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# Foreword

I am delighted to write the foreword for the second edition of *The A.S.P.E.N. Pediatric Nutrition Support Core Curriculum*. The first edition was published in 2010-- an outgrowth of the pediatric section concept that Russ Merritt, MD, PhD, Bill Byrne, MD, Walter Faubion, RN, and I started in the early 1980s. We recognized early on the need for programmatic recognition within A.S.P.E.N. of the special needs of infants and children. Dr Mark Corkins and his associate editors have met that need., representing the many disciplines that A.S.P.E.N. serves, and all having contributed to the evolution of pediatric nutrition science.

The first edition of the Pediatric Nutrition Support Core Curriculum has been well received, having been through several printings! Now, five years later, Dr Corkins and his able editorial staff have carefully updated the art and science of pediatric nutrition support in a second edition using the same multidisciplinary approach that has been the hallmark of success of the A.S.P.E.N. model. The format has been shaped by A.S.P.E.N.'s Standards of Practice, Clinical Guidelines, and interdisciplinary nutrition support competencies. In addition to providing a practical resource containing the core science of pediatric nutrition principles, it is designed to serve as (1) a companion resource to the *A.S.P.E.N. Adult Nutrition Support Core Curriculum, 2nd Edition*; (2) as an educational resource for those preparing for the specialization certification examination in nutrition support; (3) a valuable clinical resource for the generalist; and (4) an interdisciplinary document that recognizes both the common body of knowledge and the unique skills that each member of the multidisciplinary team possesses.

A wide range of specialties require a working knowledge of pediatric nutrition and form our target audience: dietetics, nursing, pharmacy, medicine, gastroenterology, surgery, and pediatrics. In addition to the expected comprehensive treatment of the basics of developmental physiology of the digestive process and

the nutrition requirements of various organ systems, chapters include Evaluation and Monitoring, Nutrition Access, Obesity and Metabolic Disorders, Use of Fad and Popular Diets, Sports Nutrition, Implementation of the Plan, and Ethical Issues in the Provision of Nutrition. Each chapter contains evidence-based background information emphasizing core science, intended for the professional who already possesses a basic understanding of the principles of food biochemistry and nutrition in wellness and disease. The layout of each chapter includes a table of contents, learning objectives, and a concluding set of self-assessment questions to test the reader's understanding of the subject matter.

The second edition reflects new guidelines that have evolved in various disciplines, and benefits from a new formal definition of malnutrition, along with closure of several gaps pointed out by clinicians and reviewers. The flow of information has improved with two Nutritional Assessment chapters becoming one. And for the first time in A.S.P.E.N.'s publication history, electronic components have been added to include expository podcasts. Video content is also a click away for more effective presentation of vascular access issues, such as central venous catheter insertion and peripherally inserted central catheter placement.

It is my hope and expectation that this book will provide an effective learning experience and referenced resource for all health professionals caring for infants and children, leading to improved patient care.

**John R. Wesley, MD, FACS, FAAP, FASPEN**  
Adjunct Professor of Surgery  
Ann & Robert H. Lurie  
Children's Hospital  
Feinberg School of Medicine  
Northwestern University



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# Preface

The first edition of *The A.S.P.E.N. Pediatric Nutrition Support Core Curriculum* was a labor of love. The editor group had a vision of how the book would flow and what it would cover. Since its publication in 2009, the editor team has been continuously pleased with how well the first edition has been received. The text is used in classrooms around the world to teach the basics of pediatric nutrition support, serves as a valuable resource to practicing clinicians, and is a popular study tool for individuals sitting for the Certified Nutrition Support Clinician exam administered by the NBNSC.

Then before I knew it, five years passed and it was time to think about updating the text for a second edition. This second edition provides valuable updates in the field of pediatric clinical nutrition, and includes research and information from newer published studies and clinical guidelines, particularly a new definition for pediatric malnutrition.

The editors learned a lot during the creation of the first edition to be able to better equip this updated text with the information readers care the most about. As a result, we expanded coverage in some areas and condensed others. Even as we prepared this second edition, I and the associate editors have made notes on ideas for potential improvements for the future.

I would also like to point out a new feature in this edition. For the first time in A.S.P.E.N.'s book publication history, we are offering digital components to accompany the text. Look for podcasts and video content in key chapters to expand your knowledge even more. These new features make for the perfect complement to classroom lectures and training.

This book is designed to start with the basic nutrition physiology before progressing through the principles for nutrition in specific disease states. It ends with the “nuts and bolts” for daily care. This curriculum is not intended to provide in-depth coverage of neonatal nutrition, although some of this is covered in the context of the physiology of development. This book is not designed to be exhaustive in its coverage of nutrition in the various disease states, but is rather meant to be the pediatric “core” curriculum—to be a disease-specific specialist will require study beyond this starting point. It is my hope that this book helps to create a firm foundation of pediatric nutrition support principles that anyone can build on in any way they wish.

**Mark R. Corkins, MD, CNSP, SPR, FAAP**  
*Editor-in-Chief*