



Early Nutrition *Specialist* (ENS)

e-learning Certification for Healthcare Professionals



Welcome!

The Early Nutrition Specialist (ENS) programme is a CME accredited e-learning initiative offered by Ludwig-Maximilians University, Munich in collaboration with the Early Nutrition Academy.

We are privileged to offer this exclusive programme to Health Care Professionals (HCPs) around the globe.

Our world today is fast-paced and more dynamic than ever before. The scientific and medical communities are no exception, with cutting-edge technologies and new scientific discoveries advancing at an unprecedented rate. This has enormous implications for globally improving the health and well-being of children.

As HCPs in practice, it is essential to remain up-to-date on the latest guidelines and recommendations. However, the time investment required is often a strong limiting factor. ENS brings together the latest scientific research outcomes and guidelines into a condensed, practice-oriented and interactive format to maximise knowledge transfer and minimize time investment.

ENS offers CME-accredited specialized, personalized training in the area of early nutrition and lifestyle. In collaboration with international experts in the field, we provide the latest scientific evidence and international recommendations for the busy HCPs, which they can easily incorporate in their day-to-day patient evaluation and counselling.

Join us for the ENS programme and become a part of our online community. In an ever-changing world especially after the COVID 19 pandemic, let us make the health and wellbeing of our youngest citizens, a global constant!



Berthold Koletzko
Head of Programme, ENA Managing Director
Else-Kröner Senior Professor of Pediatrics



Shweta Feher
Scientific Director
PhD, MSc, BSc Biol.



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The ENS programme is targeted to HCPs and offers specialised, personalised training in the area of early nutrition and lifestyle. The programme is divided into two parts, comprising of core and focus courses that have a total learning duration of **6 months**.

Core Courses: deliver core knowledge on nutrition in early life spans, comprising 3 courses each with a learning time of 120 minutes (2 x 45 min +15 min) per month.

Focus Courses: offer focus knowledge in specialised areas over 3 months, comprising 3 courses each with a learning time of 45 min + 15 min per month.

Certification and Accreditation

At the end of each course, participants will be required to successfully pass a test consisting of 10-15 multiple-choice questions. At the end of the entire programme, there is the option of an Early Nutrition Specialist Certification Ceremony in the respective regions.

An Early Nutrition Specialist Certificate by LMU Munich, including a total of 9 accreditation points will be awarded upon successful completion of the 6 months online course as well as attendance at the live event in your region in the subsequent months. Accreditation is recognised by the European (UEMS) and American Medical Associations (AMA) through a reciprocal agreement.



Curriculum

Month 1

Core Course 1

2 CME 2x (45+15 min.)



Successful Breastfeeding – Giving Infants the Best Start in Life

Learning Outcomes:

- Counsel families on the health benefits of breastfeeding and best breastfeeding practices
- Assess and evaluate barriers to breastfeeding and counsel families on appropriate alternatives

 *Practice-based knowledge and tools to support the promotion and success of breastfeeding*

Month 2

Focus Course 1


1 CME 45+15 min.



Assessing Childhood Growth and Development: Tools for Clinical Practice

Learning Outcome:

Assess and evaluate infant growth and development using standard anthropometric techniques

 *Video-based practical tips for accurate anthropometric measurement*

Month 3

Core Course 2


2 CME 2x (45+15 min.)



Complementary Feeding: Establishing Eating Behaviours Which Support Long-Term Health

Learning Outcomes:

- Counsel parents on timely and appropriate complementary feeding practices and associated biological and developmental effects
- Offer families detailed recommendations on introductory foods for infants and young children

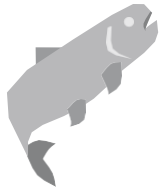
 *Practical information and support material on macro- and micronutrient food sources and meal ideas for infants and young children*

Month 4

Focus Course 2

1 CME 45+15 min.

LC-PUFA's: Supporting Optimal Infant Development and Disease Prevention



Learning Outcome:

Counsel parents on the importance of LC-PUFA dietary intake and the associated health benefits and outcomes

Practical advice and material for patients on ensuring adequate LC-PUFA intake and suggested food sources

Month 5

Core Course 3

2 CME 2x (45+15 min.)

Breastmilk Substitutes: How Can We Ensure a Safe Alternative to Breastfeeding?



