

# ANHI Course Catalog – as of 2 April 2026

## *Self-study and group programs*

### KEY

- Self-Study & Group
- ❖ Self-Study Only
- † Meets RD Ethics Req
- ‡ Meets RD Health Equity Req

## Neonatal

- [Acute Kidney Injury in the NICU Patient](#)
- [An Allergy Modulating Human Milk Oligosaccharide – 2'-Fucosyllactose](#)
- [Allergies, Immunology, and Human Milk: Exploring Maternal and Infant Factors](#)
- [Assessment Skills Update: 3rd Generation Fenton Growth Chart](#)
- [Baby Bottle Nipples: Finding the Perfect Fit](#)
- [Benefits of Breastfeeding](#)
- [Beyond Weight: Nutritional Insights and New Evidence for Catch-Up Growth](#)
- [Breastfeeding: Considerations for the Premature Infant](#)
- [Breastfeeding Essentials: Overcoming Common Hurdles](#)
- [Breastfeeding in Special Circumstances: Care for Infants with Medical Needs](#)
- [Breastfeeding Techniques: Tips to Successfully Support the Breastfeeding Dyad](#)
- [Clinical Implications of Dysbiosis in Infants](#)
- [Competencies for Human Milk and Formula Technicians](#)
- [Early Infant Feeding: Breaking Down the Basics](#)
- [Eat, Sleep, Console](#)
- [From Formula Selection to Reintroduction: Nutritional Strategies for Managing Pediatric Cow's Milk Allergy](#)
- [Getting in the Weeds with Perinatal Cannabis Exposure: Considerations for the Infant](#)
- [HMO Update: Clinical Evidence & Clinical Practice](#)
- [How Human Milk Oligosaccharides and the Microbiome Communicate with the Gut and Brain](#)
- [Handling Human Milk and Formula in Healthcare Facilities: Tried & True and What's New – In English & Spanish](#)
- [Human Milk Oligosaccharides in the Preterm Infant: Impact on the Developing Immune System](#)

## Neonatal

- [Implementing Individualized Infant Feeding: All About the Cues and More](#)
- [Lactation Support: Incorporating Telemedicine into Practice](#)
- [Marijuana Use During Pregnancy and Breastfeeding: Weeding Through the Evidence](#)
- [Math and Mixing Skills for Human Milk and Formula Technicians](#)
- ❖ [Neonatal Cardiovascular System](#)
- ❖ [Neonatal Cardiovascular System: Congenital Heart Disease](#)
- [Neonatal Fundamentals: Discharge and Follow-Up](#)
- [Neonatal Fundamentals: Enteral Nutrition](#)
- [Neonatal Fundamentals: Infant Nutrition Assessment](#)
- [Neonatal Fundamentals: Parenteral Nutrition](#)
- [Neonatal Neurological System and Gestational Age Assessment](#)
- [Neonatal Short Bowel Syndrome](#)
- [New Clinical Research and Emerging Trends on the Microbiome and Its Influence on Infant Health & Allergy](#)
- [Nutrition Assessment of the Preterm Infant](#)
- [Nutrition Guidelines for Pediatric Providers Caring for NICU Graduates](#)
- [Nutrition Management of Refeeding Syndrome in the Critically Ill Child and Neonate](#)
- [Optimizing Human Milk in the NICU and at Discharge](#)
- [Programming the Infant Microbiome: Impacting Immune Health Later in Life](#)
- [Recent Trends in the Nutritional Care of Healthy, Term Infants](#)
- [Revealing the Transformative Power of HMOs: Breakthrough Evidence and Future Implications](#)
- [Safeguarding Preparation and Delivery of Infant Feedings in the NICU](#)
- [Sanitation and Safety Principles for Human Milk and Formula Technicians](#)
- [Select Topics in Glycogen Storage Disorders](#)
- [Spotlight on the Gut-Brain Axis](#)

## Neonatal

- [Strategies for the Development of Safe Oral Feeding Among Preterm Infants](#)
- [Suspected Inborn Errors of Metabolism in the Newborn](#)
- [The Emerging Role of the Gut Microbiome in Health and Immunity](#)
- [The Impact of Opioids on Newborns: Addressing Neonatal Opioid Withdrawal Syndrome in Clinical Practice](#)
- [The Journey of PKU Management: Where Are We?](#)
- [The Puzzle of the Infant Brain: Association of Nutrients with Cognitive Development](#)
- [Understanding the Impact of HMOs: A Closer Look at the Evidence and Supporting Research](#)
- [What's New in the Science of HMOs: New Research and Future Directions](#)
- [What the Heck Does That Laboratory Value Mean?](#)

