

ON-DEMAND VIEWING

pnce.org/Precision-Nutrition



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Free online CE/CME/CPEU course

State of the Art: Precision Nutrition in Preterm Infants

Unique from term infants, preterm infants' enteral nutrition is not self-regulated. Feeding occurs according to a timed schedule, with nutrient intake and feeding volume determined by the neonatal staff, while baby is required to metabolize what is fed. **Christoph Fusch, MD, PhD**, discusses evidence that reveals how to measure and strategically determine micro- and macronutrient needs for preterm neonates. He reviews the impact of balanced nutrient intake and nutritional research studies in preterm infants on clinical outcomes, as well as the significance of applying postnatal growth trajectories and optimal nutrition needs of preterm infants. Although the gold standard, mother's breast milk can vary, and may not provide adequate nutrients for essential growth and neurodevelopment needed in preterm infants. Precision nutrition allows the neonatal staff to adjust nutritional content—including the appropriate amount of proteins, carbohydrates, and fat to result in optimal growth and development—according to individual preterm needs.

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Learning Objectives

- Explain how nutritional needs vary among preterm and term infants
- Describe the clinical outcomes from nutrient research studies in preterm infants
- Develop individual postnatal growth trajectories for preterm infants to reduce the risk of postnatal growth retardation
- Apply current recommendations based on nutrient research studies for the clinical management of preterm infants.

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