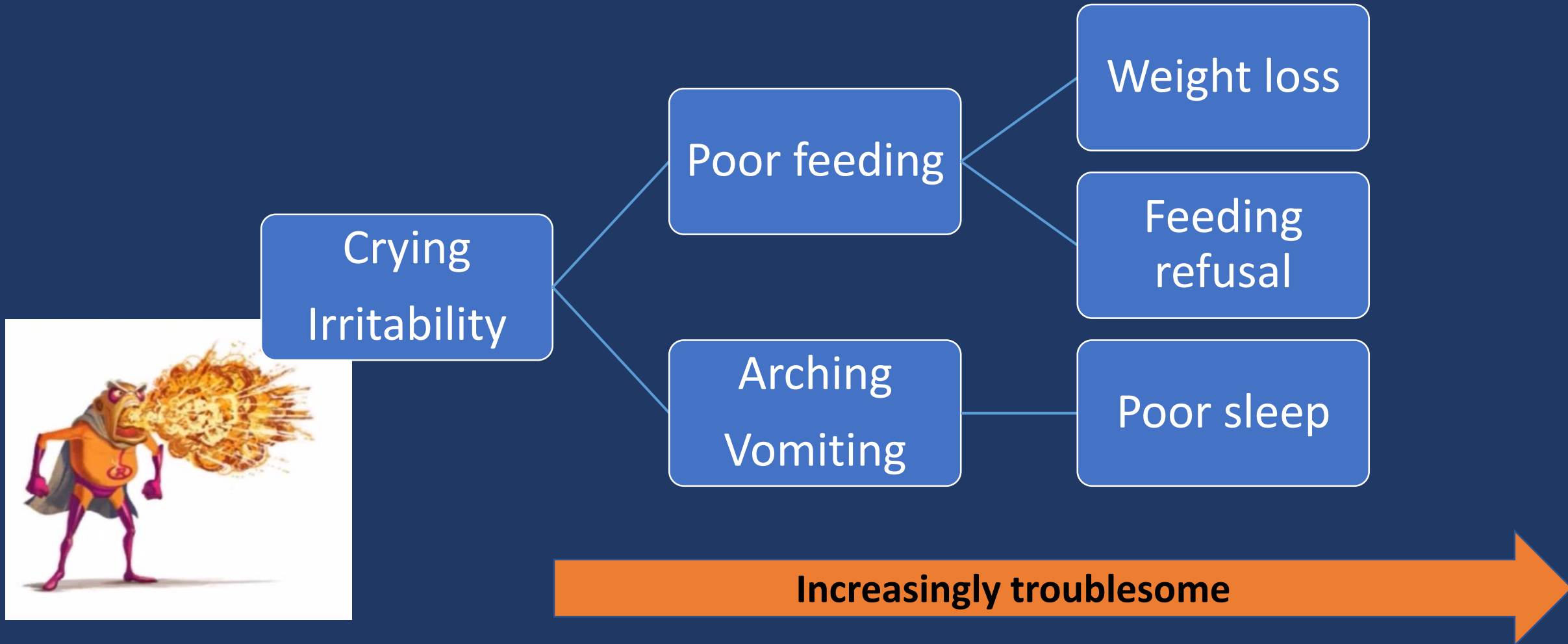
spit-up = low force reflux out the mouth

vomiting = forceful reflux out the mouth

regurgitation = reflux up to pharynx or mouth



Spit Happens. Is it troublesome?



