

# Review of: "How to burp an infant – a prospective comparative pilot study on four different methods"

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This review aims to shed light on several aspects regarding infant burping. While burping is commonly recommended as a measure to alleviate colic symptoms, certain critical points have been overlooked in existing discussions.

Firstly, there is a lack of data provided on how gastroenteritis, malnutrition, dehydration, and failure to thrive are directly relevant to burping. Considering these factors is crucial for a comprehensive understanding of colic and its potential remedies. The phenomenon described in this article is called 'vomiting' whereas 'gastroesophageal reflux', 'spit up' or 'regurgitation' would be more suitable terms.

Additionally, the article fails to address compliance with the WHO International Code for the Production and Marketing of Breast Milk Substitutes. As this code plays a significant role in infant feeding practices, it is important to consider its implications in discussions related to burping and colic management.

Moreover, the data provided regarding feeding bottles and teats appears irrelevant, as the milk flow is not standardized across these products. Without standardized flow rates, it becomes challenging to draw accurate conclusions about the effectiveness of burping.

To prevent potential misunderstanding, it is suggested that future studies provide specific information on the technique of "gentle patting on the back," including a videographed demonstration. This would ensure a clear understanding of the recommended strength used during burping.

Furthermore, the review highlights the absence of data specifying the volume of regurgitated milk. A comparison of regurgitation rates based on varying food volumes would provide valuable insights into the relationship between burping and milk intake.

In conclusion, while burping is commonly associated with colic management, this review identifies key areas that require further attention. By addressing the mentioned gaps in research and providing more comprehensive data, future studies can enhance our understanding of the effectiveness and nuances of infant burping in relation to colic management.