



# NOVEMBER 2018 NEWSLETTER

## ETHICS IN PEDIATRIC PRACTICE

Pediatric healthcare professionals have the unique task of building trust with both patients and parents. Each day they must consider the rights and obligations of each person in the relationship while applying widely accepted principles of care.

In this *Pediatric Currents* self-study course, you'll learn key ethical principles in treating the pediatric population; identify common ethical dilemmas when caring for children; and cite ethics-related resources and guidelines to help support medical decision-making.

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## QUOTE OF THE MONTH

### DR JOHN SEVENPIPER AT 117<sup>TH</sup> ABBOTT NUTRITION RESEARCH CONFERENCE



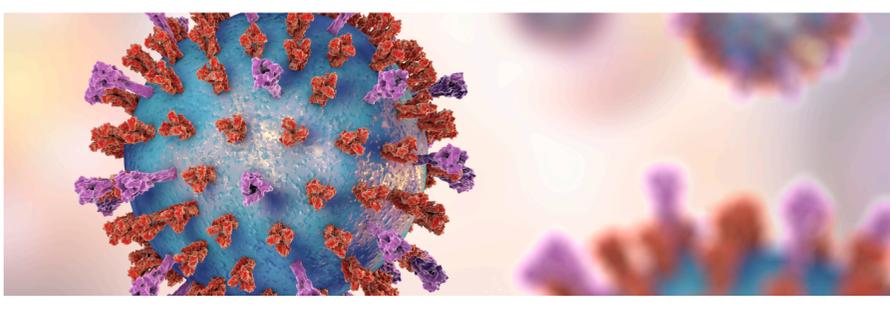
**John L. Sievenpiper, MD, MSc, PhD, FRCPC**

Li Ka Shing Knowledge Institute at St Michael's Hospital  
University of Toronto  
Toronto, Ontario, Canada

"Data reflect the current shift in dietary guidance away from reductionist 'one-size-fits-all' nutrient-centric recommendations (eg, 'low fat', 'low carb'), to food and dietary pattern-based recommendations that allow for flexibility in the proportion of carbohydrates in the diet, with a focus on quality over quantity and dietary patterns over single nutrients."

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## MANAGING RESPIRATORY SYNCYTIAL VIRUS (RSV) INFECTIONS



According to the World Health Organization, respiratory syncytial virus (RSV) is a leading cause of hospitalization for infants and young children around the world. While current treatments are mostly limited to high-resource populations, several new vaccine candidates are in the testing phase and may soon be available to children, older adults and pregnant women.

In this *Pediatric Currents* self-study course, you'll learn more about the prevalence and pathophysiology of respiratory syncytial virus (RSV); review RSV prevention and treatment guidelines in the vulnerable infant population; and understand the clinician's role in managing infants with RSV infections.

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## PODCAST: DECODING THE NUTRITION FACTS LABEL



The US Food & Drug Administration has extended the compliance dates for the Nutrition Facts and Supplement Facts label final rule and the Serving Size final rule, from July 26, 2018 to January 1, 2020.

In this podcast, Beth Johnson, MS, RDN, outlines the FDA's mandated changes and reviews the importance and roles of certain nutrients in packaged foods.

You'll learn:

- What key scientific evidence the FDA considered when it released the rule in May 2016
- What the new changes are on the label
- Which nutrients the guidelines address

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**Did you know?** We offer a [certificate of training](#) in the Nutrition Facts label, as well as an [infographic](#)—updated with the new compliance dates—you may use to teach patients how to read their food labels.

## PODCAST: A GUT (BRAIN) FEELING ABOUT HMOs



Recent studies show that a lesser-known nervous system in our guts communicates directly with the brain.

In this podcast presented by Prof John Cryan and moderated by Prof Berthold Koletzko, you'll hear an overview of the gut microbiome and its interactions with the gut-brain axis (GBA). Prof Cryan discusses several animal models of stress and learning that suggest roles for the gut microbiome and human milk oligosaccharides (HMOs) in immunity, behavior, and cognition. He also discusses preliminary intervention studies in humans.

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