

ON-DEMAND VIEWING

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Free CE course

Personalized Human Milk Fortification Strategies to Impact Micronutrition and Growth

Presented by Christina J. Valentine, MD, MS, RD, at Miami Neonatology 2022

Professor and neonatologist, Christina J. Valentine, MD, MS, RD, provides evidence of gaps between nutrition standard-of-care compared to the latest recommended nutrition guidelines. Dr. Valentine details the components in human milk for the purpose of raising awareness of potential nutritional limitations and variability of preterm breast milk and donor milk. To overcome these limitations, Dr. Valentine identifies fortification options and supplements to fill any potential nutrient gaps beyond calories and protein. Dr. Valentine also emphasizes the importance of limiting the use of donor milk to as short a duration as possible.

Learning Objectives

- Define the composition of preterm, term, and pasteurized human milk
- Assess nutrient gaps to identify fortification strategies beyond calories and protein needs



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Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 0.5 continuing professional education unit (CPEU) for completion of this program/material.

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.

Commission on Dietetic Registration <small>Academy of Nutrition and Dietetics</small>	Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU). RDs and DTRs are to select activity type 102 in their Activity Log Sphere and Competency selection is at the learner's discretion.
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