## Pediatric

- [A Patient Centric Approach to Integrating Nutrition in Inflammatory Bowel Disease \(IBD\) Care](#)
- [Achieving Nutrition Equity: Addressing Pediatric Malnutrition and Food Insecurity](#)‡
- [Adolescent Nutrition and Growth](#)
- [Advances in Propionic Acidemia](#)
- [An Introduction to Mid-Upper Arm Circumference & Its Application in the Pediatric Intensive Care Unit](#)
- [Beyond Anthropometrics: Evolving Science of Biomarkers for Assessing Growth](#)
- [Beyond Recommended Dietary Intakes: Understanding Bioavailability and the Importance for the Growing Child](#)
- [Body Composition During Growth](#)
- [Childhood Obesity: A Weighty Problem](#)
- [Combating Malnutrition in Pediatric Clinical Practice](#)
- [Considerations for Recognizing and Treating Eosinophilic Esophagitis in Pediatrics](#)
- [Detecting Pediatric Malnutrition: Tools for Screening and Criteria for Diagnosing](#)
- [Diagnostic and Therapeutic Advances in Eosinophilic Esophagitis](#)
- [Energy Expenditure in Fatty Acid Oxidation Disorders](#)
- [Ethical Issues in Pediatric Care](#)†
- [Every Family's Journey: Embracing Diversity in Pediatric Care](#)
- [Food Allergies, Intolerances & Sensitivities in Pediatric Practice: The Role of the Registered Dietitian Nutritionist](#)
- [Identification and Diagnosis of Pediatric Malnutrition](#)
- [Introducing Food Allergens for Babies with Amino Acid Disorders](#)
- [Hot Topics in Pediatric Nutrition](#)
- [Measures to Identify Pediatric Malnutrition: Introduction to Mid-Upper Arm Circumference and Z-Scores](#)
- [Metabolic Flexibility and the Role of Carbohydrates, Protein, and Fat Balance on Pediatric Obesity](#)
- [Micronutrients: A Need for Micromanagement](#)

## Pediatric

- [NeuroNutrition: Advancing Brain Health Through Science From Gestation to Childhood](#)
- [Nutrition During Childhood Cancer Treatment: Current Understanding and a Path for Future Research](#)
- [Nutrition for the Neurologically Impaired Child](#)
- [Nutrition Interventions in Sick Pediatric Patients](#)
- [Nutrition Therapy & Pediatric Allergy: A Closer Look at CMA & EoE](#)
- [Nutritional Management of Eosinophilic Esophagitis: Food Allergens & Beyond](#)
- [Nutritional Management of Pompe Disease](#)
- [Pediatric Cow's Milk Allergy: A Guide to Using Milk Ladders for Allergy Management](#)
- [Pediatric Disorders of the Gut-Brain Interaction \(DGBIs\) and Nutrition Insights: From Diagnosis to Optimized Care](#)
- [Pediatric Intestinal Failure](#)
- [Pediatric Nutrition-Focused Physical Exam](#)
- [Peri-Operative Management in Children: Strategies for Achieving Optimal Nutrition in Surgical Patients \(Part 1\)](#)
- [Peri-Operative Management in Children: Strategies for Achieving Optimal Nutrition in Surgical Patients \(Part 2\)](#)
- [Practical Strategies for Achieving Growth Potential in Children](#)
- [The Impact of Pediatric Undernutrition on Gastrointestinal Function](#)
- [The Importance of Anthropometric Data in Infant and Pediatric Populations](#)
- [The Protein : Energy Ratio in Support of Catch-Up Growth](#)
- [The Role of Food & Nutrition in Inflammatory Bowel Disease](#)
- [Transformative Nutritional Strategies for Managing Crohn's Disease](#)
- [Use of Mid-Upper Arm Circumference Z-Score Tape in Clinical Practice: Identifying Pediatric Undernutrition](#)
- [Utilization of NHANES Data to Assess Pediatric Undernutrition](#)
- [Urea Cycle Disorders: Navigating Nutritional Management and Nitrogen Scavengers](#)
- [Using Biochemical Laboratory Results to Inform Dietary Management](#)

