



ASEAN GUT DAY

For Nurses & Midwives



Infant Colic

Why Do Babies Cry?



For needs – hunger, comfort



Attention-seeking – comfort hugs / to be carried.



Pain and discomfort – burping, hiccups, tummy ache, rashes, headaches, teething



Behavioural sensory cry – infantile colic, early autism

Infantile Colic

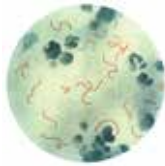


- Recurrent and prolonged periods of crying without obvious cause and cannot be prevented.
- Age of baby < 5 months when symptoms start.¹
- Crying more than 3 hours per day for more than 3 days per week for over 3 weeks.¹

Possible Causes of Infantile Colic

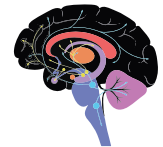
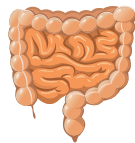
Gastrointestinal factors:

- Faulty feeding techniques
- Lactose intolerance
- Cow milk protein intolerance
- Microflora imbalance: gram negative organisms differences, resulting in increased fecal calprotectin, a marker of intestinal neutrophil infiltration.



Biological factors:

Immature motor regulation: feeding and intestinal



Increased serotonin – greater Urinary 5-OH IAA concentrations in colicky babies

Tobacco smoke and nicotine exposure



Psychosocial factors:



Temperaments

Hypersensitivity – sensory dysregulation (greater reactivity to sensory stimuli²)



Parental variables



Infantile Colic Management Strategies

In > 90% of cases, treatment is focused on helping caregivers get through this challenging period in their baby's development.

Reassure parent that:



Infantile colic is usually a transitory phase.

Encourage parent to:

- Look after their own well-being and establish a support network.
- Continue breastfeeding.

Treatment Options: *Studies are limited and do not provide adequate evidence to support use.*



Pharmacological treatments



Probiotics



Complementary therapies



Manual therapies (massage, reflexology)



Parental behavioural interventions



Dietary interventions

Probiotics³

- Leads to less crying and / or fussing time after 21 days of treatment with lactobacillus reuteri.
- Recommended in breastfed infants with colic.



Dietary Interventions⁴

- Partially hydrolyzed, low lactose milk or soy-based formula diet led to reduced gassiness, fussiness and hours of crying among infants.



References:

1. Lam et al. 2019. Singapore Med J;60(1):12-16.
2. Adam-Darque et al. 2021. Pediatr Res;89(5):1239-1244.
3. Sung et al. 2018. Pediatr;141(1):e20171811
4. Berseth et al. 2009. Clin Pediatr;48(1):58-65



Infant Colic

Scan the QR code to find out more.

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Infant Colic



Infantile colic-triggered parental depression

Infant crying was associated with high postnatal depression scores both 2 and 6 months postpartum.¹

How to offer practical support to mothers managing a crying baby:



Manage the parent's frustration

Suggest taking timeouts and asking for familial, friend or professional help.

Remind them to be gentle
Shaking the baby forcefully may have devastating consequences.²



When should parents make an appointment with a doctor:



Unusual behavior
(over or under-sleeping)



Not eating or growing normally



Vomiting, diarrhea, bloody stools



Hurt from fall or injury



Excessive crying for more than 3 months



Has a fever at less than 3 months old

Parental Education ²



Dietary changes

Nipples and bottles are designed to decrease the amount of air swallowed during feeding. Switching to soy-based or hypoallergenic formula may improve colic.

Breastfeeding

Mothers may consume a hypoallergenic diet to reduce infant's colic, including milk, eggs, nuts and wheat.



Carrying

Carrying infants can decrease infant and parental anxiety.

Change in environment

Warm baths have been suggested and may help to soothe an infant.



Swaddling

Swaddling and placing the infant near a white noise machine or dryer may soothe a noise-sensitive infant.

Probiotics

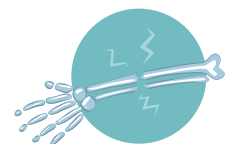
Lactobacillus reuteri has been found useful in colic alleviation among breastfed infants.



"It Cries" - Considerations to Rule Out In A Crying Baby ³



Infections
(UTI, Meningitis, Sepsis)



Trauma
(Hematoma, Fractures, Non-accidental trauma)



Cardiac Disease
(Supraventricular tachycardia)



Reflux / Reaction
(GERD, reaction to medication)



Intussusception
(blockage of food or fluid; cut-off blood supply)



Eyes
(corneal abrasion, foreign body, glaucoma)

References:

1. Vok et al. 2009. Acta Paediatr;98(8):1344-8.
2. Turner et al. 2022. Patient education:Colic (excessive crying) in infants.
3. Herman et al. 2007. Emerg Med Clin North Am;25(4):1137-59.



Strangulation, Surgical Processes
(hernia, testicular torsion)



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Scan the QR code to find out more.