

Nutritional practices in very low birth weight infants: a national survey

Supplementary Table I. Web-based questionnaire used in the survey of nutritional practices in premature newborn infants with a gestational age < 32 weeks and/or a birth weight < 1,500 g admitted to Spanish Neonatal Intensive Care units

Hospital/address
1.1. How many infants < 1,500 g at birth are admitted to your unit per year?
Growth assessment
1.2. Which growth charts/standards do you use to calculate percentiles up to a gestational age of 40 weeks?
1.3. Which growth charts/standards do you use after a post-gestational age of 40 weeks?
Parenteral nutrition
2.1. Do you use standardized starter parenteral nutrition?
2.2. If so, what is the initial protein supply (g/kg/day)?
2.3. What is the peak protein (g/kg/day) reached during parenteral nutrition?
2.4. In the first week of life, what is the maximum intravenous lipid intake (g/kg/day) achieved?
2.5. Do you use intravenous fat emulsions containing docosahexaenoic acid (DHA)?
2.6. In case of routine or variable use of these intravenous fat emulsions, please provide the name of the product you use
2.7. Do you supplement carnitine in the case of prolonged parenteral nutrition (> 4 weeks)?
Enteral feeding
3.1. How soon do you initiate trophic enteral feeding (in the absence of specific contraindications)?
3.2. What is the usual initial volume of enteral trophic nutrition (ml/kg/day)?
3.3. In preterm infants with a birth weight between 1,000 and 1,500 g, how long do you maintain trophic enteral feeding before advancing?
3.4. How long does the trophic feeding phase last in infants with a birth weight < 1,000 g?
3.5. At what rate do you advance enteral feedings (ml/kg/day)?
3.6. When, on average, does a premature infant (< 1,000 g at birth) reach full enteral feeding in your unit? (Consider full enteral feeding to be 120 kcal/kg/day with at least 150 ml/kg/day)
3.7. In the case of formula feeding, how long do you keep preterm formula for premature babies in extremely premature infants?
Human milk fortification
4.1. Do you fortify human milk if used to feed premature newborns?
4.2. If so, please indicate the name(s) of the product(s) used
4.3. If you fortify human milk, when do you start to do this?
4.4. How long do you fortify human milk for?
4.5. How do you fortify human milk? (According to the manufacturer's instructions, blood and/or milk biochemical parameters)
4.6. If you fortify human milk according to blood and/or milk biochemical parameters, do you sometimes increase the fortifier concentration above the manufacturer's recommendations?
4.7. If you fortify human milk according to blood and/or milk biochemical parameters, do you occasionally use modular supplements (protein, carbohydrate, fat)?
4.8. If you use modules, please indicate the name(s) of the product(s) used
4.9. In the case of breast milk feeding (own mother's milk), do you use colostrum when available to optimize nutrient supply?
Human donor milk
5.1. Can enteral feeding be started with human donor milk in your unit?
5.2. If so, considering gestational age and/or birth weight, what are the indications in your unit?
Probiotics
6.1. Do you use probiotics on a regular basis?
6.2. If yes, which species/strains do you use?

(Continue in the next page)

Supplementary Table I (Cont.). Web-based questionnaire used in the survey of nutritional practices in premature newborn infants with a gestational age < 32 weeks and/or a birth weight < 1,500 g admitted to Spanish Neonatal Intensive Care units

Nutritional status/biochemical monitoring
Do you measure:
7.1. Urine nitrogen?
7.2. If so, how often?
7.3. Phosphorus?
7.4. If so, how often?
7.5. Albumin?
7.6. If so, how often?
7.7. Pre-albumin?
7.8. If so, how often?
7.9. Triglycerides?
7.10. If so, how often?
Vitamin and mineral supplementation
8.1. Do your patients receive enteral vitamin D supplementation from the second week of life?
8.2. If so, what is the dose?
8.3. Do you routinely monitor vitamin D and vitamin A levels?
8.4. Do you supplement with enteral vitamin A?
8.5. If so, how much?
8.6. Do preterm infants with a birth weight < 1,000 g receive iron supplements from the age of four weeks in your unit?
8.7. If so, at what amount?
8.8. When the hospital discharges the infant, do you continue to prescribe iron, multivitamin, or vitamin D supplements?
8.9. How long do you prescribe iron supplements for?
8.10. How long do you prescribe vitamin supplements for?
Nutrients and energy requirements
9.1. Do you estimate/evaluate macro and or micronutrient supply?
9.2. If so, how often?
9.3. How do you do this?
9.4. If you use a standardized method, please indicate which