



ANHI
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HEALTH INSTITUTE



[PODCAST SERIES]

New Power of Nutrition Episodes

We've added three new episodes to our Power of Nutrition podcast series. You can find them on anhi.org using the links below, or on Spotify.

[PLANT-BASED PROTEIN DIETS](#) — In this 30-minute podcast, Steven Hertzler, PhD, RD, LD, and Courtney Allgeier, MS, RD, LD, discuss their December 2020 Nutrients article titled, “Plant Proteins: Assessing Their Nutritional Quality & Effects on Health & Physical Function.”

[HEIGHT & BMI TRAJECTORIES OF SCHOOL-AGED CHILDREN & ADOLESCENTS](#) — In this 11-minute podcast, Andrea Rodriguez-Martinez, PhD, discusses a study she and her team of researchers published in The Lancet on height and body-mass index trajectories of school-aged children and adolescents.

[MID-UPPER ARM CIRCUMFERENCE \(MUAC\) PEDIATRIC MALNUTRITION SCREENING TOOL](#) — In this 11-minute podcast, Susan Abdel-Rahman, PharmD, discusses the Mid-Upper Arm Circumference tool, focusing on how and why it should be used to help screen for and assess pediatric malnutrition.

[HEAR THESE AND OTHER PODCASTS](#)

BEFORE THE VISIT:

- Confirm the date and time of the appointment with the patient
- Ensure the patient knows the technology you plan to use
- Make sure the patient knows how to use the technology; if they don't, ask if they have someone who can help them
- Create a backup plan in case there are technology challenges



DAY OF VISIT:

- Inform patients ahead of time about the types of information they may need to provide during the telehealth appointment, such as weight, eating habits, etc.
- Have visuals available (such as charts, pamphlets or food models) to facilitate your virtual nutrition counseling and education

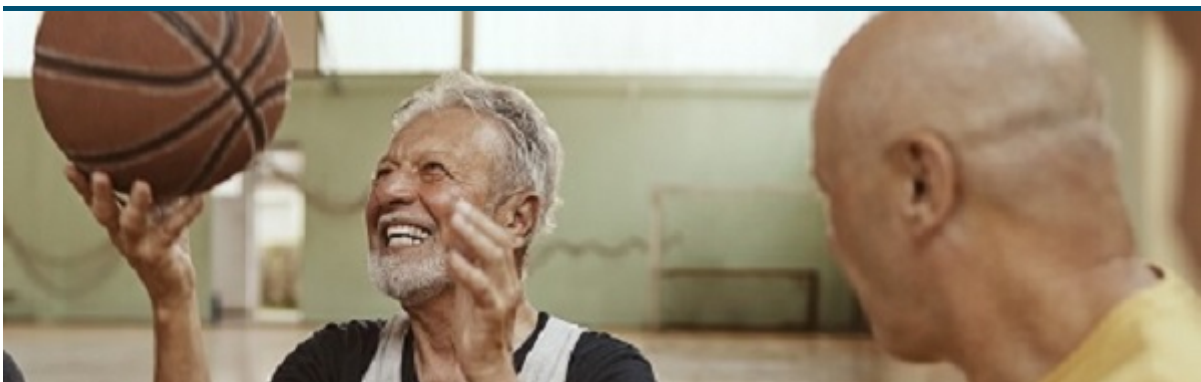
[INFOGRAPHIC] Telehealth: Nutrition Counseling & Positive Patient Engagement

We've created four infographics to help you build rapport with your telehealth patients by making your time together relatable, relevant, and memorable.

This infographic series for healthcare professionals will help you:

- Establish ways to make telehealth work for you and your patients
- Learn how to successfully establish an open communication experience
- Identify ways to foster a positive engagement with patients that support change
- Develop strategies for incorporating nutrition as part of your standard routine of care

[SEE INFOGRAPHIC](#)



[IMPORTANT INITIATIVES]

Strength Ambassadors

Sarcopenia—or the loss of muscle mass and strength—is a natural part of aging that can begin as early as our 30s. It can also strike when we're ill and unable to move as well as we normally do. We can work to maintain muscle by eating the right things and keeping our bodies moving. But as we lose muscle, we run the risk of diminished strength and mobility, of working a little harder in our daily lives, or struggling a little more when we're not feeling well.

We've curated this series of strength-related resources to help you learn more about the role nutrition can play in building and maintaining muscle, as well as how best to rebuild muscle when it's lost. Feel free to explore the content below and visit often; we update this page regularly.

[SEE RESOURCES](#)



[NICU CURRENTS]

Neonatal Abstinence Syndrome: An Escalating Problem for Newborns, Families & Healthcare Providers

In this article, Gail Bagwell, DNP, APRN, CNS, identifies signs and symptoms of neonatal abstinence syndrome (NAS); reviews nonpharmacologic and pharmacologic intervention strategies for the newborn with NAS; and discusses the role of the nurse and dietitian in the care of the NAS infant.

FREE continuing education: 1.0 RN CE; 1.0 RD CPEU

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[SELF-STUDY]
Malnutrition & Polymorbidity

In this course, Filomena Gomes, PhD, defines polymorbidity and its prevalence; discusses the consequences of polymorbidity; reviews guidelines for nutritional support of polymorbid patients; and identifies malnutrition as a modifiable risk factor for poor outcomes in patients with polymorbidities. We originally presented this program as a live webinar on 27 January 27 2021.

FREE continuing education: 1.0 RN CE; 1.0 RD CPEU

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[SELF-STUDY]

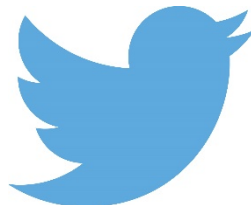
An Allergy Modulating Human Milk Oligosaccharide: 2'-Fucosyllactose

In this course, Barbara Marriage, PhD, RD, and Paul Forsythe, PhD, review clinical studies supporting the immune benefits of 2'-fucosyllactose human milk oligosaccharide (2'-FL HMO); discuss preclinical evidence of 2'-FL HMO effects on food allergy and potential mechanisms of action; and describe the possible role of 2'-FL HMO in enhancing oral tolerance. We originally presented this program as a live webinar on 3 June 2020.

FREE continuing education: 1.0 RN CE; 1.0 RD CPEU

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Abbott Nutrition Health Institute is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive Continuing Professional Education Units (CPEUs) for completion of these activities/materials.

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