

ON-DEMAND VIEWING

pnce.org/Variations-Human-Milk



Free continuing education course

Variations in the Nutritional Content of Human Milk

Presented by Brian Stansfield, MD

Human milk composition is dynamic and varies according to maternal, perinatal, and environmental factors. Nonetheless, human milk remains the preferred enteral feed for preterm infants. This course addresses differences between mother's own milk and donor milk, with an emphasis on the expected implications for preterm infant nutrition. In addition, considerations for optimizing human milk through fortification will be reviewed to ensure preterm infants are receiving recommended levels of key macro- and micronutrients.

About the Presenter

Brian Stansfield, MD, is Associate Professor and Vice Chair of Research in the Department of Pediatrics, and Member of the Vascular Biology Center at the Medical College of Georgia at Augusta University.

Learning Objectives

By participating in this course, you will:

- Discern what is known or not known about the nutritional composition of human milk
- State general nutritional expectations associated with mother's own milk and donor milk
- Apply critical assessment to the planned feeding strategy for a preterm infant.



In support of improving patient care, Annenberg Center for Health Sciences at Eisenhower (Annenberg Center) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The Annenberg Center designates this activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Annenberg Center designates this activity for a maximum of 1.0 American Nurses Credentialing Center (ANCC) contact hour, including 0.5 pharmacology hour.

Provider is approved by the California Board of Registered Nursing, Provider #13664, for 1.0 contact hour. *To receive credit for education contact hours outside of the state of California, please check with your state board of registered nursing for reciprocity.*

Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 1.0 continuing professional education unit (CPEU) for completion of this program/material. Registered Dietitians and Dietetic Technicians are to select activity type 102 on Professional Development Portfolio (PDP) activity logs.

Activity Format

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

You can view and print a certificate when you successfully complete the course, and pass the posttest. Your certificate will be tracked in your account profile.

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