

# Discharge to Thrive:

## Nutrition Tools for High-Risk Infant Transitions

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# Disclosures

- Consultant for:
  - Nutricia North America
  - Abbott Nutrition Health Institute
  - Reckitt/Mead Johnson
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*None pose any conflict of interest for this presentation*

*The opinions reflected in this presentation are those of the speaker and independent of Nutricia North America*

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# Learning Objectives

1

Understand and apply malnutrition evaluation in high-risk infants in the clinical and outpatient settings

2

Identify high-risk social factors to inform safe, individualized nutrition care plans to support successful transitions from the NICU to home

3

Discover evidence-based recommendations for utilizing energy- and nutrient-dense formula to support growth and development in high-risk infants

4

Analyze a real-world case study to integrate clinical decision-making, interdisciplinary collaboration, and caregiver education that supports optimal nutrition and growth outcomes

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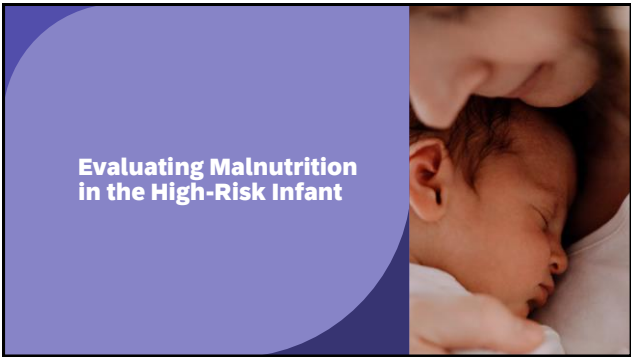
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**Poll Question:**  
Are you diagnosing malnutrition in your facility?

A. No

B. Yes, in all neonatal and pediatric patients

C. Yes, but just in pediatric patients

D. Yes, but just in neonatal patients

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Neonatal Malnutrition Indicators<sup>1</sup>

	Indicator	Mild Malnutrition	Moderate Malnutrition	Severe Malnutrition
Single Indicator for Diagnosis	Decline in weight-for-age z-score	0.8 – 1.2	>1.2 – 2.0	>2.0
	Weight gain velocity	<75% expected weight gain velocity	<50% expected weight gain velocity	<25% expected weight gain velocity
	Nutrient intake <sup>†</sup>	≥3-5 consecutive days of protein/energy intake ≤75% of estimated needs	≥5-7 consecutive days of protein/energy intake ≤75% of estimated needs	>7 consecutive days of protein/energy intake ≤75% of estimated needs
2+ Indicators for diagnosis	Days to regain birthweight <sup>†</sup>	15 – 18	19 – 21	>21
	Linear growth velocity	<75% expected weight gain velocity	<50% expected weight gain velocity	<25% expected weight gain velocity
2+ Indicators for diagnosis	Decline in length-for-age z-score	0.8 – 1.2	>1.2 – 2.0	>2.0

<sup>†</sup> Indicator that may be used in the first two weeks of life

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Pediatric Malnutrition Indicators <sup>2</sup>				
Indicator		Mild Malnutrition	Moderate Malnutrition	Severe Malnutrition
Single indicator for diagnosis	Weight-for-height z-score	-1 to -1.9	-2 to -2.9	-3 or greater
	BMI-for-age z-score	-1 to -1.9	-2 to -2.9	-3 or greater
	Length/height z-score	No data	No data	-3 or greater
	Mid upper arm circumference z-score	-1 to -1.9	-2 to -2.9	-3 or greater
2+ indicators for diagnosis	Weight gain velocity (<2 years of age)	<75% expected weight gain velocity	<50% expected weight gain velocity	<25% expected weight gain velocity
	Weight loss (2 to 20 years of age)	5% usual body weight	7.5% usual body weight	10% usual body weight
	Decline in weight-for-length/height z-score	1 – 1.9	2 – 2.9	≥3
	Inadequate nutrient intake	51-75% estimated energy/protein need	26-50% estimated energy/protein need	≤25% estimated energy/protein need

Practice Tool:  
Nutrition Management of Term Infants  
with Growth Failure



Reprinted with permission from the American Academy of Pediatrics, 2014

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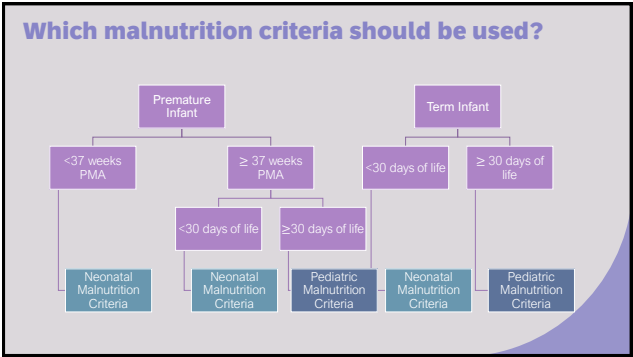
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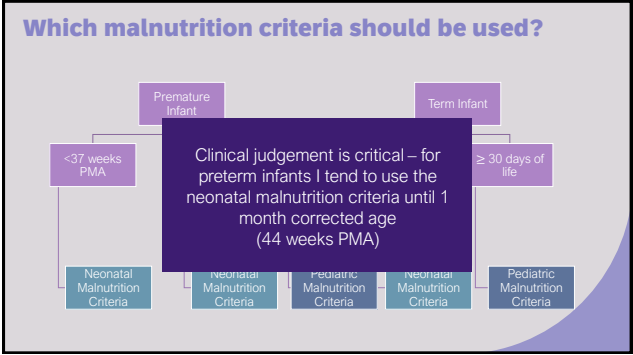
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**Nutrition-Focused Physical Assessment in Infants<sup>3</sup>**

