

Human Milk Fortification: What, When and Why?

Internet Enduring Material

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Content was originally presented as part of NEO: The Conference for Neonatology on March 4, 2022.

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Time to Complete

The estimated time for completion of this Internet Enduring Material is 65 minutes.

Target Audience

This presentation is intended for physicians, advanced practice providers, and other clinicians practicing within the Neonatology specialty.

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Jae Kim, MD, PhD, faculty for this educational activity, has the following relevant financial relationships with ineligible companies to disclose: Grant or research support-NIH, Ferring Pharmaceutica; Board-Innara Health; Consultant-Medela, Evolve Biosystems; Shares-Astarte Medical, Nicolette. *FDA disclosure: not applicable.*

Timothy Biela, MD, Nicole Brenson, Jaya Sariga, NNP-BC, planners of this educational activity, have no relevant financial relationships with ineligible companies to disclose.

Commercial Support

There is no commercial support for this educational activity.

Please note: the content of this educational activity was originally presented at NEO: The Conference for Neonatology on March 4, 2022, which was supported in part, through restricted medical education grants from Mead Johnson Nutrition, Mallinckrodt Pharmaceuticals, and Abbott Nutrition.

Overview

Human milk fortification is nuanced by the biological variability of human milk. More evidence is required to validate how we best fortify human milk for the best outcomes. Nevertheless, a standardized approach to neonatal nutrition is still the best way forward in managing our babies.

Objectives

At the conclusion of this activity, the participant will be able to:

- List the benefits of human milk nutrition for the preterm infant.
- Describe the ways we can fortify human milk and the supporting evidence for each.
- Describe the approaches to standardize the fortification of human milk and monitoring growth.

ACGME/ABMS Competencies

- Patient Care & Procedural Skills
- Medical Knowledge

IOM Competencies

- Provide patient-centered care
- Employ evidence-based practice

Participation and Credit

Participants are expected to review all content in the video, access reference materials as needed for additional self-directed learning, take and score 75% or greater correct on the post-test, and complete the evaluation in order to earn *AMA PRA Category 1 Credit(s)*[™], or nursing contact hour(s).

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