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Nota di contenuto	Nutrition Services in Perinatal Care -- Copyright -- Acknowledgments -- Contents -- Executive Summary -- PREVIOUS RECOMMENDATIONS AND UNDERLYING ASSUMPTIONS -- OVERVIEW -- CONTENTS OF THE REPORT -- RECOMMENDATIONS -- 1 Introduction -- BACKGROUND INFORMATION -- STUDY APPROACH AND SCOPE -- PREVIOUSLY PUBLISHED RECOMMENDATIONS AND UNDERLYING ASSUMPTIONS -- Patient-Centered, Individualized Care -- Family Involvement in Care -- Team Care -- Continuity of Care -- ORGANIZATION OF THE REPORT -- REFERENCES -- 2 Nutritional Concerns of Women in the Preconceptional, Prenatal, and Postpartum Periods -- PRECONCEPTIONAL NUTRITION -- Goals of Preconceptional Nutrition Services -- Health Conditions Warranting Special Nutrition Services Before Pregnancy -- Preexisting Diabetes Mellitus -- Phenylketonuria

-- History of Poor Pregnancy Outcome -- Extremes of Maternal Weight for Height -- Maternal Eating Disorders -- Other Chronic Conditions or Diseases -- PRENATAL NUTRITION -- Nutritional Demands of Normal Pregnancy -- Nutrients -- Energy -- Nutrition in Complicated Pregnancies -- Conditions Specific to Pregnancy -- Systemic Health Problems -- Conditions Involving Unhealthy Behaviors -- Miscellaneous Disorders -- POSTPARTUM NUTRITION -- Replenishing Nutrient Stores -- Nutrition Recommendations for Lactating Women -- Diet and Lactation in General -- Specific Nutrients and Energy -- Diet for and Supplementation of the Lactating Woman -- Weight Loss -- Conditions Warranting Special Nutrition Services -- Special Considerations at the Postpartum Visit -- SUMMARY -- REFERENCES -- 3 Basic and Special Nutrition Services for Women in the Preconceptional, Prenatal, and Postpartum Periods -- DELIVERY OF BASIC NUTRITION SERVICES -- Overview of Basic Services -- Personnel -- Knowledge Base and Clinical Skills -- Knowledge and Understanding -- Assessment Skills. Health Maintenance Skills -- Intervention Skills -- Management of the Organization and Delivery of Nutritional Care -- DELIVERY OF SPECIAL NUTRITION SERVICES -- Overview of Special Services -- Personnel -- Knowledge Base and Clinical Skills -- Knowledge and Understanding -- Assessment Skills -- Intervention Skills -- Management of the Organization and Delivery of Nutritional Care -- SUMMARY -- REFERENCES -- 4 Basic Nutrition Services for Newborn Infants -- BASIC CARE FOR THE NEONATE -- Planning for the Support of the Breastfeeding Woman -- Home Visits and Other Early Follow-up -- DELIVERY OF BASIC NUTRITION SERVICES FOR INFANTS -- Personnel -- Knowledge Base and Clinical Skills -- Knowledge and Understanding -- Assessment Skills -- Health Maintenance Skills -- Intervention Skills -- Management of the Organization and Delivery of Nutritional Care -- SUMMARY -- REFERENCES -- 5 Newborns Who Need Special Nutritional Care -- BACKGROUND -- Conditions That Often Require Special Nutritional Care -- Challenges That Confront Clinicians -- Estimating Nutrient Requirements -- Adapting to Changing Needs -- Physical and Physiologic Limitations -- Effects of Medical Therapies on Nutrition -- The Nutritional Care Plan -- FEEDING METHODS -- Enteral Feedings -- Human Milk -- Formulas -- Methods of Enteral Feeding -- Breastfeeding -- Bottle Feeding -- Tube Feeding -- Parenteral Feeding -- MONITORING -- Food and Fluid Intake and Output -- Anthropometric Changes -- Weight -- Length -- Head Circumference -- Laboratory Values -- Clinical Observations -- NUTRITION SERVICES DELIVERY FOR NEONATES WITH SPECIAL NEEDS AND THEIR FAMILIES -- Components of Special Nutrition Services -- Intensive Care -- Intermediate Care -- Follow-up Care in the Community -- Personnel -- Education and Training of Health Care Providers -- Knowledge Base and Clinical Skills. Knowledge and Understanding -- Assessment Skills -- Intervention Skills -- Program Management and Evaluation Skills -- SUMMARY -- REFERENCES -- 6 Providing for the Continuity of Nutritional Care -- COORDINATED SERVICES -- PATIENT-CARRIED HEALTH DIARIES -- COMPUTER-BASED PATIENT RECORDS AND SYSTEMS -- SUMMARY -- REFERENCES -- 7 Closing Remarks and Recommendations -- MEASURES FOR IMPROVING NUTRITIONAL CARE -- Patient-Centered, Individualized Care -- Family Involvement in Care -- Team Care -- Nutritional Care Plans -- Education and Training of Practitioners -- RECOMMENDATIONS -- REFERENCES -- Index.

the necessary elements of these services; and indicates the personnel, knowledge, skills, and specialized education or training that may be needed to deliver them. It will be useful to policymakers, hospital administrators, directors of health centers, physicians in private or group practices, and others responsible for setting such standards and for overseeing health care services for expectant and new mothers and their infants.
