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ANHI
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HEALTH INSTITUTE



Care Guide for Healthcare Professionals

It's no secret healthcare professionals encounter a level of on-the-job pressure many others may never know. Add to this emotional toll the challenges that come from a culture where long hours, staffing shortages and budget constraints are standard, sometimes you have to work harder to be at your best so you can bring your best to your patients.

The resources below are just a handful of programs we've created to help you tackle such challenges. You'll find additional related resources on anhi.org. We're open to your ideas, too, so if you're facing a particular challenge at work, [tell us about it](#). We could address it in future ANHI offerings.

PATIENT SAFETY & NURSE FATIGUE: HOW CAN WE MOVE PAST IT? - In this 27-minute podcast episode, Amany Farag, PhD, RN, and Mary Kaminski, NNP, DNP, discuss the reality and prevalence of fatigue among healthcare professionals; share strategies for fatigue management; and encourage small changes in practice to help ensure self-care while improving patient safety.

RESILIENCY 2.0 - In this course, Eileen T O'Grady, PhD, RN, NP-BC, discusses the role of stress on the physical and mental wellbeing of HCPs; differentiates between false optimism and human flourishing; and provides concrete strategies for resilience based on habit science. Originally presented as a live webinar on 14 April 2021. **FREE continuing education:** 0.5 RN CE; 0.5 RD CPEU

IT'S ESSENTIAL: TAKING CARE OF YOU SO YOU CAN TAKE CARE OF PATIENTS - In this course, Eileen T. O'Grady, PhD, RN, NP-BC, and Amie Heap, MPH, RD, describe the burden COVID-19 has placed on healthcare professionals (HCPs); share the signs and symptoms of compassion fatigue, stress, and burnout in HCPs; and provide concrete strategies to improve resilience and self-care in HCPs. Originally presented as a live webinar on 14 April 2021. **FREE continuing education:** 1.0 RN CE; 1.0 RD CPEU

[SEE MORE PROFESSIONAL DEVELOPMENT COURSES](#)



Use of MUAC Z-Score Tapes in Clinical Practice: Identifying Pediatric Undernutrition

In this course, Karen Stephens, MS, RD, CSP, LD, describes the validity of the MUAC tool and MUAC z-score ranges; reviews the importance of tracking and evaluating measurements over time; and discusses case examples of how the MUAC z-score tape can be implemented in pediatric practice. Originally presented as a live webinar on 14 April 2021.

FREE continuing education: 1.0 RN CE; 1.0 RD CPEU

Looking for similar resources? In this article titled, "[Eliminating Pediatric Malnutrition: A Call for Universal Screening](#)," clinicians and experts at Abbott have proposed a stepwise strategy to help end childhood malnutrition.

[ENROLL](#)



Nutrition & Heart Failure Management

Between Two Ventricles is a sister podcast to Abbott Nutrition Health Institute's Power of Nutrition Podcast. In this episode, Abbott's own Phil Adamson, MD, MSc, FACC, and Texas A&M's Peter McCullough, MD, MPH, discuss the critical role nutrition interventions can play in improving outcomes for individuals with heart failure.

[HEAR PODCAST](#)



Pediatric Currents: Human Milk Oligosaccharides: Developing Infant Health & Immunity

In this article, Hayley Kuter, BHSc, MRes, RD, identifies four functions of human milk oligosaccharides (HMOs); describes how HMOs help develop the infant's microbiome; and recognizes the non-nutritive benefits of HMOs in supporting the infant's digestive health and developing immune system.

FREE continuing education: 1.0 RN CE/1.0 RD CPEU

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How Critical is Vitamin D for Your Patient Outcomes? Demystifying the Role of Vitamin D

In this UK-hosted course, Rebecca Stevenson, MSc, RD, and Sanjay Suman, MB, BS, MD, FRCP, examine the essential role of vitamin D in maintaining health; describe the specific role of vitamin D in maintaining musculoskeletal health; and discuss practical approaches to identifying and correcting vitamin D deficiency and incorporating this into a multidisciplinary approach. Originally presented as a live webinar on 31 March 2021.

FREE continuing education: 1.0 RN CE; 1.0 RD CPEU

[ENROLL](#)



New Continuing Medical Education

[The Role of HMOs on Various Parameters of Infant Health & Development](#) - In this on-demand CME webinar, Lars Bode, PhD, and David J Hackam, MD, PhD, FACS, will explore the diversity of human milk oligosaccharides and their impact on gut dysbiosis and other parameters of infant health, including immune function and cognitive development. There will be an opportunity to ask questions of and share experiences with the expert faculty.

Free continuing education: 0.5 CME

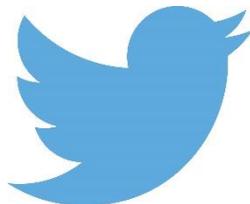
[Utilizing HMOs for Optimal Infant-Nutrition Strategies](#) - In this on-demand CME webinar, Lars Bode, PhD, and David J Hackam, MD, PhD, FACS, will discuss the latest knowledge on the importance of HMOs on the gut-brain axis, neurocognitive development, and immune health; illustrate practical methods for incorporating recent findings that support the use of HMOs in infant nutrition strategies; and engage with participants in a Q&A session at the end of the presentation.

Free continuing education: 0.5 CME

Note: These programs are provided by Haymarket Medical Education and are supported by an Abbott Nutrition educational grant.

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