

In association with

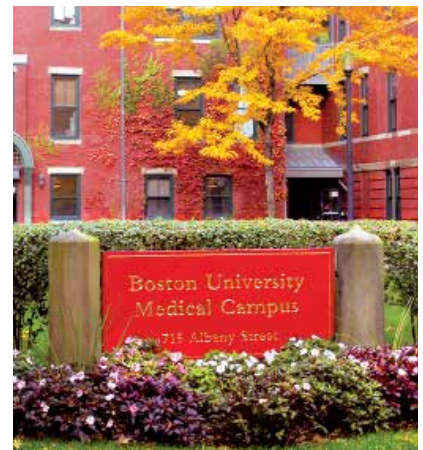


**Boston University** School of Medicine

Brought by



**Post Graduate Program in  
PEDIATRIC NUTRITION**



## **Post Graduate Program in PEDIATRIC NUTRITION**

Course Curriculum

An educational initiative, supported by

**Nestlé**  
**NutritionInstitute**

Science for Better Nutrition

## COURSE SUMMARY

Level I	Nutrition Fundamentals in Pediatrics	Online Slides & Voice Modules
Module 1	Importance of Early Nutrition and Health Outcomes	45 min
Module 2	Role of Nutrition in Optimal Growth and Immunity	45 min
Module 3	Understanding Dietary Requirements and Nutritional Assessment in Children	45 min
Module 4	Prevention and Nutritional Management of Undernutrition and Micronutrient Deficiencies	45 min

Level II	Nutrition in Select Situations	Video Presentation by BUSM Faculty
Module 1	Pediatric Obesity: An Emerging Crisis	45 min
Module 2	Nutritional Management of Diarrhea in Children	45 min

Level III	Special Interests in Pediatric Nutrition	Online Case-Based Video Modules from BUSM Faculty
Module 1	Appropriate Complementary Feeding: An Opportunity to Prevent Malnutrition	15 min

Symposium and Convocation		Presented Either by BUSM Faculty or Regional Key Opinion Leader
Session 1	Nutrition Counseling	Half-day
Session 2	Economic Benefits of Investing in Maternal and Child Nutrition in First 1000 Days	

## Completion Requirement

The healthcare professional (HCP) is required to go through all online modules and secure a minimum of 70% marks (in each module assessment) to complete the online phase.

## LEVEL I

### MODULE 1

#### Importance of Early Nutrition and Health Outcomes

- Importance of early nutrition in the immediate and future health of children
- Role of early nutrition in breaking the intergenerational cycle of malnutrition
- Association of early nutrition and adult diseases
- Importance of breastfeeding and its relationship with long-term health

### MODULE 2

#### Role of Nutrition in Optimal Growth and Immunity

- Role of nutrition in growth and development of a child
- Relationship between nutritional status, immunity and infections
- Importance of gut microbiota and its role in immunity

### MODULE 3

#### Understanding Dietary Requirements and Nutritional Assessment in Children

- Dietary requirements of different pediatric age groups
- Different nutritional assessment methods in children
- The World Health Organization (WHO) growth charts and their use in the assessment of nutritional status

### MODULE 4

#### Prevention and Nutritional Management of Undernutrition and Micronutrient Deficiencies

- Risk factors of nutritional deficiencies in children
- Symptoms of macronutrient and micronutrient deficiencies
- Nutritional interventions and The WHO guidelines for treating undernutrition and micronutrient deficiencies

## LEVEL II

### MODULE 1

#### Pediatric Obesity: An Emerging Crisis

- Global epidemiology and various cut-offs of pediatric obesity
- Role of early influences in childhood obesity
- Preventive strategies for pediatric obesity
- Dietary management of pediatric obesity

### MODULE 2

#### Nutritional Management of Diarrhea in Children

- Relationship between diarrhea and impact on nutritional status in children
- Nutritional management strategies for different types of diarrhea
- Specific dietary strategies for the management of diarrhea in children

## LEVEL III

### MODULE 1

## Appropriate Complementary Feeding: An Opportunity to Prevent Malnutrition

- Importance of the complementary feeding period as a critical window of opportunity to prevent malnutrition in infants and young children
- Nutrient gaps during complementary feeding and strategies to fulfil the unmet nutritional needs of a child
- Emerging concepts in complementary feeding and its impact on future health

## SYMPOSIUM AND CONVOCATION

### SESSION 1

## Nutrition Counseling

- Need for nutrition counseling for bringing about a change in nutrition related behaviors
- Interviewing and counseling strategies for improving behavior change outcomes
- Skills for nutrition counseling during infancy and early childhood
- Counseling strategies in the management of pediatric obesity

### SESSION 2

## Economic Benefits of Investing in Maternal and Child Nutrition in First 1000 Days

- Impact of maternal and child malnutrition on health economics
- Importance of investing in maternal and child nutrition
- Economic burden of malnutrition in hospitalized patients
- Basic tenets of cost-benefit analysis of nutrition interventions

**Disclaimer:** The content of this program is based upon best practices in the practice of medicine in the United States. These materials and all other materials provided in conjunction with this program activities are intended solely for purposes of supplementing continuing medical education programs for qualified healthcare professionals. Anyone using the materials assumes full responsibility and all risk for their appropriate use. Trustees of Boston University makes no warranties or representations whatsoever regarding the accuracy, completeness, currentness, non-infringement, merchantability or fitness for a particular purpose of the materials. In no event will Trustees of Boston University be liable to anyone for any decision made or action taken in reliance on the materials. In no event should the information in the materials be used as a substitute for professional care.

For more information on PGPN program, please write to: [support@pgpnboston.com](mailto:support@pgpnboston.com)

For the use of healthcare professionals only.