

# You're Invited to a Healthcare Professional CE/CME 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.

<b>Date</b>	_____
<b>Time</b>	_____
<b>Location</b>	_____
<b>Organized by</b>	_____
<b>For more info contact</b>	_____

After viewing, go to <https://pnce.org/gv/60071> to complete a short assessment and get your certificate.

### Target Audience

This activity was developed for pediatric physicians, nurses, advanced practice clinicians, dietitians, hospital pharmacists and other healthcare providers who have an interest in newborns, infants and toddlers.

### 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



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The Annenberg Center designates this enduring material for a maximum of 1.0 *AMA PRA Category 1 Credit*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Provider is approved by the California Board of Registered Nursing, Provider #13664, for 1.0 contact hour. *To receive credit for education contact hours outside of the state of California, please check with your state board of registered nursing for reciprocity.*

Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 1.0 continuing professional education unit (CPEU) for completion of this program/material.