Learning Outcomes:

- Evaluate and counsel families to make an appropriate infant feeding decision based on their specific situation
- Understand current recommendations for BMS composition and their effects on infant growth and development
- Counsel families on correct formula preparation and storage, bottle feeding procedures and weaning

Focus on information dissemination and patient counselling to ensure safe BMS feeding practices



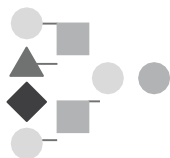
Month 6

Focus Course 3

1 CME 45+15 min.

Human Milk Oligosaccharides: Emerging Roles in Immunity and Long-Term Health

HMO



Learning Outcome:

Understand the function and types of HMOs and their role in infant growth and development

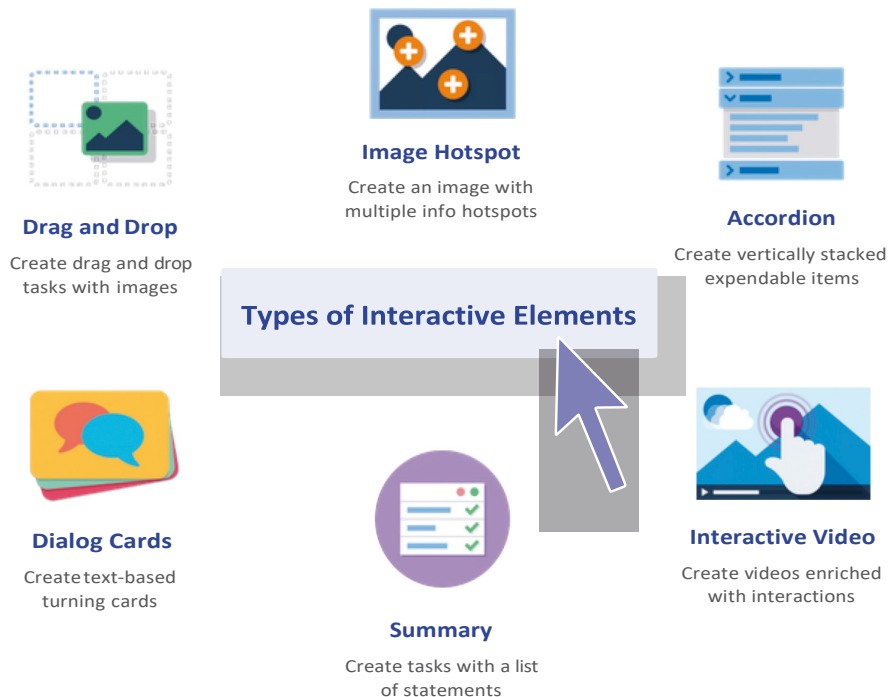
Focus on the latest scientific findings and their relevance for day-to-day practice



What Makes the ENS Programme Unique?

- ✓ Latest scientific evidence transferred into direct practical application
- ✓ Dynamic, cutting edge e-learning tools for easy learning and engagement
- ✓ Interactive elements maximize user learning and knowledge retention
- ✓ Self-controlled learning to facilitate learning at own pace
- ✓ Pre- and post- course assessments for measurable learning success
- ✓ Linked references for ease of use and further in-depth reading
- ✓ Self-creatable key statements and printable material as hand outs
- ✓ Supporting material that can be handed out to the patients

What features does the ENS Platform offer?





Your Learning will be personalized with our Learner Management System

We understand that continued medical education is strongly time-dependant. In order to support the learner to complete the ENS programme, we will guide you-during the learning and send you regular reminders

- Automatic individual email reminders to complete profile and start the programme
- Automatic, individualised email reminders (beginning of month, optional mid/end of month if required)
- Follow-up to ensure completion of all tests
- A range of different tools such as interactive forums and networking options in order to exchange knowledge and form ENS country/regional-related communities

Contact

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Find out more on

www.earlynutritionspecialist.org



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