



ANHI
ABBOTT NUTRITION
HEALTH INSTITUTE



JUNE 2020 NEWSLETTER

[WEBINAR] ONCOLOGY NUTRITION IN 2020

DATE: Wednesday, 22 July

Time: Noon-1 PM ET

In this webinar—"ONCOLOGY NUTRITION IN 2020: The Intersection of Evidence, Guidelines & Clinical Practice"—Carla Prado, PhD, RDN, Suzanne Dixon, MPH, MS, RDN, and Rhone Levin, MEd, RDN, CSO, LD, FAND, will:

- Review of the current evidence on the benefits of nutrition intervention for improving muscle mass and strength in oncology patients
- Highlight nutrition care guidelines for oncology patients
- Explain how to implement nutrition guidelines into clinical practice to improve patient outcomes

FREE continuing education: 1.0 RN CE; 1.0 RD CPEU

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PODCAST: PROTEIN & THE PRETERM INFANT

The final months and weeks of pregnancy are some of the most important for neonatal development. It's the window of time when vital organs like the brain and lungs are in that final stage of maturity. Infants who are born prematurely, especially before 32 weeks gestation, can be at risk for serious health complications. That's why it's absolutely critical to immediately provide them with good nutrition.

In this podcast episode, Bonnie Gahn, MSN, MA, RNC-NIC, and Melody Thompson, MS, RD, discuss the important role protein can play in providing nutrition for the preterm infant in the NICU setting.

[HEAR THE PODCAST](#)

THE CRITICALITY OF PROPER MALNUTRITION IDENTIFICATION

Identifying patients with malnutrition early and accurately is critical to support positive clinical outcomes. Malnourished patients have higher health care costs, prolonged hospital stays, and increased rates of hospital readmission.^{3,4}

20-50%



WHAT IS NFPE?

A head-to-toe physical examination used by the RDN as part of their nutrition assessment.

The NFPE requires training and continual practice. This hands-on approach allows the RDN to evaluate for the loss of muscle mass and subcutaneous fat; examine for the presence of fluid accumulation; identify specific nutrient deficiencies through physical appearance and touch; and measure functional status.

[INFOGRAPHIC] NUTRITION-FOCUSED PHYSICAL EXAM

Reviewing the medical chart and conducting a patient interview are usual starting points in identifying malnutrition; however they lack a physical examination component.

Our newest infographic helps explain how the nutrition-focused physical exam (NFPE)

provides essential information that Registered Dietitian Nutritionists (RDN) can use to more accurately identify malnutrition.

Interested in learning more? In our [two-part NFPE self-study series](#), you'll review the prevalence of malnutrition in the adult population; learn how to help identify malnutrition and micronutrient deficiencies; evaluate muscle and fat loss, and more.

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[DOWNLOAD THE INFOGRAPHIC](#)



GROWTH SUMMIT SELF-STUDY COURSES

We've created two new self-study programs from presentations originally shared at the 2020 Growth Summit in Stockholm, Sweden.

Measures to Identify Pediatric Malnutrition: Introduction to Mid-Upper Arm & Z-Scores

In this course, you'll describe the validity of the mid-upper arm circumference (MUAC) measurement; review z-score calculations and how to interpret results; and watch how to accurately take MUAC measurements in pediatric practice. Originally presented at the 2020 Growth Summit in Stockholm, Sweden.

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Nutrition Needs of Infants and Children with Malnutrition and Faltering Growth

In this course, you'll define malnutrition; characterize the role of the dietitian and other health care professionals in assessing nutrition requirements; describe the impact of specific conditions on nutrition requirements; and discuss expectations for catch-up growth. Originally presented at the 2020 Growth Summit in Stockholm, Sweden.

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[INFOGRAPHIC] NUTRITION & AGING

Aging is different for everyone. It's a complex process that introduces physical, emotional, cognitive, and economic changes. These factors can make it harder for older adults to access the nutrients they need, placing them at an increased risk for malnutrition.

In our new infographic on nutrition and aging, we explain what signs of malnutrition caregivers should look for in older adults, as well as offer ideas to help caregivers promote good nutrition by addressing common nutrition concerns.

[DOWNLOAD THE INFOGRAPHIC](#)



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