Alarm Features

General

1. Weight loss
2. Lethargy
3. Fever
4. Excessive irritability/pain
5. Dysuria
6. Onset of regurgitation or vomiting >6 months or increasing/persisting >12-18 months of age

GI

1. Persistent, forceful vomiting
2. Nocturnal vomiting
3. Bilious vomiting
4. Hematemesis
5. Chronic diarrhea
6. Rectal bleeding
7. Abdominal distension

Neuro

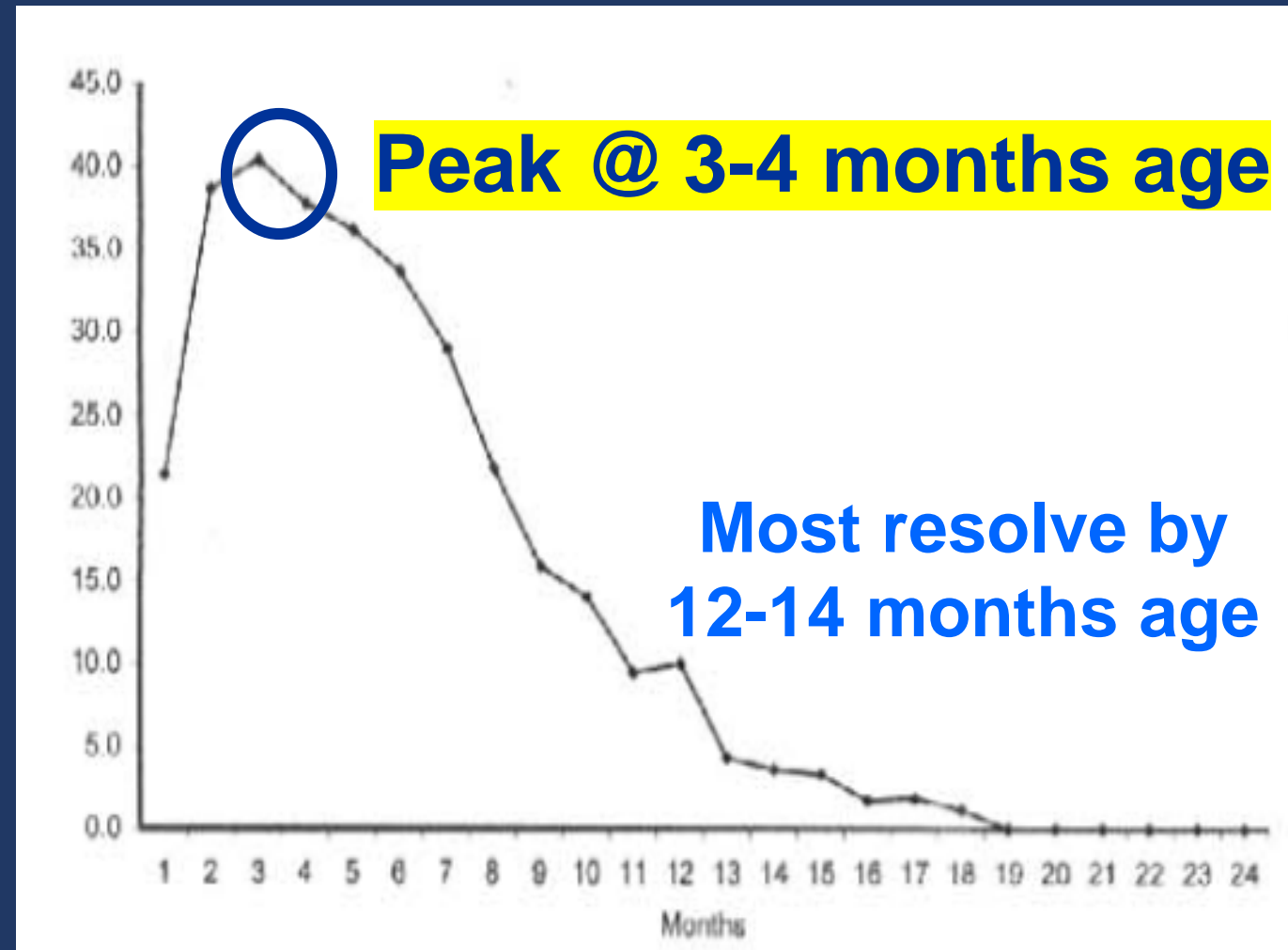
1. Bulging fontanelle or rapidly increasing head circumference
2. Seizures
3. Macro/microcephaly

