



# You're Invited to a Physician CME, Nurse, Registered Dietitian and CE Group Viewing Event

## Customizing Proteins, Fats and Carbs: A Balancing Act in the NICU

This activity helps participants develop a greater understanding of how protein, energy, vitamins, and minerals support growth and development in preterm infants. More specifically, **William W. Hay, Jr, MD**, and **Bethany Hodges, MS, RD, CNSC**, discuss the balance of macronutrients in preterm infants, with a focus on the role of protein. The challenges associated with preterm infant nutrition in the neonatal intensive care unit (NICU) and the unique nutritional needs of preterm infants are addressed, along with the implications of suboptimal protein intake on growth and development. Practical recommendations for parenteral and enteral protein intake in the preterm infant are covered using a collaborative case-based approach. Dr. Hay and Ms. Hodges discuss the protein sources for preterm infants, including mother's own milk, donor milk, and formula.

**Date**

**Time**

**Location**

**Organized by**

**For more info contact**

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After viewing, go to <https://pnce.org/gv/58461> to complete a short assessment and get your certificate.

### Accreditation and Certification

The Annenberg Center for Health Sciences at Eisenhower is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### Credit Designation—Live Activity

The Annenberg Center for Health Sciences at Eisenhower designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Annenberg Center for Health Sciences is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

A maximum of 1.0 contact hour may be earned for successful completion of this activity.

Provider is approved by the California Board of Registered Nursing, Provider #13664, for 1.0 contact hour.

Annenberg Center for Health Sciences at Eisenhower is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 1.0 continuing professional education unit (CPEU) for completion of this program/material.

Provider number: AC857

Activity number: 158473

### Learning Objectives

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

- Describe the unique nutritional needs of preterm infants
- Relate the protein needs of preterm infants with growth and development
- Identify preterm infants whose nutritional needs are changing

