



# Cystic Fibrosis Research News

## **Title:**

Developing a nutrition screening tool for children with cystic fibrosis ages 0 to 2 years: children with cystic fibrosis nutrition screening tool

## **Lay Title:**

Identifying Infants with Cystic Fibrosis Who Need More Help Growing

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## **What was your research question?**

How can cystic fibrosis care teams identify babies who are not growing as expected and help them grow better?

## **Why is this important?**

It is important for babies with cystic fibrosis (CF) to grow well in their first two years of life because it affects their health in the future. Babies with CF who grow like other babies without CF tend to have better lung health. But CF can make it hard for them to grow normally due to issues with their digestion and other health problems. To help them grow best, special nutrition plans and close monitoring are needed. It is also important for there to be a standard way to check their growth and understand what these measurements mean.

## **What did you do?**

The study first looked at nutrition risk factors from 99 babies with CF who had visited an accredited CF clinic. The nutrition risk factors included growth, vitamin levels and if they had surgery, as these can affect their nutrition. We compared these details to a thorough dietitian assessment and found that an infant's weight and length were important for having better

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health results. Data was then collected again from 29 and 30 babies at two other CF clinics. The data was then evaluated to create a nutrition screening model.

## **What did you find?**

The best way to spot nutrition problems was by looking at their weight, length, and how fast they were gaining weight. Our screening model could correctly identify nutrition issues in almost 90% of the CF babies and could correctly tell if a baby was growing well 83% of the time.

## **What does this mean and reasons for caution?**

Our screening model can be used by members of the CF care team to identify growth problems in babies earlier and help them grow better. The nutrition screening tool may not always be correct, so the CF care team needs to look at the results carefully to decide if changes in nutrition care are needed.

## **What's next?**

The nutrition screening tool needs more testing to make it better at identifying babies who need help with growth.

## **Original manuscript citation in PubMed**

<https://pubmed.ncbi.nlm.nih.gov/37926667/>