

## ON-DEMAND VIEWING

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Free CE/CME course—archived presentation.

# Global Guidelines for the Nutritional Care of Preterm Infants

Presented by **Berthold Koletzko, MD, PhD**, and **Brenda B. Poindexter, MD, MS**

Human breast milk is comprised of several bioactive components, including human milk oligosaccharides (HMOs), which are non-nutritive carbohydrates unique to human milk. In this course, Lars Bode, PhD, introduces HMOs and describes the structure, composition, and infant health benefits of these compounds. Topics include the prebiotic effects of HMOs, particularly related to the gastrointestinal and immune systems, but also growth and development and allergies. Also reviewed are the oligosaccharides found in infant formulas, with a focus on clinically relevant information that may help to guide counseling and decision making for parents.

### About the Presenters

**Berthold Koletzko, MD, PhD**, is Else Kröner-Seniorprofessor of Paediatrics, Ludwig-Maximilians-University, Department of Pediatrics, Dr. von Hauner Children's Hospital. **Brenda B. Poindexter, MD, MS**, is Chief, Division of Neonatology, System Medical Director for Neonatology, and Marcus Professor of Pediatrics for Children's Healthcare of Atlanta and Emory University.

### Learning Objectives

- Apply expert nutrition recommendations for very low-birth-weight infants in your clinical practice based on 2021 preterm infant nutritional guidelines.
- Identify areas in your clinical practice that will benefit from the latest preterm infant nutritional guidelines for enteral nutrition in very low-birth-weight infants.
- Identify research opportunities to advance nutritional care of preterm infants.

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### Activity Format

This activity is an online enduring material. Successful completion is achieved by reading and/or viewing the material, reflecting on its implications in your practice, and completing the assessment component.

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