**Test and refer
PRN**



Prevalence of Regurgitation in 693 Infants

Population-
based
prospective
cohort



Changing Positions

- **keep upright after feeds**
 - e.g. use baby carrier
- **avoid 45° angle**
 - carseat only in moving vehicle
- **sleep supine**
 - because SIDS worse than GERD

Thicken Formula

Can ↓ # episodes of vomiting & irritability

- **1 tsp** rice cereal per fluid ounce
- up to **1 tbsp per ounce** as tolerated
- breast milk: carob bean thickener (>42wksGA)
- **avoid overfeeding**

Allergy can look like GERD



2 week trial

- Breastfeeding maternal diet: no cow's milk
- Hydrolyzed formula
- Amino acid based formula

PPIs: Therapeutic trial of NO MORE THAN 1-2 months

- most erosive esophagitis heals fully by 2-3 months (on acid blockade)
- **Infants: hard to know if acid blockade helps**
- Potential risks of chronic acid blockade demand caution
- Wean ASAP as brave/feasible

PPI Safety Spiel – risk/benefit ratio

- **NO serious adverse events** in children in high quality studies of PPIs (and H2RA)
- Case control: **increased risk of infection**
 - NEC, URTI, sepsis, UTI, *C. difficile*
- Adult data: increased risk of fractures, dementia, MI, renal disease
- **Must regularly assess for ongoing need**

Ranitidine Recall – Sept 13, 2019

- Nitrosodimethylamine (NDMA) at low levels
- Probable human carcinogen
- Known environmental contaminant
- Found in water, food (meats, dairy, veggies)
- FDA: levels barely exceed amounts in common foods
- NOT expected to cause harm at very low levels

Drug	Dose	Max daily dose
Ranitidine	5-10 mg/kg/d	300mg
Famotidine	1 mg/kg/d	40 mg
Omeprazole	1-4 mg/kg/d	40 mg
Lansoprazole	2 mg/kg/d for infants	30 mg
Esomeprazole	10 mg/d (weight <20kg) 20 mg/d (weight >20 kg)	40 mg
Pantoprazole	1-2 mg/kg/d	40 mg

Top 4 Triggers of GERD

1. infection
2. poor sleep
3. stress
4. asthma attack

Reasons to Refer

- ✓ Alarm features
- ✓ Not responding to 4-8 weeks' acid blockade
- ✓ Unable to wean off meds
- ✓ Family needs more reassurance



The OTNhub:
where healthcare
professionals
practice
telemedicine

**This is your private and secure
community for:**

- Practicing telemedicine using a variety of ways to communicate with patients
- Connecting with peers and specialists
- Online learning, Grand Rounds and access to clinical articles and whitepapers





Search for health service providers/groups or programs/sites/community services by any keyword...

What are you looking for?

Telemedicine Sites

that host patients ?

Patient Address:

Peripherals:

Do you need nursing support

OR

Name or #:

Specialists

who accept patient referrals or eConsult requests ?

Service Offered:

- Office Referrals (Toronto pilot) ?
- Videoconference Referrals
- eConsult Advice

Specialty:

- Surgery
- Paediatric Cardiology
- Paediatric Development
- Paediatric Emergency Medicine
- Paediatric Gastroenterology

