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**ANHI**  
ABBOTT NUTRITION  
HEALTH INSTITUTE



## [NICU CURRENTS]

### **The 5 Ps for Promoting Gut Health & Feeding Tolerance in Infants**

In this continuing education article, Sharon Groh-Wargo, PhD, RDN, Jenné Johns, MPH, and Kristen Brown, NNP-BC, CNS-P, CONQS, review how feeding protocols and the provision of human milk can decrease the risk of necrotizing enterocolitis; explain a WHO, WHAT, WHERE, WHEN and WHY approach to probiotics in the NICU; describe how antibiotic overuse can impact morbidity and mortality in preterm infants; and more.

**FREE continuing education:** 1.0 RN CE; 1.0 RD CPEU

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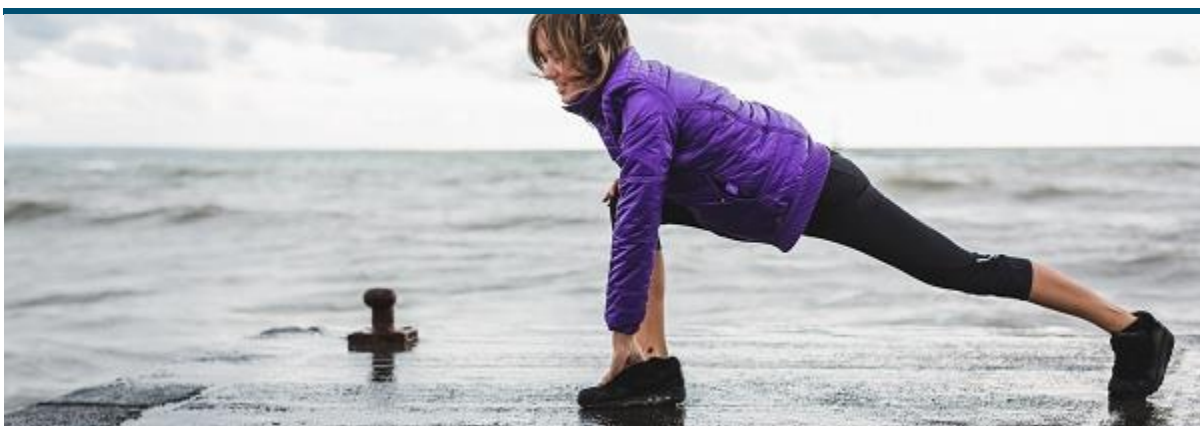
[SELF-STUDY]

## From Hospital-Acquired Weakness to Post-Discharge Recovery in Patients With & Without Covid-19

In this course, David Evans, MD, FACS, PNS, and Philipp Schuetz, MD, MPH, will describe the prevalence and impact of hospital-acquired weakness in key patient populations; translate evidence on the impact of optimal nutritional care into clinical practice; and illustrate nutritional management strategies to improve outcomes across the patient journey. **Note:** This content was originally presented at the ESPEN Virtual Congress on 19 September 2020.

**FREE continuing education:** 1.0 RN CE; 1.0 RD CPEU

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## [PODCASTS]

### Hydration

We've added a few new episodes to the ANHI podcast. In this month's episodes, we discuss:

- [Hydration for Athletes](#) – In this 19-minute episode, Craig Horswill, PhD, discusses how performance affects hydration status; explains the role of hydration before, during and after exercise; and more.
- [The Science Behind Hydration](#) – In this 17-minute episode, Karyn Wulf, MD, MPH, will help you identify when you or a loved one is dehydrated; understand what dehydration can mean for your body; and know what to do to properly rehydrate.

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## [SELF-STUDY]

### Spotlight on the Gut-Brain Axis

In this self-study course, Lisa Renzi, PhD, will share the historical perspective of the gut microbiota and gut-brain axis; examine how the microbiota is acquired; and review the relationship between the gut-brain axis and cognitive and immune function. **Note:** This course was originally presented as a webinar on 30 September 2020.

**FREE continuing education:** 1.0 RN CE; 1.0 RD CPEU

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[SELF-STUDY]

## The New Normal: Navigating the Telemedicine World for Nutrition Counseling

In this self-study course, Stephen Koesters, MD, MBA, and Jeanne Hendricks, RDN, identify the needs for a successful virtual patient experience; discuss techniques to engage in effective dialogue regarding nutrition with patients in a virtual setting; and share stories from the frontlines on how to embark on an interactive discussion related to nutrition. **Note:** This course was originally presented as a webinar on 27 October 2020.

**FREE continuing education:** 1.0 RN CE; 1.0 RD CPEU

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[SELF-STUDY]

## Nutrition & Immune Health for Going Back to School

In this course, Ana M Avalos, MD, and Robert Murray, MD, will discuss nutrition requirements and considerations to support immune health of school-age children, and proper nutrition to support recovery in a child that becomes ill. **Note:** This course was originally presented as a webinar on 15 September 2020.

**FREE continuing education:** 1.0 RN CE; 1.0 RD CPEU

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