

ON-DEMAND VIEWING

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Free CE course

Updates on Nutritional Assessment of Very Preterm Infants

Presented by Mandy Brown Belfort, at Miami Neonatology 2024

In this presentation, Mandy Brown Belfort, MD, MPH, highlights current practices and ongoing questions regarding the optimal nutritional assessment of preterm infants. Dr. Belfort discusses the importance of accurately assessing nutritional status in preterm infants, with an emphasis on serial anthropometry using growth standards. The relative limitations of the reference fetus standard and the potential advantages of using preterm postnatal standards are reviewed. Looking to the future, Dr. Belfort also discusses the need for inexpensive and portable methods to monitor body composition in preterm infants and data on the use of bioelectrical impedance analysis, a promising investigational tool for measuring fat-free mass in the NICU.

Learning Objectives

- Identify the unique nutrition needs of preterm infants after NICU discharge
- Identify a postdischarge feeding strategy that supports optimal growth and development for a very preterm infant
- Evaluate the benefits from sustained exposure to human milk in very preterm infants after NICU discharge



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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. Registered Dietitians and Dietetic Technicians are to select activity type 102 on Professional Development Portfolio (PDP) activity logs.

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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