Fat mass assessment	Site/ Location	Typical	Mild/Moderate Malnutrition	Severe Malnutrition
	Face/Eyes	Slightly bulging fat pads	Slight darkened circles, loose skin	Dark circles, hollow depressions, sagging skin
	Cheeks/Buccal	Full, round cheeks	Flat, minimal bounce	Hollow, sunken
	Chest	Full, round, ribs not visible	Ribs notable. Depressions between ribs visible.	Progressive prominence of ribs noted, with loss of intercostal tissue. Iliac crest very visible.
	Buttock	Full and round	Ranging from curved to slightly curved, round to not round	Skin very wrinkled. No fat mass noted.
	Legs	Full, round	Slight loose skin noted	Ample loose skin noted, fingers can separate skin from fat free mass.

3. American Academy for Developmental and Pediatric Nutrition, 2022.

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**Nutrition-Focused Physical Assessment in Infants<sup>3</sup>**

Fat-free mass assessment	Site/ Location	Typical	Mild/Moderate Malnutrition	Severe Malnutrition
	Head	Temple / neck muscle well defined	Slight depression, thin appearance, poor tone – head control	Deep hollow, very poor tone. Low muscle mass in neck and shoulders.
	Arms	Rounded, good tone	Bony prominence visible. Low tone	Poor tone, bone noted. Skin and bone.
	Abdomen	Good rebound to touch, soft, good bowel sounds	Firm, ribs noted. May be depressed	Maybe rounded and firm. Edema may be present.
	Legs	Well rounds thigh and calf	Mild depression in thigh, kneecap maybe visible	Kneecaps visible, thin calf, no muscle definition of thigh or calf noted.

3. American Academy for Developmental and Pediatric Nutrition, 2022.

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**Nutrition-Focused Physical Assessment in Infants<sup>3</sup>**

Oral cavity assessment	Site/Location	Possible nutrient deficiency/etiology	Non-nutrition related causes
	Mouth lesions	Zinc, vitamin C	Trauma, irritation from medical equipment, GVHD, allergy
	Dry mucous membranes	Dehydration, vitamin A, C, D	Side effect of medication/treatment
	Dental decay	Nursing bottle syndrome	Genetic anomaly
	Green teeth		Neonatal hyperbilirubinemia
	Pale mucosa	Iron, folate, B6, B12	Low flow state
	Inflammation of tongue, lips, mucosa	B vitamins	Infection, GVHD

GVHD, Graft-versus-Host Disease

3. American Academy for Developmental and Pediatric Nutrition, 2022.

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Nutrition-Focused Physical Assessment in Infants <sup>3</sup>				
Skin assessment	Site/ Location	Description	Possible nutrient deficiency/ etiology	Non-nutrition related causes
	Dermatitis	Swollen, red, raised/inflamed	Zinc, EFAD	Allergy, eczema, medication, diaper dermatitis
	Flaky paint dermatitis	Generalized shiny, enamel-like, hyperpigmented scales in an irregular pattern that may peel (like old paint), often with underlying hypopigmentation	Protein malnutrition	Environmental reaction
	Pallor	Atypical paleness	Iron, folate, B6, B12	Low mean arterial pressure
	Pellagrous dermatitis	Appears on sun-exposed areas of skin, appears like sunburn then progresses to rough, scaly, hyper-pigmented plaques	Niacin, tryptophan	Burns
	Petechiae	Small, pin-point, hemorrhagic (red/purple) papillae	Vitamins C, K	GVHD
	Poor wound healing		Zinc, Vitamins C, A, protein, EFAD	Dehydration, infection
	Xerosis	Dry, flaky, scaly	Zinc, EFAD, hydration	Allergy, atopic dermatitis, medication

EFAD, essential fatty acid deficiency; GVHD, Graft-versus-Host Disease

<sup>3</sup> American Academy for Dermatological and Endocrine Nutrition. 2022.

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### Malnutrition Diagnosis Criteria in Infants Need Re-evaluation

- Current neonatal malnutrition indicators have differing diagnostic behavior<sup>4</sup>
- Growing evidence to support modification of existing indicators:
  - Time to regain birthweight<sup>5</sup>
  - Change in weight-for-age z-score<sup>6,7</sup>
  - Growth-based indicators<sup>8</sup>
- Pediatric Malnutrition Indicator (AIMMp) tool did not achieve predictive validity<sup>9</sup>

<sup>4</sup> Medfiro Bari S, et al. JPEN J Parenter Enteral Nutr. 2024.; <sup>5</sup> Valentine GC, et al. J Perinatol. 2024.; <sup>6</sup> Rochow N, et al. Pediatr Res. 2016.; <sup>7</sup> Salas AA, et al. J Pediatr. 2024.; <sup>8</sup> Renton TR. Paediatr Perinat Epidemiol. 2025; <sup>9</sup> Jimenez EY, et al. J Pediatr. 2025.

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### Another Tool for your Toolbox: Newborn Weight Loss Nomograms<sup>10</sup>



<sup>10</sup> Baherman NJ, et al. Pediatrics. 2015.