## Adult

- [Adapting the Nutrition-Focused Physical Exam to Identify Adult Malnutrition in Critically Ill Patients with Obesity](#)
- [A Deeper Dive: Evidence-Based Strategies for Whole-Person Obesity Care, Optimizing Nutrition Outcomes](#)
- [Addressing Gastrointestinal Tolerance in the ICU Setting](#)
- [Addressing Weight Stigma in the Healthcare Setting](#)
- [Adult Malnutrition in the Critical Care Setting: Utilizing Nutrition-Focused Physical Exam in the ICU](#)
- [Advancing Malnutrition Quality Improvement and Health Equity: Opportunities to Lead Change](#)
- [Advancing the Role & Leadership of Clinical RDNs: Leading a Small-Bore Feeding Tube Team](#)
- [Back to Basics: Enteral Formula Composition and Delivery Considerations for Adult Patients](#)
- [Balancing Act: Synergizing Obesity Medication, Muscle Health and Nutrition Through a Patient Journey](#)
- [Bariatric Surgery: Developing an Understanding of the Evidence, Procedures and Expected Outcomes \(Module 1\)](#)
- [Beyond Basics: Addressing Gastrointestinal Intolerance in the ICU](#)
- [Body Composition and Health: Module 1](#)
- [Body Composition and Health: Module 2](#)
- [Bridging the Gap: Identifying Sarcopenia and Malnutrition in the Older Adult: Part 1](#)
- [Bridging the Gap: Identifying Sarcopenia and Malnutrition in the Older Adult: Part 2](#)
- [Carbohydrate Quality: What Do I Tell My Patients?](#)
- [Choosing Wisely: Enteral Feeding Tube Selection, Placement and Considerations](#)
- Critical Care Series:
  - [Implementing Early Feeding Practices in Critical Care](#)
  - [Improving the Quality of Nutrition Care for Critically Ill Patients](#)
  - [Making Early Enteral Nutrition Happen](#)
  - [The Importance of Early Enteral Nutrition for Critically Ill Patients](#)

## Adult, Continued

- [Decoding the New Nutrition Facts Label: Carbohydrates](#)
- [Decoding the New Nutrition Facts Label: Fat](#)
- [Decoding the New Nutrition Facts Label: Overview](#)
- [Decoding the New Nutrition Facts Label: Protein](#)
- [Driving Change: Implementing the Malnutrition Quality Improvement Initiative \(MQii\) Across the Ecosystem of Healthcare \(Part 1\)](#)
- [Driving Change: Implementing the Malnutrition Quality Improvement Initiative \(MQii\) Across the Ecosystem of Healthcare \(Part 2\)†](#)
- [Identifying Considerations Across the Continuum of Care: Best Practices for a Multidisciplinary Approach \(Module 4\)](#)
- [Enteral Nutrition Tolerance and Gut Health](#)
- [Enteral Nutrition: Transitions of Care from Hospital to Home](#)
- [Enteral Tube Feeding 101](#)
- [Enteral Tube Feeding: Gastrointestinal Complications](#)
- [Enteral Tube Feeding: Surgical and Metabolic Complications](#)
- [From Silos to Synergy: Enhancing Care Transitions to Improve Patient Outcomes in Home Enteral Nutrition \(Part 1\)](#)
- [From Silos to Synergy: Enhancing Care Transitions to Improve Patient Outcomes in Home Enteral Nutrition \(Part 2\)](#)
- [Gastrointestinal Dysfunction in Critical Illness](#)
- [Gastrointestinal Intolerance in Critically Ill Patients: Definitions, Management and Nutrition Considerations](#)
- [Gestational Diabetes Mellitus: Latest Research & Guidelines](#)
- [Good Tubes Gone Bad: Management and Prevention of Common Tube Site Complications](#)
- [How Critical is Vitamin D for Your Patient Outcomes? Demystifying the Role of Vitamin D](#)

