Anemia Algorithm Screen HgB: Recommended Fe Intake • All 1-yr olds Children (4-10 yrs): 10 mg/day • High-risk children at any age Preteens (9-13 yrs): 8 mg/day Adolescent boys (14-18 yrs): 11 mg/day Adolescent girls (14-18 yrs): 15 mg/day HgB < 10 $HgB \ge 10, <11$ HgB ≥ 11 WNL High Risk Prematurity 1) Confirm result with a laboratory CBC Low birth weight 1) Review history, including diet, 2) Review history, including diet, menstrual Exclusive breastfeeding beyond 6 m menstrual history, if applicable history, if applicable Weaning to complementary foods 2) Correct dietary issues 3) Correct dietary issues 3) Guiac stool which do not include Fe fortified 4) Guiac stool 4) Evaluate for splenomegaly on P.E. 5) Evaluate for splenomegaly on P.E. cereals or high Fe foods Excessive milk intake (>16-24 oz/d) Feeding problems Poor growth Special healthcare needs Prior to hematology Low socio-economic status, especially referral*, obtain: Continue if of Mexican-American descent Fe Supplementation Recheck in 2 HgB ↑ by 1 gm CBC & manual diff & YES supplementation x 2of 3-6 mg/kg/day 3 weeks dL red cell indices 3 months Fe Supplementation 3-4 mg/kg/day for mild-to-moderate anemia, 5-6 mg/kg/day for severe If Anemia anemia, given as ferrous sulfate either is: OD or BID. Consider a prn stool softener to prevent constipation. Microcytic Normocytic Macrocytic Add assessment Add assessment for: Iron Add assessment Add assessment for: B12/Folate Add assessment deficiency* (serum iron, for: Anemia of for: Hemolytic deficiency for: Hemolytic ferritin. TIBC, evaluate diet chronic disease anemia (coombs, BMF (Fanconi anemia (coombs, and bleeding history) (ESR, urine, chem osomotic fragility, anemia, MDS, osomotic fragility, Thalassemia (hgb panel, t4/tsh) G6PD) evolving aplastic G6PD) TEC/viral electrophoresis, consider anemia) alpha globin gene analysis) suppression (parvo, mycoplasma, ebv) Refer to Childrens Physicians Medical Group hematology * Note: If history and lab results are consistent with an isolated Fe-deficiency anemia, it is reasonable to begin Fe supplementation and follow the pathway for HgB ≥ 10 , Healthy kids. Happy parents.