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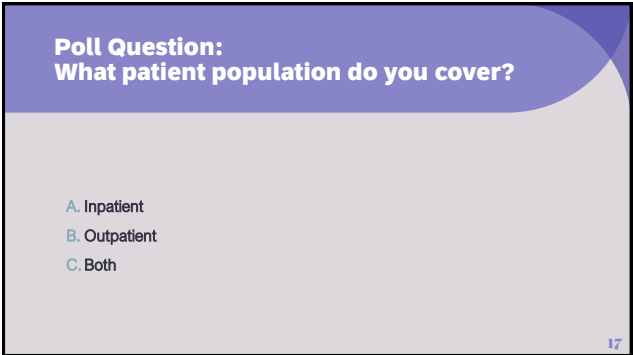
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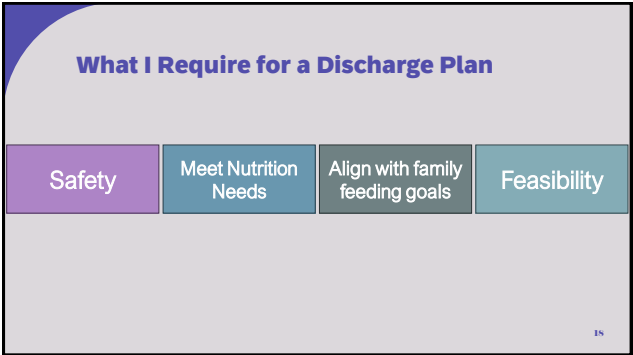
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### Identifying High Risk Infants

<b>Atypical Nutrition Requirements</b> <ul style="list-style-type: none"><li>• Prematurity</li><li>• Disease states requiring increased energy demands (e.g., burns)</li><li>• Disease states requiring decreased fluid administration (e.g., congenital heart disease)</li><li>• Malabsorption</li></ul>	<b>Functional Feeding Difficulties</b> <ul style="list-style-type: none"><li>• Dysphagia with aspiration risk</li><li>• Oral aversion</li><li>• Structural anomalies (e.g., cleft lip/palate)</li><li>• Neuromuscular disorders impairing feeding ability</li><li>• Dependence on enteral nutrition</li></ul>	<b>Social Factors</b> <ul style="list-style-type: none"><li>• Resource limitations (housing, food, transportation)</li><li>• Child safety concerns with change in custody</li><li>• Caregiver cognitive impairment or intellectual disability</li><li>• Young/adolescent parent with limited support</li><li>• Language barriers without adequate interpretation services</li></ul>
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### Identifying High Risk Infants

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High malnutrition risk

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### Identifying High Risk Infants

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High malnutrition risk

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### Nutrition-related errors are common after NICU discharge

Feeding preparation and administration errors are common<sup>11</sup>

Reduce discharge readiness<sup>12</sup>

Contribute to readmissions<sup>13,14</sup>

<sup>11</sup>Beard LA, et al. Pediatrics. 2025.; <sup>12</sup>Smith VC. Clin Pediatr (Phila). 2012.; <sup>13</sup>Amsaku R, et al. Hosp Pediatr. 2022.; <sup>14</sup>Luu TM. Arch Dis Child Fetal Neonatal Ed. 2019.

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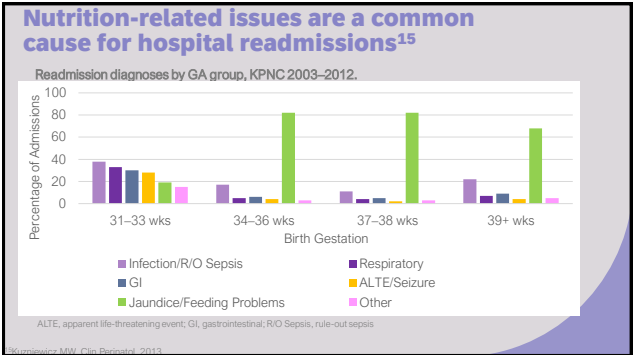
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### What I have seen in unsafe discharges

Limited discharge education

Limitations in interpretation services

Unable to scale non-standard recipes

Challenges getting nutrition supplies

What is reasonable for a home environment is different from what can be done in a NICU/hospital setting

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### Registered Dietitian Nutritionists are vital for safe discharges and follow up care<sup>16-18</sup>



RDN FOLLOW UP VIA TELEHEALTH CAN HELP IDENTIFY AND SOLVE "SIMPLE" ISSUES



MULTIDISCIPLINARY CARE INCLUDING A RDN IMPROVES CARE



SYSTEM-LEVEL PROBLEMS SHOULD BE ADDRESSED

<sup>16</sup>Bathgate J, et al. Adv Neonatal Care. 2025.; <sup>17</sup>Feehan K, et al. Matern Child Health J. 2020.; <sup>18</sup>Glick AF, et al. Pediatrics. 2023.

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### Registered Dietitian Nutritionists are needed to support nutrition plans to promote human milk<sup>19</sup>

Infants with feeding difficulties tend to have less breast milk and less direct breastfeeding

Factors associated with breast milk availability

- Maternal age
- Substance use disorder
- Length of time from reaching full PO to discharge

Factors associated with direct breastfeeding

- IVH
- HIE
- PMA at full PO feeding

<sup>19</sup>Bala F. Breastfeed Med. 2024.

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### An important tool in my toolbox:

### Energy- and nutrient-dense formula (ENDF)



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ENDF: CLINICAL FEATURES

ENDFS ARE USED GLOBALLY FOR INFANTS WITH UNIQUE MEDICAL OR DIETARY CONDITIONS

30 kcal/fluid oz to support high energy needs and fluid restriction

2.6 g of protein per 100 kcals

Lower osmolality (AAP suggests <450 mOsm/kg)

Ready to feed/sterile

Nutritionally complete

Can be used to supplement infants consuming breastmilk

Well-tolerated and supports growth

American Society for Parenteral and Enteral Nutrition. Nutrition Management of Term Infants with Growth Failure. www.nutritioncare.org. Published 2022. Accessed June 01, 2024.  
Gosday PB, Lewis DS, Sarda CD, et al. Energy- and protein-enriched formula improves weight gain in infants with malabsorption due to cardiac and neuromuscular etiologies. JPEN J Parenter Enteral Nutr. 2020.