## Adult, Continued

- [Hydration in Older Adults: Clinical Strategies to Improve Hydration Status](#)
- [Implications of Diabetes in Sarcopenia & Low Muscle Mass Nutrition Approaches \(Parts 1 and 2\)](#)
- [Improving Outcomes with Early, Individualized Nutrition Intervention: It's Worth the EFFORT](#)
- [Inflammation and Immunity in the Acutely Ill Hospitalized Patient: Exploring Implications for Specialized Nutrition Approaches \(Part 3\)](#)
- [Interactions of Nutrition, Gastrointestinal Microbiome, and Health](#)
- [Maintaining Muscle in Older People: Vitamin D, Protein or Exercise?](#)
- [Making Every Bite Count: Transforming Nutrition Recommendations into Real-Life Solutions for Patients on GLP-1 RAs](#)
- [Malnutrition Screening in Adults: Combining Evidence and Clinical Practice to Improve Patient Care](#)
- [Malnutrition Screening & Diagnosis Across the Lifespan: Part 1](#)
- [Malnutrition Screening & Diagnosis Across the Lifespan: Part 2](#)
- [Malnutrition Screening & Diagnosis Across the Lifespan: Part 3](#)
- [Malnutrition Screening in Patients with Obesity in the Hospital Setting](#)
- [Managing Sarcopenia & Frailty: How Can Nutrition & Exercise Improve Clinical Outcomes?](#)
- [Measuring Body Composition and Optimal Nutrition Support in the ICU Setting](#)
- [Multimodal Strategies in Oncology: From Theory to Practice](#)
- [Muscle Matters: New Insights on the Interplay Between Nutrition, Inflammation and Metabolism](#)
- [New Evidence to Support Optimal, Early Nutrition Intervention to Improve Patient Outcomes](#)
- [Nourishing Strength: The Vital Role of Nutrition and Muscle Health in the Older Adult](#)
- [Nutrition and Wounds: Implementing an Evidence-Based Plan of Care](#)
- [Nutrition Care for Pressure Injuries: Guidelines to Optimize Outcomes](#)
- [Nutrition, Diabetes, and Obesity Care: Bridging Evidence and Clinical Practice](#)

## Adult, Continued

- [Nutrition Focused Physical Exam - Part 1: Subcutaneous Fat and Muscle Loss](#)
- [Nutrition Focused Physical Exam - Part 2: Micronutrients, Fluid Accumulation and Functional Status](#)
- [Nursing and Nutrition: Collaborating to Optimize Outcomes in the Hospital Setting\\*](#)
- [Nutrition, Muscle & Strength: Paramount for Optimal Health](#)
- [Nutritional Management of Hospitalized Patients with Obesity](#)
- [Obesity, Insulin Resistance & Diabetes in Chronic Kidney Disease](#)
- [Oncology Nutrition: Exploring the Impact of Cancer Diagnosis and Its Treatment on Nutritional Status](#)
- [Optimal Nutrition Therapy During and Post-ICU](#)
- [Performing Nutrition-Focused Physical Exam Via Telehealth in an Adult Outpatient Population](#)
- [Pioneering Muscle Health: Evidence-Based Nutrition for Cancer and Diabetes Management](#)
- [Practical Applications: Providing Culturally Relevant, Person-Centered Diabetes Care‡](#)
- [Practical Management of Home Tube Feeding](#)
- [Prebiotics and the Microbiota: Optimizing Gut Health in Critically Ill Patients \(Part 1\)](#)
- [Prebiotics and the Microbiota: Optimizing Gut Health in Critically Ill Patients \(Part 2\)](#)
- [Protein Metabolism: Dietary Requirements, Aging and Weight Loss](#)
- [Putting Evidence into Practice: Preventing, Managing and Treating Enteral Feeding Intolerance in the Critical Care Setting](#)
- [Respiratory Disease & Muscle: Nutritional Interventions to Support Our Patients](#)
- [Screen, Assess, Intervene: Nutrition and Muscle Mass in Outpatient Oncology Settings](#)
- [Setting Patients Up for Success: Prioritizing Nutrition Prior to Bariatric Surgery \(Module 2\)](#)
- [Special Considerations: Impacting Enhanced Recovery After Surgery \(ERAS\) in Patients with Diabetes](#)
- [Successful Transition of Tube Feeding: From Hospital to Home](#)
- [Tailoring Care in Diabetes: Improving Outcomes Through Personalized Nutrition Intervention and Person-Centered Care](#)

