

lactose-containing formula, including breast milk. Traditionally, lactose-free formulas are used, with soy-protein formula being the feeding of choice; however, some research suggests that elemental formula (galactose-free) may be more beneficial than soy formulas (Zlatunich and Packman, 2005). However, the American Academy of Pediatrics recommends the use of soy protein-based formula for infants with galactosemia, and it is considerably less expensive than elemental formula (Bhatia, Greer, and Committee on Nutrition, 2008). As the infant progresses to solids, only foods low in galactose should be consumed. Certain fruits are high in galactose, and some dietitians recommend that they be avoided. Food lists should be given to the family to ensure that appropriate foods are chosen.

If galactosemia is suspected, supportive treatment and care are implemented, including monitoring for hypoglycemia, liver failure, bleeding disorders, and *E. coli* sepsis.

Prognosis

Follow-up studies of children treated from birth or within the first 2 months of life after symptoms appear have found long-term complications, such as hypogonadism, cognitive impairment, growth restriction, and verbal and motor delays (Bosch, 2006). These findings have revealed that eliminating sources of galactose does not significantly improve the outcome. New therapeutic strategies, such as enhancing residual transferase activity, replacing depleted metabolites, and using gene replacement therapy, are needed to improve the prognosis for these children.

Nursing Care Management*

Nursing interventions are similar to those for PKU except that dietary restrictions are easier to maintain because many more foods are allowed. However, reading food labels carefully for the presence of any form of lactose, especially dairy products, is mandatory. Many drugs, such as some of the penicillin preparations, contain lactose as filler and also must be avoided. Unfortunately, lactose is an unlabeled ingredient in many pharmaceuticals. Therefore, instruct parents to ask their local pharmacist about galactose content of any over-the-counter or prescription medication.