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Available Research Supports ENDF in a Variety of Patient Populations

Poor growth/malnutrition<sup>20,22</sup>

Critical Illness

- RSV<sup>23</sup>
- Respiratory failure 2/2 viral bronchiolitis<sup>24</sup>
- Prolonged PICU stay<sup>25</sup>

Congenital Heart Defect/post op<sup>26,27</sup>

<sup>20</sup> Clarke SE, et al. J Hum Nutr Diet. 2007; <sup>21</sup> Evans S, et al. J Hum Nutr Diet. 2008; <sup>22</sup> Gosday PB, et al. JPEN J Parenter Enteral Nutr. 2022; <sup>23</sup> Wandersburg DA van, et al. Clin Nutr. 2009; <sup>24</sup> Hde Bekus CT, et al. Arch Dis Child. 2011; <sup>25</sup> Evidents RD, et al. J Hum Nutr Diet. 2019; <sup>26</sup> Cui Y, et al. JPEN J Parenter Enteral Nutr. 2018; <sup>27</sup> Schroeder VA, et al. JPEN J Parenter Enteral Nutr. 2020.

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How I have used ENDF in my Level III NICU Population


Neonatal Opioid Withdrawal Syndrome (NOWS)

Social concerns with FTT/malnutrition

Unknown genetic diagnoses with feeding difficulty and atypical growth

Safe enrichment of breast milk/breastfeeding

- Cardiac
- GI
- Cleft Lip/Palate



ASPEN Practice Tool:  
Supplementing Human Milk for Term Infants with Growth Failure

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### Use of ENDF in Cleft Lip/Palate Patients<sup>28-30</sup>

Limited evidence in how to feed infants

Feeding is a high source of stress for caregivers

Growth challenges are common

Breastfeeding/providing breast milk is challenging

Multidisciplinary care is best practice

<sup>28</sup>Kaplan HC, et al. Pediatrics. 2020; <sup>29</sup>McCluskey-Bell K, et al. Adv Neonatal Care. 2020; <sup>30</sup>Wagdy S, et al. J Perinat Neonatal Med. 2020.

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### Nutrition in Nows can be Complicated!<sup>31-34</sup>

Poor growth

- Functional feeding difficulties
- Increased metabolic demands

GI Symptoms

- Diarrhea
- Emesis
- Skin excoriation

Availability of human milk

- Is breast milk appropriate?
- Is there sufficient support?
- What barriers need to be addressed?

Poor growth

- Feeding team support (SLP/OT)
- Utilization of increased caloric density feeds

GI Symptoms

- Lactose free formula??
- Extensively hydrolyzed protein formula??

Availability of human milk

- Unit policy
- Dedicated IBCLC support
- Benefits of human milk

<sup>31</sup>Kaplan HC, et al. Pediatrics. 2020; <sup>32</sup>McCluskey-Bell K, et al. Adv Neonatal Care. 2020; <sup>33</sup>Wagdy S, et al. J Perinat Neonatal Med. 2020; <sup>34</sup>Gallegos JA, et al. Am J Perinatol. 2024.

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### Evidence behind formula selection and Nows is limited<sup>31,34-36</sup>

Low lactose formula

- Pandey R, 2021 (MetroHealth study) – RCT no difference in LOS, length of treatment, growth, NAS scoring between standard and low lactose formula

Extensively hydrolyzed formula (EHF)

- Gallegos JA, 2024 (U of Louisville) – retrospective chart review, found that infants on EHF were infants with more severe withdrawal presentation

High calorie formula

- Bogen DL, 2018 (UPMC) – RCT of 20 vs 24 kcal/oz formula found increased weight gain in 24 kcal/oz group, but similar days to nadir weight, days to regain birthweight, and maximum % weight loss
- Kaplan HC, 2020 (Ohio Perinatal Quality Collaborative) – high calorie formula associated with decreased length of stay

<sup>31</sup>Kaplan HC, et al. Pediatrics. 2020; <sup>32</sup>Pandey R, et al. J Perinatol. 2021; <sup>33</sup>Gallegos JA, et al. Am J Perinatol. 2024; <sup>34</sup>Bogen DL, et al. Hosp Pediatr. 2018.

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How my unit is thinking about nutrition and NOWS in breastfeeding dyads

Term infants, born ≥2500 grams	Preterm infants or term infants born <2500 grams
Initiate patient on breastfeeding/ expressed breast milk ad lib demand	Initiate patient on breastfeeding/ expressed breast milk ad lib demand, as appropriate
<b>Initial growth assessment</b> <ul style="list-style-type: none"><li>By DOL 3 assess patient's weight loss risk level<ul style="list-style-type: none"><li>For infants born ≥36 weeks: utilize newt tool (<a href="#">newbornweight.org</a>)</li><li>For infants born &lt;35 weeks: utilize % weight loss from birth</li></ul></li><li>By DOL 5 if patient continues with high-risk weight loss, RDN/IBCLC/OT/Medical team to collaborate on appropriate intervention, which may include:</li></ul>	
<ul style="list-style-type: none"><li>Placement of NG</li><li>Utilization of supplemental nursing system or alternative feeding method</li><li>Supplementation with Energy Nutrient Dense Formula</li></ul>	<ul style="list-style-type: none"><li>Placement of NG</li><li>Utilization of supplemental nursing system</li><li>Utilization of human milk fortifier</li><li>Supplementation with preterm infant formula</li></ul>
<b>Reassess growth and nutrition plan on DOL 7</b>	
<b>Nutrition Planning at Discharge</b> <ul style="list-style-type: none"><li>RDN outpatient follow-up required for all non-standard nutrition plans</li><li>Coordinate with RDN necessary discharge materials and education, including:<ul style="list-style-type: none"><li>Discharge nutrition recipes</li><li>Confirming correct WIC prescriptions</li><li>Coordination of nutrition supplies at discharge</li></ul></li></ul>	