## Adult, Continued

- [The Evolution of Multidisciplinary Obesity Treatments and the Role of Nutrition: Past, Present, and Future \(Part 1\)](#)
- [The Evolution of Multidisciplinary Obesity Treatments and the Role of Nutrition: Past, Present, and Future \(Part 2\)](#)
- [The Interface of Nutrition & Pressure Injury Prevention: Following a Hospital Journey \(Part 1\)](#)
- [The Interface of Nutrition & Pressure Injury Prevention: Following a Hospital Journey \(Part 2\)](#)
- [The Latest Evidence in Preserving Muscle Health in Acute & Chronic Diseases](#)
- [Transforming Healthcare Delivery: Leveraging the Global Malnutrition Composite Score for Quality Improvement, Health Equity, and Patient Outcomes](#)
- [The Benefits of Personalized Nutrition and Lifestyle Approaches in Obesity Management: Exploring the Role of Muscle Health](#)
- [The Holistic Support of Patients Post Metabolic and Bariatric Surgery in Primary Care: Nutrition, Muscle Health and Beyond](#)
- [The Long and Short of It: Postoperative Nutrition to Support Long-term Success After Bariatric Surgery \(Module 3\)](#)
- [The New Era of Pressure Injury Care: Quality Measures, Evidence-Based Practice, and Nutrition at the Core](#)
- [The Role of Nutrition in Pressure Injury Management in Patients with Diabetes](#)
- [Transforming Obesity Treatment: Elevating Nutrition & Person-Centered Care](#)
- [Traumatic Brain Injury: Emerging Research, Clinical Consequences, and Nutrition Recommendations from a Multidisciplinary Perspective \(Part 1\)](#)
- [Traumatic Brain Injury: Emerging Research, Clinical Consequences, and Nutrition Recommendations from a Multidisciplinary Perspective \(Part 2\)](#)
- [Unlocking the Value of Muscle and Nutrition for Improved Health Outcomes](#)
- [Update on the 2022 ASPEN Critical Care Guidelines](#)

## Adult, Continued

- [What's New in Oncology? Addressing Muscle Health and Nutrition](#)
- [When it Matters Most: Muscle and Nutrition in Critical Care](#)
- [Wound Module 1: A Closer Look: Understanding Chronic Wounds](#)
- [Wound Module 2: Pressure Injuries and the Management of Chronic Wounds](#)
- [Wound Module 3: Making the Connection: Chronic Wounds and Nutrition](#)
- [Your Introduction to Health Economics and Outcomes Research](#)

## Professional Development

- [A New Code: Creating a Culture of Compassion Amongst Colleagues in Healthcare\\*](#)
- [Caring for the Millennial and Gen Z Family: Thoughts from Admission Through Discharge](#)
- [Cultivating a Healthy Work Culture by Addressing Bullying and Incivility](#)
- [How to Navigate Difficult Conversations with Difficult People: Strategies for Healthcare Professionals](#)
- [How to Resolve Interdepartmental Conflicts: Strategies for Healthcare Teams](#)
- [How to Shift From a Negative to a Positive Work Environment](#)
- [Is There a Role for Nutrition in the Management of Maternal Mood Disorders?](#)
- [LGBTQ+ Diversity in Maternal Child Healthcare\\*](#)
- [Motivational Interviewing: Application in Working with Patients and Families](#)
- [Opioid Use Disorders in Pregnancy](#)
- [Resilience and Renewal: Self-Care for Healthcare Workers](#)
- [The Human Margin: Building Foundations of Trust](#)
- [Transforming Healthcare Delivery: Leveraging the Global Malnutrition Composite Score for Quality Improvement, Health Equity and Patient Outcomes‡](#)
- [Trauma-Informed Care and Suicidality](#)
- [When Our Thoughts Betray Use: Anxiety in the Perinatal Experience of Moms and Dads](#)

## OSU Programs (Supported by an educational grant from ANHI)

- ❖ [Infant Feeding: Best Practices for Healthcare Providers](#)
- ❖ [Specialized Feeding: Best Practices for Healthcare Providers](#)

\* These courses are accredited for RN CE only

## NICU Currents

- [Nutrition for the Infant with Short Bowel Syndrome and Intestinal Failure: Proactive Strategies for a Strong Beginning\\*](#)
- ❖ [Safe Sleep Practices: The Healthcare Professional's Role in the Prevention of Sudden Unexpected Infant Death\\*](#)
- ❖ [Ethical Issues in Neonatal Care†](#)
- ❖ [Controversies in the Management of Patent Ductus Arteriosus for Preterm Infants\\*](#)
- ❖ [GER and GERD in Preterm Infants: A Narrative Review of Diagnosis, Nutrition Evaluation and Management](#)

## Pediatric Currents

- ❖ [Quenching the Thirst: Overcoming Challenges and Developing Effective Approaches for Encouraging Hydration](#)
- ❖ [Respiratory Syncytial Virus Prevention: Essential Strategies for Healthcare Providers\\*](#)
- ❖ [Screening for Malnutrition Risk in Pediatrics](#)

## Nutrition and Health Currents (Adult Focus):

- ❖ [Identification, Diagnosis and Treatment of Malnutrition in Adult Hospitalized Patients: An Ethical Perspective†](#)

\* These courses are accredited for RN CE only