

Chylothorax - nutritional practices survey

What are the aims of this survey?

This survey is being undertaken by dietitians from Children's Health Queensland Hospital and Health Service and the British Dietetic Association: Paediatric Cardiac Interest Group. The aims are to map current international practices for the diagnosis and management of children with chylothoraces, and to identify the next steps required to develop consensus guidelines and management for this condition.

To be involved, simply complete this online questionnaire. It should take no longer than 5 - 10 minutes. It is entirely optional. If you do not wish to take part simply close the questionnaire. However we are really grateful for your opinions. There are no specific benefits to you from taking part but no risks either. All information you provide will be anonymous and cannot be withdrawn once you submit it. You may include your email at the end of the survey, but this is entirely optional.

By completing the questionnaire you agree to participate in this process. Please also feel free to pass this link onto colleagues in your team who have experience managing this patient group.

If you any queries, please do not hesitate to contact: Anna Doolan (Aus) (Annabel.Doolan@health.qld.gov.au) or Dr Luise Marino (UK) (luise.marino@uhs.nhs.uk) and thank you for your time on behalf of the team.

Section 1. How is chylothorax managed?

In this section we would like to understand how chylothorax is managed - there is no right or wrong answer

Diagnosis and pre-diet assessment

How is chylothorax diagnosed in your unit?

	Yes	No
Observational "presence of chyle observed in chest drain"	<input type="radio"/>	<input type="radio"/>
Pleural fluid sample with triglycerides > 1.1mmol/L	<input type="radio"/>	<input type="radio"/>
Pleural fluid sample with absolute white blood cell counts > 1000 cells/mm ³	<input type="radio"/>	<input type="radio"/>
Pleural fluid sample with lymphocytes > 80%	<input type="radio"/>	<input type="radio"/>
Lymphatic imaging	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>

If you have indicated other, please provide details

Diagnosis and pre-diet assessment

What is the first line treatment for chylothorax in your unit?

	Yes	No
Usual feed/ diet for first 10 days with no fat restriction	<input type="radio"/>	<input type="radio"/>
Oral or enteral Low Long chain fat (LCT) diet/formula	<input type="radio"/>	<input type="radio"/>
Nil by mouth with low LCT formula as enteral nutrition support	<input type="radio"/>	<input type="radio"/>
Nil by mouth with parenteral nutrition support	<input type="radio"/>	<input type="radio"/>
Combined low LCT diet/formula with IV lipid support	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>

If you have indicated other, please provide details

Dietary management of chylothorax

Is the nutritional management of chylothorax in your unit guided by

	Yes	No
Unit protocol	<input type="radio"/>	<input type="radio"/>
Local clinical guidelines	<input type="radio"/>	<input type="radio"/>
Published guidelines	<input type="radio"/>	<input type="radio"/>
Physician preference	<input type="radio"/>	<input type="radio"/>

Other

Dietary management of chylothorax

What is the recommended duration of a low LCT diet therapy in your unit?

	1 week	2 weeks	3 weeks	4 weeks	5 weeks	6 weeks	> longer
Diet therapy for	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If longer than 6 weeks, please specify why

Dietary management of chylothorax

What is considered day one of diet therapy in your unit?

	Yes	No
The day low LCT diet therapy commences	<input type="radio"/>	<input type="radio"/>
The day the last chest drain is removed	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>

If you have indicated other, please provide details

What is the most common daily LCT fat allowance for an infant or children in your unit

		1 - 5 years of age	5 - 10 years	>10 years of age
No fat restriction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1g LCT per year of life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other, Individualised approach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you have indicated other, please provide details

Please indicate the low fat feeds and supplements used in your unit to manage chylothorax

	Yes	No
Defatted (Skimmed) human breast milk	<input type="radio"/>	<input type="radio"/>
Monogen	<input type="radio"/>	<input type="radio"/>
Fortified skim milk drinks	<input type="radio"/>	<input type="radio"/>
Extensively hydrolysed feeds 35 - 50% MCT	<input type="radio"/>	<input type="radio"/>
10 - 15% glucose polymer drinks	<input type="radio"/>	<input type="radio"/>
MCT oil	<input type="radio"/>	<input type="radio"/>
Liquigen	<input type="radio"/>	<input type="radio"/>
Modular feeds - low LCT	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>

If you have indicated other, please provide details

In your unit how does an infant or child resume a normal diet following the completion of prescribed diet therapy course?

	Yes	No
Immediate resumption of usual feed/ diet	<input type="radio"/>	<input type="radio"/>
Gradual resumption of usual feed/ diet over a period of days	<input type="radio"/>	<input type="radio"/>
Gradual resumption of usual feed/ diet over a period of a week	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>

If you have indicated other, please provide details

Supplementation

In your unit what situations are essential fatty acids (EFA) supplemented?

	Yes	No
No supplementation	<input type="radio"/>	<input type="radio"/>
No supplementation for infants	<input type="radio"/>	<input type="radio"/>
Supplement only children >12 months of age on a low LCT formula	<input type="radio"/>	<input type="radio"/>
Supplement all infants/children regardless of fat restriction	<input type="radio"/>	<input type="radio"/>
Supplementation if LCT is providing	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>

If you have indicated other, please provide details

How is EFA supplementation in your unit given?

	Yes	No
Walnut oil	<input type="radio"/>	<input type="radio"/>
Canola oil	<input type="radio"/>	<input type="radio"/>
Fish oil supplements	<input type="radio"/>	<input type="radio"/>
KeyOmega	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>

If you have indicated other, please provide details

During the course of diet therapy, in your unit, do you provide any of the following?

	Yes	No
Fat soluble vitamins	<input type="radio"/>	<input type="radio"/>
Electrolytes	<input type="radio"/>	<input type="radio"/>
Multivitamins	<input type="radio"/>	<input type="radio"/>
Minerals	<input type="radio"/>	<input type="radio"/>
Individual vitamins	<input type="radio"/>	<input type="radio"/>

What are the barriers to managing chylothorax in your unit?

	Yes	No
Food service capabilities	<input type="radio"/>	<input type="radio"/>

- Absence of clinical guidelines
- Limited evidence base
- Available formula/feed options
- Variations in practice of clinicians
- The individual infant/child's growth or nutritional status
- Other

If you have indicated other, please provide details

What should we do to reduce variation in practice with regards to nutritional management of chylothorax?

	Yes	No
Randomised controlled trial	<input type="radio"/>	<input type="radio"/>
Prospective observational study	<input type="radio"/>	<input type="radio"/>
Delphi consensus	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>

How do you think chylothorax should be managed?

Section 2. A bit about you

This section is about you

What profession best describes you?

- Dietitian
- Nurse
- Dr - Cardiac
- Dr - Intensivist
- Other

How many years have you been managing children with chyllothorax?

- Less than or equal to 1 year
- 2 - 5 years
- 6 - 9 years
- More than 10 years

What is the name of your hospital/ organisation?

In which country is your hospital based?

Please provide an email address if you are happy for us to contact you in the future

Thank you for taking this questionnaire.

If you have any queries, please contact: Luise.marino@uhs.nhs.uk or Graeme.O'Connor@gosh.nhs.uk