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How my unit is thinking about nutrition and NOWS in formula-fed dyads  
  
(exclusive formula pathway)

Term infants, born ≥2500 grams	Preterm infants or term infants born <2500 grams
<ul style="list-style-type: none"><li>Initiate patient on standard 20 kcal/oz infant formula (floor stock)</li><li>Advance to standard 24 kcal/oz infant formula (formula room) by day of life 2/3</li></ul>	<ul style="list-style-type: none"><li>Initiate on preterm 22 kcal/oz formula (floor stock), advance to preterm 24 kcal/oz formula (formula room) by day of life 2/3</li><li>If patient is born &lt;1800g, consider CHNA, use 24 kcal/oz preterm infant formula (floor stock)</li></ul>
<b>Initial growth assessment</b> <ul style="list-style-type: none"><li>By DOL 3 assess patient's weight loss risk level<ul style="list-style-type: none"><li>For infants born ≥36 weeks: utilize newt tool (<a href="#">newbornweight.org</a>)</li><li>For infants born &lt;35 weeks: utilize % weight loss from birth</li></ul></li><li>By DOL 5 if patient continues with high-risk weight loss, RDN/IBCLC/OT/Medical team to collaborate on appropriate intervention, which may include:</li></ul>	
<ul style="list-style-type: none"><li>If functional feeding concerns, consider placement of NG and maximize volume</li><li>If no functional feeding concerns, continue ad lib demand feeds and transition to 30 kcal/oz ENDF</li></ul>	<ul style="list-style-type: none"><li>If functional feeding concerns, consider placement of NG and maximize volume</li><li>If no functional feeding concerns, consult RDN for appropriate recommendation</li></ul>
<b>Reassess growth and nutrition plan on DOL 7</b>	
<b>Nutrition Planning at Discharge</b> <ul style="list-style-type: none"><li>RDN outpatient follow-up required for all non-standard nutrition plans</li><li>Coordinate with RDN necessary discharge materials and education, including:<ul style="list-style-type: none"><li>Discharge nutrition recipes</li><li>Confirming correct WIC prescriptions</li><li>Coordination of nutrition supplies at discharge</li></ul></li></ul>	

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How ENDF Works in my Discharge Nutrition Plan

Safety

Meet Nutrition Needs

Align with family feeding goals

Feasibility

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### How ENDF Works in my Discharge Nutrition Plan

Safety

- Ready-to-feed minimizes risks of contamination
- Ready-to-feed eliminates risk of over- or under- concentration of a feed
- Reduce caregiver stress with feeding

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### How ENDF Works in my Discharge Nutrition Plan

Feasibility

- Any product that I use must be available from WIC and from local vendors
- Need rapid access at NICU discharge to fill any gap from hospital to WIC enrollment

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### How ENDF Works in my Discharge Nutrition Plan

Align with family feeding goals

- Need to individualize all discharge feeding plans, particularly with breast milk
- RTF ENDF as strategy to minimize breast milk displacement
- RTF ENDF easier to "waste" in tube feeding compared to breast milk

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### How ENDF Works in my Discharge Nutrition Plan

#### Meet Nutrition Needs

- Safe, tolerated as sole-source nutrition
- Useful tool for enriching/supplementing expressed breast milk

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### Discharge to Thrive: Case Studies of High-Risk NICU Discharges



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### Case study 1: NOWS & ESC

- Baby girl AA
- Born at 39 2/7 weeks via c-section
- Birthweight 3.25 kg
- Admission to nursery
- Initial hospital course significant for: maternal substance use disorder (mom on suboxone), patient s/p ESC; respiratory distress (CPAP initially in delivery room, RA since)
- NICU RDN consulted **on day of discharge** for family education for special formula recipe preparation



