

## ***A Recent Advances in Nutrition of Preterm Neonates***

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### ***Abstract***

**Aim:** To highlight Recent Advances in Nutrition of Preterm Infants

**Objective:** Outcomes in neonatology has improved dramatically in the last 3 decades. Improved survival- associated with increasing short term The reasons why nutrition is important are short term and long term benefits. The short term benefits are Protection from infection Avoidance of metabolic bone diseaseTrend towards lesser ROP and Early discharge. The long term effects are Subsequent Growth Abnormal neurological outcome and Adult onset obesity, CAD, stroke. There are challenges in meeting their nutrition due to the fact that they are born with limited nutritional reserve – 200-400 kCal, Immature metabolic pathways – glucose/ protein, increased nutrient demands – sickness, insensible losses, catabolism and that makes them susceptible for more risk of medical and surgical problems. We will take up in details the Goals of nutrition, What, how and when to feed, Assessment of feeding intolerance and Fortification. Principles of optimum feeding are Reaching full enteral feeds at the earliest, avoidance of sepsis, vascular catheter related complications, providing optimal macro and micronutrients and avoiding the adverse effects of rapid feeding.

### ***Biography:***

Dr Monika Kaushal is MBBS, MD Pediatrics, DM Neonatology , FRCPCH. Monika Kaushal has extensive experience and several publications in journals which are indexed both nationally and internationally indexed journals. Monika Kaushal has passed with distinction MSC Neonatology from Southampton University UK; this shows her commitment to ongoing learning. Monika Kaushal have great passion for research, teaching and dissemination of knowledge. She is honored with Fellow of Royal Collage of Pediatrics and Child Health, UK (FRCPCH).

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