

EPIQ GRAND ROUNDS

Session 34

TUESDAY, DECEMBER 16, 2025

Improving approaches to parenteral nutrition (PN)

Learning Objectives:

- Review current international guidelines and practice in preterm parenteral nutrition (PN) and the evidence base for these recommendations
- Understand the principles of standardisation of PN
- Appreciate the uncertainties in preterm PN and how these may be resolved
- Outline the complications of PN and how to mitigate these

Presented by:

Dr. Sabita Uthaya

Dr. Sabita Uthaya MBBS, MRCP, FRCPCH, MD



Sabita Uthaya is a consultant neonatologist at Chelsea and Westminster NHS Foundation Trust, London and Professor of Practice (Neonatal Medicine) at Imperial College London. Her research focuses on neonatal nutrition and body composition and the long-term health consequences of early nutrition.

She led the NEON trial of preterm parenteral nutrition and was on the UK NICE Neonatal Parenteral Nutrition Guideline Development Group. She currently leads the BASE Trial, a large multi-centre study investigating the use of sodium bicarbonate in premature infants and is co-investigator of the COLLABORATE trial of human donor milk, preterm formula and fortifier in extremely preterm infants. She directs the annual international Neonatal Update conference and is the Meeting Secretary of the UK Neonatal Society.

Length: 1 hour

10:00 AM PST / 11:00 AM MST / 12:00 PM CST / 1:00 PM EST / 2:00 PM AST / 2:30 PM NST

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