Why Nutrition of the Preterm Matters
Long-Term Consequences of Adverse Early Nutrition and Growth
Miami Neonatology 2016 – Annual International Conference

Learning Objectives
At the conclusion of this activity, participants should be better able to:

- Recognize the practices that result in undernutrition of preterm infants
- Develop feeding plans that optimize the growth rate and long-term health outcomes of preterm infants

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Case Presentation
A preterm, male infant is born at an estimated gestational age of 30 weeks. At that time, he is 1022 g and apneic; during the initial 24 hours after delivery, IV feeding is held while his respiratory function is stabilized. The mother has also expressed a desire to exclusively breastfeed her infant.

Discussion Items
Informed by the video content, reflect individually or discuss as a group the following questions related to this case and your clinical practice:

- How do you proceed with IV and/or enteral feeding with this infant?
- What are your protocols for providing IV or enteral nutrition for extremely or very low-birth-weight infants?
- Have you reviewed the evidence supporting protocols for withholding feedings?
- How do you counsel mothers who wish to breast-feed their preterm infants?
- What targets do you have for daily protein and calorie intake for preterm infants?

Suggested Readings and Resources


