Gastroenterology Recommendations

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Current GI Recommendations

• Experts from a wide range of disciplines
  – U.S. Centers for Disease Control and Prevention (CDC)
  – TREAT-NMD
  – Patient Advocacy Organizations

• Schedule for Screening GI issues
  – 6 months
  – Annual
Recommendations (6 Months)

• Weight and height

• Meet with Registered Dietician
Growth Chart Teen/Adult
Recommendations (6 Months)

- Screen for Swallowing/Dysphagia
- Screen for Reflux
- Screen for Gastroparesis / Stomach Issues
- Screen for Constipation
Recommendations (Annual)

• Vitamin D levels

• Dietary intake of Calcium
Importance of GI Screen

• Identify those at nutritional risk
  – Obesity
  – Malnutrition

• Prevent infection
  – Aspiration
  – Poor immune system from malnutrition

• Maintain function
  – Prevent loss of muscle function (cardiac, respiratory)
  – Malnutrition causes muscle loss