## Term small for gestational age newborn baby

### Growth restriction of the newborn (GRN)

<table>
<thead>
<tr>
<th>Diagnostic criteria</th>
<th>Risk factors</th>
<th>Health implications</th>
</tr>
</thead>
<tbody>
<tr>
<td>BW &lt; 3rd percentile</td>
<td>Primip or grand-multip, short interpregnancy interval</td>
<td>Lower Apgars/acidosis</td>
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<td>OR</td>
<td>Ethnicity (e.g. Aboriginal or Torres Strait Islander)</td>
<td>Respiratory compromise</td>
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<td>3 or more of:</td>
<td>Low socio-economic status</td>
<td>Hypothermia</td>
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<tr>
<td>BW &lt; 10th percentile</td>
<td>Age &lt; 16 or &gt; 35 years</td>
<td>Hypoglycaemia</td>
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<tr>
<td>L &lt; 10th percentile</td>
<td>Suspected FGR</td>
<td>Hypocalcaemia</td>
</tr>
<tr>
<td>HC &lt; 10th percentile</td>
<td>Previous FGR, SGA, stillbirth</td>
<td>Jaundice</td>
</tr>
<tr>
<td>Suspected FGR</td>
<td>Co-morbidities (e.g. obesity)</td>
<td>Feeding intolerance</td>
</tr>
<tr>
<td>Current pregnancy risk factor (e.g. congenital infection, hypertension, pre-eclampsia, diabetes)</td>
<td>Substance use (e.g. smoking)</td>
<td>Longer term health impacts</td>
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<td></td>
<td>Mental illness or eating disorder</td>
<td>Neurological delays</td>
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<td></td>
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<td>Obesity</td>
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<td></td>
<td>Metabolic disorders</td>
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</tbody>
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### Suspected SGA/GRN

#### Care at birth
- Anticipate need for resus
- Immediate drying/warmth
- Consider paired BG/lactate
- Support delayed cord clamping (unless required to move for resus)
- Skin to skin
- Recommend placental histopathology
- Feed within 30–60 minutes

#### Assessment
- Review history
- Review EDD
- Plot BW, L, HC on growth charts
- Physical examination
- Assess for features of GRN
- Other assessments as indicated
- Document findings

#### Additional care
- Additional surveillance whilst minimising mother, baby separation
- Low threshold for escalation of care
- Referral as indicated
- Parental information and support

### Care of baby: SGA/GRN

#### Thermoregulation
- Promote skin to skin
- Check temperature before feeds (at least first 24 hours)
- Delay first bath

#### Metabolic
- Monitor as clinically indicated:
  - Blood glucose
  - Calcium
  - Jaundice

#### Feeding
- Aim is to achieve gradual weight gain
- Individualised feeding plan
- Feed at least third hourly
- If PDHM/formula feeding, balance quota with tolerance
- If intolerance seek review
- Consider intravenous therapy or gavage feeds as required

#### Discharge considerations
- Feeding
- Weight
- Maintaining temperature
- Jaundice
- Parental readiness and ability to engage with follow-up

#### Follow-up
- Early post discharge appt
- Assess growth and development up to 2 years

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BG = blood gas, BMI = body mass index, BW = birth weight, EDD = estimated due date, FGR = fetal growth restriction, GRN = growth restriction in the newborn, L = length, HC = head circumference, PHDM = pasteurised human donor milk, SGA = small for gestational age, Resus = resuscitation, < less than, > greater than

Queensland Clinical Guideline. Term small for gestational age newborn baby. Flowchart: F22.16-1-V5-R27