

Bridging the Protein Gap: Navigating Variable Milk Composition and Delivery in High-Risk Neonates and Infants

In this presentation Dr. Sarah Fleet and Dr. Ting Ting Fu explore the emerging concept of the “protein gap” in neonatal and pediatric critical care, highlighting how variability in human milk composition, including differences between mother’s own milk and donor human milk, can lead to unintended protein deficits despite seemingly adequate feeding plans. Faculty review current evidence supporting protein requirements for preterm infants, examine the clinical consequences of cumulative protein deficits, and discuss practical approaches to fortification and protein delivery in NICU and PICU settings. Through this discussion, participants gain clinically actionable strategies to better recognize protein shortfalls, individualize nutrition support, and align feeding practices with evolving guideline-based protein targets to improve growth, recovery, and developmental outcomes in high-risk infants.

Date

Time

Location

Organized by

For more info contact

Target Audience

This activity is developed to support pediatricians, pediatric subspecialists, pediatric nurses, dietitians, neonatologists, NICU RNs and other healthcare providers who treat infants and children.

Learning Objectives

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

- Describe the differences in nutrient composition and bioactive components in Mother’s Own Milk vs. Donor Human Milk
- Identify the impact of cumulative protein deficits on clinical and growth outcomes in both preterm infants and term infants with medical complexity
- Analyze the latest clinical guidelines for fortifying human milk to meet the heightened metabolic demands of the medically complex neonatal and pediatric populations
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