



## Improving Growth of VLBW Babies on Exclusive Human Milk Diet

### **Internet Enduring**

**Release Date:** 4/6/2020

**Expiration Date for Credit:** 4/05/2023

**Content was originally presented in the NEO-specific Grand Rounds Series on April 1, 2020**

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The ACCME recognizes this educational activity as an enduring material. The estimated time for completion of this internet enduring material is 60 minutes. This presentation was released on April 6, 2020. The expiration date of this enduring material is April 5, 2023.

The ANCC recognizes this educational activity as an enduring material. The estimated time for completion of this internet enduring material is 60 minutes. This presentation was released on April 6, 2020. The expiration date of this enduring material is April 5, 2023.

### **Target Audience:**

This presentation is intended for physicians, advanced practice providers, and other clinicians caring for newborns.

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***Commercial Support:***

This educational activity is supported, in part, by an educational grant from Prolacta Bioscience.

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***Gap or Purpose:***

Exclusive Human Milk Diet (EHMD) is the safest way to feed Very Low Birth Weight (VLBW) babies but there have been concerns that growth is suboptimal on EHMD. This presentation will discuss strategies for improving growth of VLBW babies on EHMD and the improved short and long term outcomes associated with EHMD.

***Objectives: At the conclusion of this activity, the participant will be able to:***

ACCME Objectives

1. Discuss variables that contribute to improving growth on an exclusive human milk diet including early fortification of enteral feedings.
2. List the short term and potential long term benefits of human milk diet on improving health outcomes.

CME – ACGME/ABMS Competencies – patient care or procedural skills

ACCME Learning Outcome

Learners will be able to identify and appropriately implement at least one strategy to improve growth of VLBW babies on EHMD.

ANCC Learning Outcomes

1. Discuss variables that contribute to improving growth on an exclusive human milk diet including early fortification of enteral feedings.
2. Understand the short term and potential long-term benefits of human milk diet on improving health outcomes.

ANCC – IOM Competencies

1. Employ evidence-based practice

***Participation and Credit:***

Participants are expected to review all content in the video, access reference materials as needed for additional self-directed learning, take and score 70% or greater correct on the post test, and complete the evaluation in order to earn *AMA PRA Category 1 Credit(s)*<sup>™</sup>, or nursing contact hour(s).

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