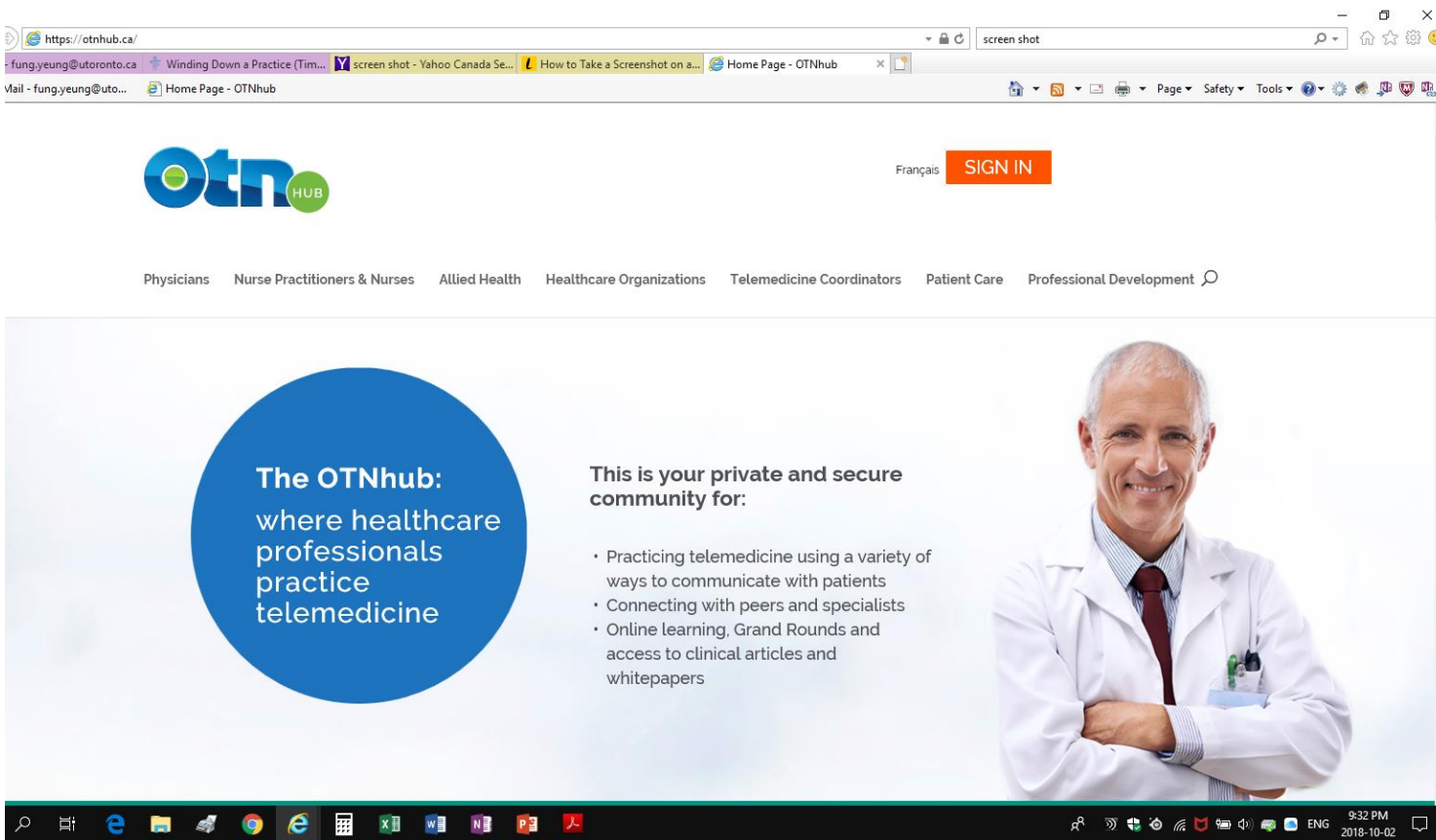
Community Services

non-telemedicine services (Toronto pilot) ?

Category:

Keyword:

Patient Address:



e-Consult

- ✓ 21st century medicine
- ✓ Secure Ontario Telemedicine Network (OTN)
- ✓ www.otnhub.ca
- ✓ Submit your case and ask the Specialist specific questions/seek reassurance
- ✓ Brisk response
- ✓ You keep the patient
- ✓ Bill K738 \$16



GERD in Infants

1. Don't drug happy spitters.
2. Heed alarm features.
3. Warn 'em it gets worse before it gets better.
4. Change position.
5. Thicken feeds.
6. Change formula.
7. Limit the meds.
8. Beware of triggers.
9. Refer as needed.
10. Consider e-Consult.



www.gikids.org

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Our Mission: Improving lives through exceptional care

Management of the symptomatic infant

