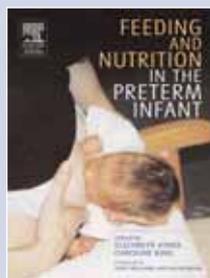


Feeding and nutrition in the preterm infant

Editors: Elizabeth Jones and Caroline King
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'A practical yet comprehensive guide to best practice in providing optimum nutrition to the preterm infant' – this book does exactly what it says on the back cover – 'ensuring that safe and effective feeding skills are achieved'. Elizabeth Jones and Caroline King deliver a wealth of well-referenced and evidence-based information, having reviewed recent, world-wide research on the subject of preterm infant feeding and nutrition. The subject matter includes the benefits of human milk for the preterm baby, nutritional requirements and ensuring nutritional adequacy of human milk. The authors explain breast anatomy and physiology, milk expression and human milk banking. Enteral feeding, growth and outcome, feeding development and the

transition from tube feeding to breastfeeding are described. Case studies illustrate feeding problems, and interventions and outcomes are given. A useful chapter on benchmarking and audit completes the book. Each chapter contains a practical summary of recommendations, allowing for easy digestion of the facts! Photographs, diagrams and drawings are used to good effect within the text.

This book is relevant for all staff working with premature infants, whether in the neonatal unit or following discharge from hospital. The authors include a speech and language therapist and a milk bank manager. The editors, a breastfeeding coordinator and a paediatric dietician, are well qualified to produce a book on this subject. Peter Hartmann's ultrasonic

research into the anatomy and physiology of lactation updates our understanding of the difficulties that mothers of premature infants face when expressing their breastmilk.

'Feeding and Nutrition in the Preterm Infant' fills a gap in the literature by focussing on the specialised nutritional needs of premature babies who need help in attaining feeding independence. It is a reasonable price for the immeasurable impact that implementation of these recommendations could have on these vulnerable infants.

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