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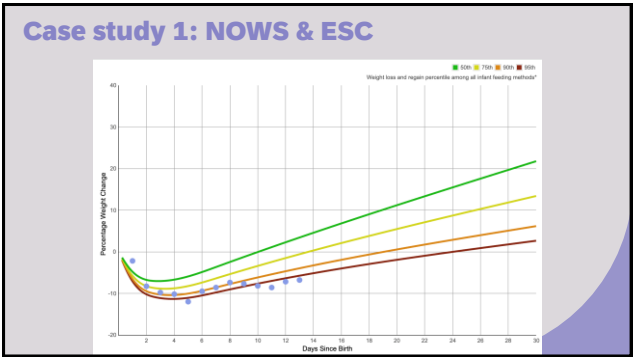
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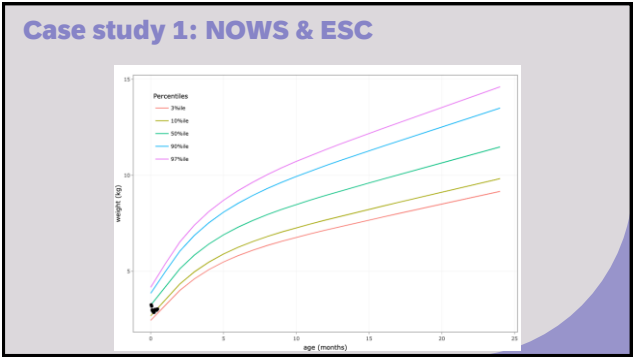
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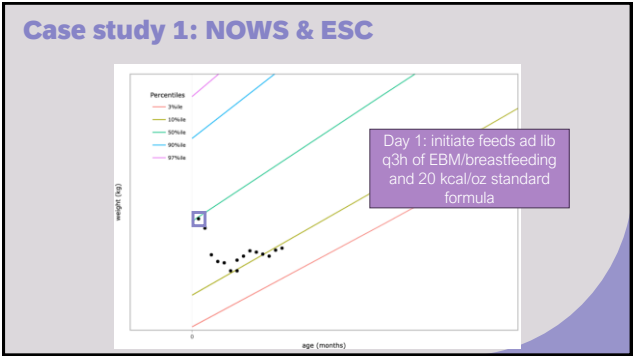
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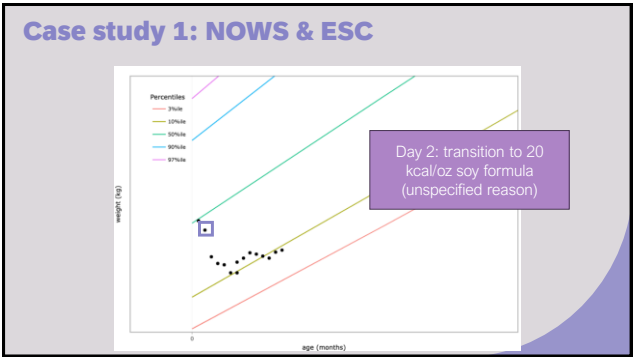
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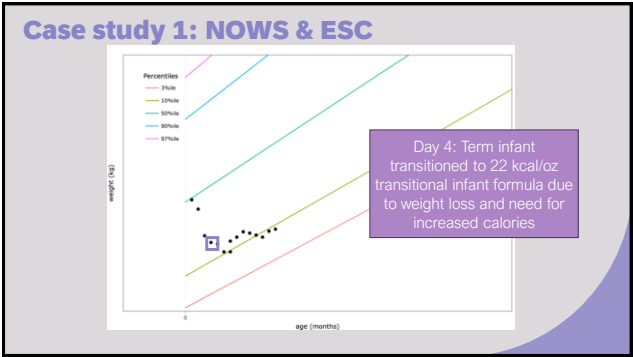
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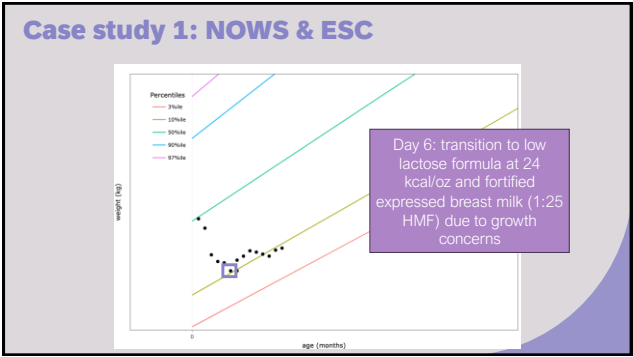
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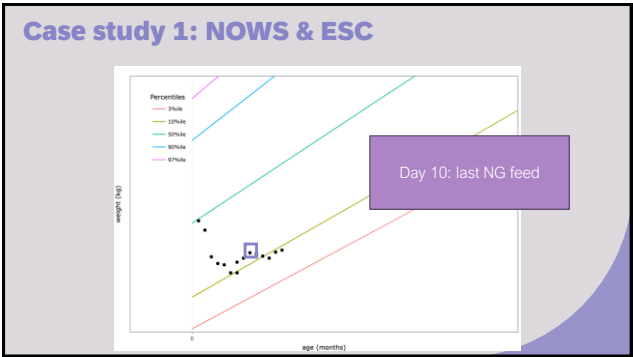
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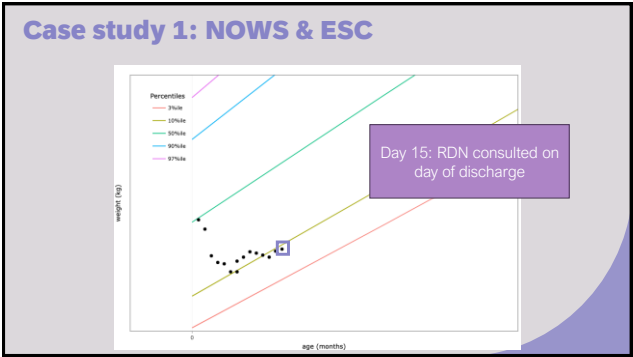
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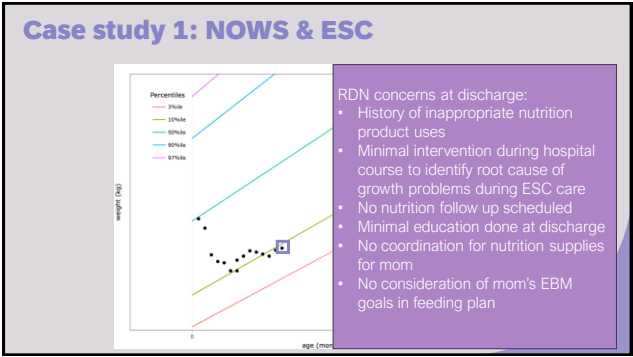
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Case study 1: What happened?

- Seen by PCP 5 days after discharge with no weight gain.
  - Told to give only formula, no breast milk
  - Patient being fed 24 kcal/oz low lactose formula

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Case study 1: What happened?

- Seen by PCP 5 days after discharge with no weight gain.
  - Told to give only formula, no breast milk
  - Patient being fed 24 kcal/oz low lactose formula
- Pediatric RDN appointment was scheduled
  - Patient no showed

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Case study 1: What happened?

