

ON-DEMAND VIEWING

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Free CE course

## Human Milk Fortification – Evidence Related to Bovine vs Human-Milk Derived

Presented by Brenda Poindexter, MD, MS, at Miami Neonatology 2023

Human milk fortification is necessary to provide nutrients required by very preterm infants. Professor of Pediatrics and the Chief of Neonatology at Emory University, Dr. Brenda Poindexter shares evidence and insights from several studies on the intake of human milk-based and bovine-based fortifiers. Dr. Poindexter addresses the need for different fortification strategies and provides critical evidence on the use of human milk- and bovine-based fortifiers along with their impact on the risk of NEC and other important health outcomes.

### Learning Objectives

- Recognize why fortification of human milk is necessary for preterm infants
- Summarize current evidence related to human milk-based human milk fortifiers, including the impact on NEC, growth, and other important outcomes
- Evaluate special considerations with the use of donor milk
- Emphasize that further study is needed to identify the ideal source and nutrient profile for human milk fortifiers



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Provider is approved by the California Board of Registered Nursing, Provider #13664, for 0.5 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 material, reflecting on its implications in your practice, and completing the assessment component.

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