

# Intermittent nutrition vs Continuous nutrition Which to choose in neonates?



## Intermittent nutrition

### INDICATIONS

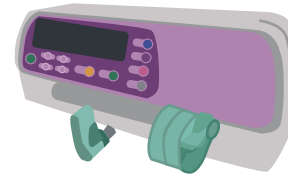
- ▶ Outpatients or patients in care centers
- ▶ Recommended for stable patients without neurological damage who are able to protect the airway
- ▶ For Minimal Enteral Nutrition in ventilated patients
- ▶ Indicated for patients with gastrostomy

### ADVANTAGES

- ▶ More physiological than continuous feeding, as it resembles the feeding pattern
- ▶ Promotes patient independence and mobility
- ▶ More cost-effective, as it does not require infusion pumps
- ▶ Easy to administer using syringes or gravity
- ▶ Maintains the feeling of hunger and satiety
- ▶ Easy to transport infusion equipment

### DISADVANTAGES

- ▶ Less well tolerated in the small intestine
- ▶ Rapid infusions increase gastrointestinal intolerance, leading to nausea, vomiting, abdominal distension, and diarrhea
- ▶ Not recommended in unstable patients
- ▶ Gastric capacity limits the volume of boluses
- ▶ Should not be used for post-pyloric administration



## Continuous nutrition

### INDICATIONS

- ▶ Better tolerated in post-pyloric tubes
- ▶ Used in patients intolerant to intermittent feeding, those requiring mechanical ventilation, or needing lower infusion rates

### ADVANTAGES

- ▶ Allows administration of a high total volume by eliminating fasting periods
- ▶ Promotes digestive tolerance
- ▶ Possible reduction in the risk of aspiration and abdominal distension
- ▶ Lower risk of metabolic abnormalities in critically ill patients
- ▶ Reduction in alimentary thermogenesis
- ▶ Improvement in glycemic control in critically ill patients

### DISADVANTAGES

- ▶ It is less physiological and limits patient mobility
- ▶ When using this type of administration, special care must be taken when using formulas in which fat may be poorly emulsified, as it may precipitate in the equipment or tube, resulting in a loss of a significant portion of the caloric content of the mixture. However, fat loss depends more on the length and position of the syringe than whether it is continuous or fractionated infusion