

A recent advance in nutrition of preterm neonates

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Abstract

Aim: To highlight recent advances in nutrition of preterm infants

Objective: Outcomes in neonatology has improved dramatically in the last 3 decades. Improved survival associated with increasing short term the reasons why nutrition is important are short term and long term benefits. The short term benefits are Protection from infection Avoidance of metabolic bone disease Trend towards lesser ROP and Early discharge. The long term effects are Subsequent Growth Abnormal neurological outcome and Adult onset obesity, CAD, stroke. There are challenges in meeting their nutrition due to the fact that they are born with limited nutritional reserve – 200-400 kCal, Immature metabolic pathways – glucose/ protein, increased nutrient demands – sickness, insensible losses, catabolism and that makes them susceptible for more risk of medical and surgical problems. We will take up in details the Goals of nutrition, what, how and when to feed, Assessment of feeding intolerance and Fortification. Principles of optimum feeding are Reaching full enteral feeds at the earliest, avoidance of sepsis, vascular catheter related complications, providing optimal macro and micronutrients and avoiding the adverse effects of rapid feeding.

[3rd International Conference on Advances in Neonatal and Pediatric Nutrition](#); Webinar- June 22-23, 2020.

Abstract Citation:

Monika Kaushal, A recent advance in nutrition of preterm neonates, Pediatric Nutrition 2020, 3rd International Conference on Advances in Neonatal and Pediatric Nutrition; Webinar-June 22-23, 2020
(<https://pediatricnutrition.pediatricsconferences.com/abstract/2020/a-recent-advance-in-nutrition-of-preterm-neonates>)



Biography:

Monika Kaushal is holding an MBBS, MD Pediatrics, DM Neonatology and FRCPCH. She has an extensive experience, which is confirmed by her qualifications in pediatrics and neonatology and her experience in teaching. In teaching she was provided capability and support not just in UAE but she does on an ongoing basis to the Indian neonatology forum and Indian Academy of pediatrics and Egypt. She has several publications in journals which are indexed both nationally and internationally indexed journals.