- Seen by PCP 5 days after discharge with no weight gain.
  - Told to give only formula, no breast milk
  - Patient being fed 24 kcal/oz low lactose formula
- Pediatric RDN appointment was scheduled
  - Patient no showed
- Weight check 2 weeks later with continued minimal growth
  - Hospitalized for FTT

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Case study 1: What happened?

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- Weight check 2 weeks later with continued minimal growth
  - Hospitalized for FTT
- Social work consulted to assist in connecting with resources

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- Seen by PCP 5 days after discharge with no weight gain.
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- Pediatric RDN appointment was scheduled
  - Patient no showed
- Weight check 2 weeks later with continued minimal growth
  - Hospitalized for FTT
- Social work consulted to assist in connecting with resources

NICU/Pediatrics team agrees:  
we must do better

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Creation of nutrition pathway for NOWS & breastfeeding dyads

Term infants, born ≥2500 grams	Preterm infants or term infants born <2500 grams
Initiate patient on breastfeeding/ expressed breast milk ad lib demand	Initiate patient on breastfeeding/ expressed breast milk ad lib demand, as appropriate
<b>Initial growth assessment</b> <ul style="list-style-type: none"><li>• By DOL 3 assess patient's weight loss risk level<ul style="list-style-type: none"><li>◦ For infants born ≥36 weeks: utilize newsl tool (<a href="#">newbornweight.org</a>)</li><li>◦ For infants born &lt;35 weeks: utilize % weight loss from birth</li></ul></li><li>• By DOL 5 if patient continues with high-risk weight loss, RDN/IBCLC/OT/Medical team to collaborate on appropriate intervention, which may include:<ul style="list-style-type: none"><li>• Placement of NG</li><li>• Utilization of supplemental nursing system or alternative feeding method</li><li>• Supplementation with Energy Nutrient Dense Formula</li></ul></li></ul>	
<b>Reassess growth and nutrition plan on DOL 7</b>	
<b>Nutrition Planning at Discharge</b> <ul style="list-style-type: none"><li>• RDN outpatient follow-up required for all non-standard nutrition plans</li><li>• Coordinate with RDN necessary discharge materials and education, including:<ul style="list-style-type: none"><li>– Discharge nutrition recipes</li><li>– Confirming correct WNC prescriptions</li><li>– Coordination of nutrition supplies at discharge</li></ul></li></ul>	

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Creation of nutrition pathway for Nows & formula-fed dyads

Term infants, born ≥2500 grams

• Initiate patient on standard 20 kcal/oz infant formula (floor stock)

• Advance to standard 24 kcal/oz infant formula (formula room) by day of life 2/3

Preterm infants or term infants born <2500 grams

• Initiate on preterm 22 kcal/oz formula (floor stock), advance to preterm 24 kcal/oz formula (formula room) by day of life 2/3

• If patient is born <1800g, consider DHM, use 24 kcal/oz preterm infant formula (floor stock)

Initial growth assessment

• By DOL 3 assess patient's weight loss risk level

- For infants born ≥36 weeks: utilize newt tool (newbornweight.org)
- For infants born <36 weeks: utilize % weight loss from birth

• By DOL 5 if patient continues with high-risk weight loss, RDN/IBCLC/OT/Medical team to collaborate on appropriate intervention, which may include:

• If functional feeding concerns, consider placement of NG and maximize volume

• If no functional feeding concerns, continue ad lib demand feeds and transition to 30 kcal/oz ENDF

• If functional feeding concerns, consider placement of NG and maximize volume

• If no functional feeding concerns, consult RDN for appropriate recommendation

Reassess growth and nutrition plan on DOL 7

Nutrition Planning at Discharge

• RDN outpatient follow-up required for all non-standard nutrition plans

• Coordinate with RDN necessary discharge materials and education, including:

- Discharge nutrition recipes
- Confirming correct WIC prescriptions
- Coordination of nutrition supplies at discharge

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Case study 2:  
  
improving care for Nows infants

- Baby boy BB
- Born 39 3/7 weeks via spontaneous vaginal delivery
- Birthweight 4.25 kg
- Transferred to NICU for escalation of Nows care
- NICU RDN consulted upon NICU admission



