



Nutrition Care Planning: Setting Up for Success at NICU Discharge

Internet Enduring Material

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Time to Complete

The estimated time for completion of this Internet Enduring Material is 60 minutes.

Target Audience

This presentation is intended for physicians, advanced practice providers, and other clinicians practicing within the Neonatology specialty.

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Sara Ramel, MD: I have no financial relationships to report. *FDA Disclosures: none reported.*

Timothy Biela, MD: I have no financial relationships to report.

Nicole Brenson, MS.Ed: I have no financial relationships to report.

Vicki Leamy, DNP, APRN, NNP-BC: I have no financial relationships to report.

Commercial Support

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Overview

The brain continues to develop well beyond term gestation and poor growth during this time period is associated with worsened neurodevelopmental outcomes. This presentation will address if enhanced nutrient provision provided to preterm infants after hospital discharge is associated with improved long-term outcomes.

Objectives

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

1. Define postnatal growth failure and describe current trends in growth of preterm infants.
2. Describe associations between growth and neurodevelopmental/metabolic outcomes.
3. Describe post-discharge nutritional requirements and the evidence (or lack thereof) surrounding the benefits of enhanced nutrition after discharge.
4. List nutrient provision strategies that can be employed at discharge to optimize nutrient intake.

ACGME/ABMS Competencies

- Medical Knowledge
- Practice-based Learning and Improvement

IOM Competencies

- Practice Patient-centered Care
- 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 75% or greater correct on the post test, and complete the evaluation in order to earn *AMA PRA Category 1 Credit(s)*[™] or *nursing contact hour(s)*.

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Contact

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