

ON-DEMAND VIEWING

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Redesigning Postdischarge Nutrition in the NICU

Presented by Tara K. Bastek, MD, MPH, and Ian J. Griffin, MB ChB

Dr. Tara Bastek and Dr. Ian Griffin provide detailed information to underscore the significance of proper nutritional intake in the NICU. They review the latest nutrient intake recommendations, and define optimal growth as an infant transitions from parenteral to enteral nutrition during the course of acute, convalescent, and discharge phases, with specific feeding strategies during each. Individualized formula fortification strategies are also discussed to help parents and providers follow prescribed feeding plans to optimize long-term outcomes.

About the Presenters

Tara K. Bastek, MD, MPH, is a Neonatologist and Chair of the Ethics Committee of WakeMed Health and Hospitals. Ian J. Griffin, MB ChB, is Director of Clinical and Translational Research at MidAtlantic Neonatology Associates.

Learning Objectives

- Link nutrient intake recommendations for growing preterm infants with expected growth
- Describe the latest evidence supporting preterm infant convalescent and discharge nutrition
- Review novel approaches to convalescent and discharge feeds when a preterm infant is designated as at risk for growth failure or micronutrient deficiencies
- Customize nutritional interventions to help close the growth failure gap in the NICU and at discharge

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Activity Format

This activity is an online enduring material. Successful completion is achieved by reading and/or viewing the material, reflecting on its implications in your practice, and completing the assessment component.

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