

Nursing care is directed at identifying children with symptoms suggestive of GER; educating parents regarding home care, including feeding, positioning, and medications when indicated; and caring for the child undergoing surgical intervention. For the majority of infants, parental reassurance of the benign nature of the condition and its relationship to physiologic maturity is the most important intervention. To help parents cope with the inconvenience of dealing with a child who spits up or regurgitates frequently, simple tips such as using bibs and protective clothes during feeding and prone positioning when holding the infant after feeding are beneficial.

It is important to educate and reassure parents about positioning. In the past, recommendations encouraged upright positioning during sleeping for both infants and older children. The supine position for sleeping continues to be the recommended infant sleeping position. Parents should not place infants on their sides as an alternative to fully supine sleeping, and avoidance of soft bedding and soft objects in the bed is important. Rescheduling of the family's routine may be required to accommodate more frequent feeding times. If parents use thickened formula, they should also enlarge the nipple opening for easier sucking. Usually, breastfeeding may continue, and the mother may provide more frequent feeding times or express the milk for thickening with rice cereal. Parents should avoid feeding the child spicy foods or any foods that they find aggravate symptoms in general and avoid caffeine, chocolate, tobacco smoke, and alcohol when breastfeeding. Other practical advice includes advising the parents to avoid vigorous play after feedings and to avoid feeding just before bedtime.

When regurgitation is severe and growth is a problem, continuous NG tube feedings may decrease the amount of emesis and provide constant buffering of gastric acid. Special preparation of caregivers is required when this type of nutritional therapy is indicated.

The nurse can support the family by providing information about all aspects of treatment. Parents often require specific information about the medications given for GER. PPIs are most effective when administered 30 minutes before breakfast so that the peak plasma concentrations occur with mealtime. If they are given twice a day,