

Enteral Nutrition For At-Risk Neonates

Objectives

- Recall that mother's own milk (MOM) is the preferred diet for preterm infants while recognizing the need for development of evidence-based clinical guidelines to optimize use of donor human milk when MOM is unavailable
- Identify challenges to the provision of adequate enteral nutrition in term infants
- Discuss the importance of early protein intake and the recommended approaches to achieve adequate intake using combined parenteral and enteral approaches
- Describe the human milk fortification strategies used to support the needs of preterms, especially very low birth weight infants
- Outline concerns about postnatal growth failure as a complication of preterm births and identify areas of priority attention needed to optimize growth outcomes

Content Outline

1. Enteral Nutrition for At-Risk Neonates
 - 1.1 Overview of clinical challenges in meeting "at risk" infant nutritional needs
 - 1.2 Macronutrient requirements
 - 1.3 Requirements for micronutrients, vitamins, minerals, trace elements
 - 1.3.1 Potential impact of calcium and phosphorus deficiencies
 - 1.4 Options for enteral nutrition
 - 1.4.1 Base diet options
 - 1.4.2 Initiation
 - 1.4.3 Concomitant medical conditions
 - 1.4.4 Feeding methods and how to advance volumes
 - 1.5 Human milk nutrient content and benefits
 - 1.6 Contraindications to the use of MOM
 - 1.7 Recommendations for the use of donor milk
 - 1.7.1 Differences between MOM and donor human milk
 - 1.8 Human milk fortification options (BOV or HMBF)
 - 1.8.1 Fortification strategy options
 - 1.9 Selection of mode, initiation timing, and advancement of enteral feeds
 - 1.10 Aspects of infant nutrition and growth
 - 1.10.1 Growth and body composition evaluation
 - 1.10.2 Preterm growth and development outcomes
 - 1.10.3 Post-discharge nutrition aspects in preterm infants

Reading Material Resources

Module WB2632: Enteral Nutrition For At-Risk Neonates is based on the resource listed below. A copy of the resource is included with the module.

Chapter 59 Enteral Nutrition, Karpen H and Poindexter B in *Avery's Diseases of the Newborn, Eleventh Edition*, Editors, Gleason CA and Sawyer T, Elsevier, 2024, 871-887