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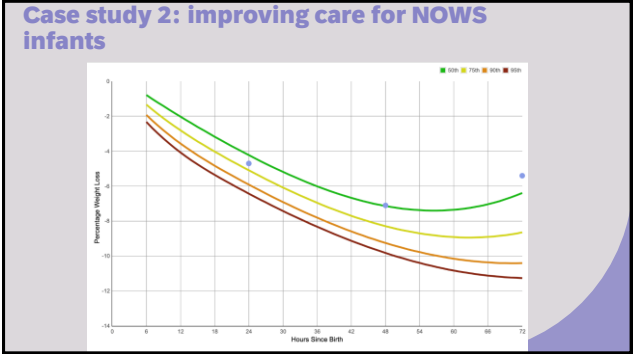
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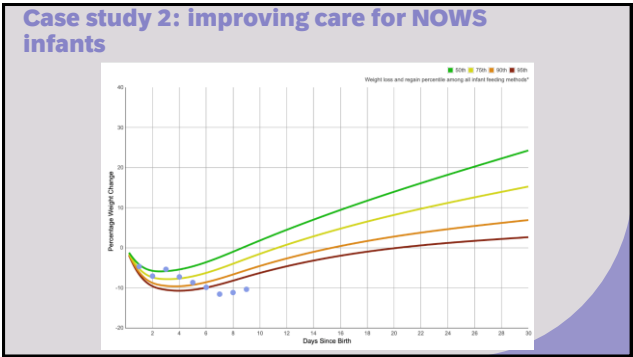
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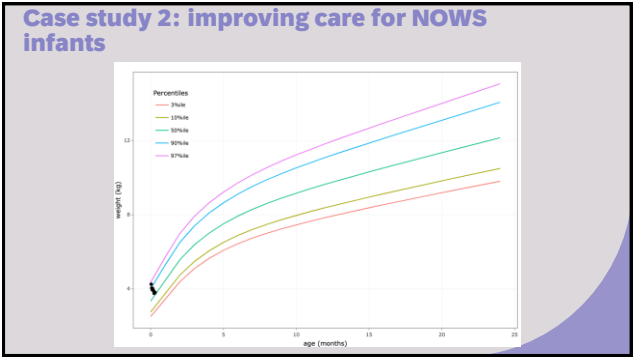
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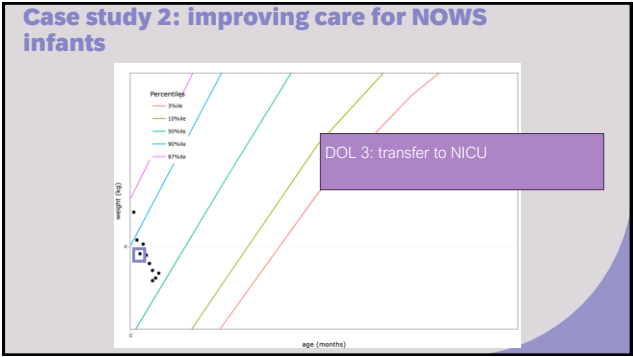
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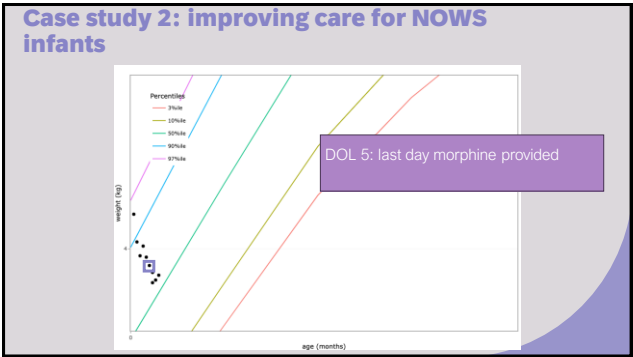
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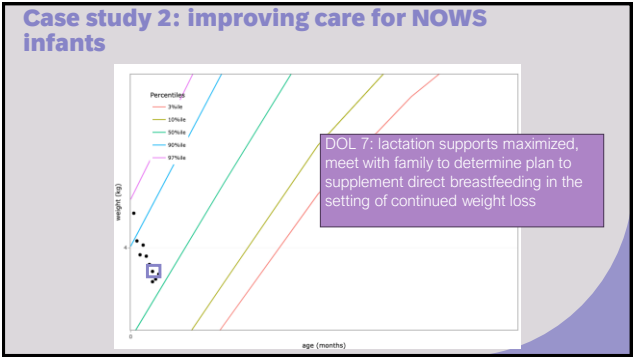
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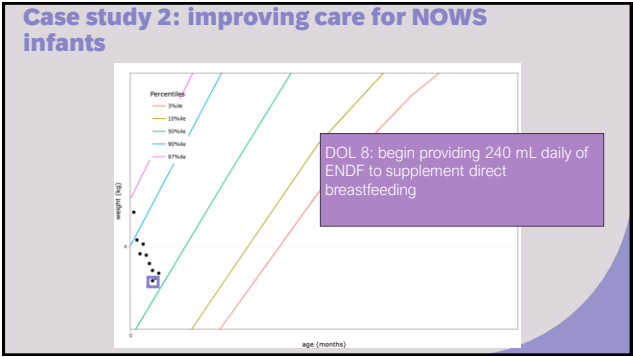
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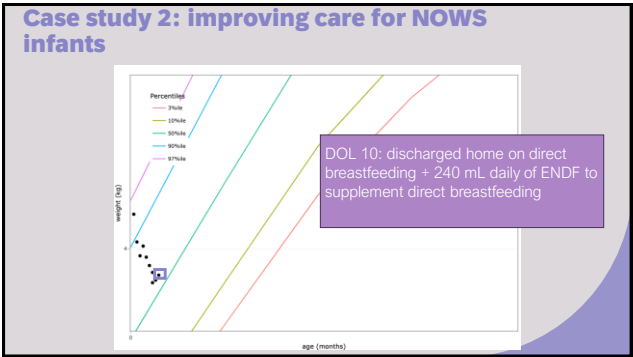
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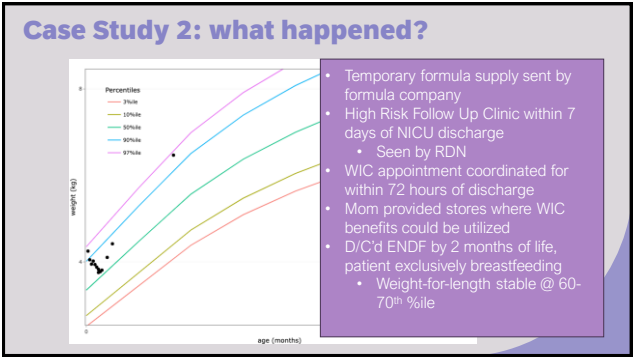
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### We welcome your feedback!

1. Please provide feedback through the survey - 2 ways to access:

Aim your smartphone camera at this → QR code



OR  
access the survey at:  
<https://www.surveymonkey.com/r/FXHQBLLH>

To receive your certificate of attendance:

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