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# Preterm Nutrition Through Discharge: A Case-Based Challenge

Presented by Tara K. Bastek, MD, MPH, and Karen M. Varga, RD, LDN, CNSC

Dr. Tara Bastek and Ms. Karen Varga provide detailed information to underscore the significance of proper nutritional intake in the NICU. During this review, interactive cases track preterm infants through the NICU to discharge, presenting challenges and solutions that focus on the latest nutrient intake recommendations, and overcoming the potential for mid-growth failure while transitioning from parenteral to enteral nutrition during acute, convalescent, and discharge feeding phases.

### About the Presenters

Tara K. Bastek, MD, MPH, is a board-certified pediatrician and neonatologist with WakeMed Physician Practices, a division of the WakeMed Health and Hospital network in Raleigh, North Carolina.

Karen M. Varga, RD, LDN, CNSC, is a pediatric nutrition specialist at WakeMed Health and a registered and licensed dietitian. She serves WakeMed Health and Hospital in Raleigh and Cary, North Carolina.

### Learning Objectives

- Link nutrient intake recommendations to the expected growth for preterm infants
- Apply the latest evidence supporting preterm infant convalescent and discharge nutrition
- Recommend novel approaches to convalescent and discharge feeds when a preterm infant is designated as at risk for growth failure or micronutrient deficiencies
- Customize nutritional interventions to help close the growth failure gap in the NICU and at discharge

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### Activity Format

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