

## Beyond the Scale: Growth Strategies for Optimizing Neurodevelopment and Minimizing Metabolic Risk

### ***Internet Enduring Material***

***Release Date:*** 12/08/2025

***Expiration Date for Credit:*** 12/07/2028

*Content was originally presented as part of the Pediatrix Neonatology Grand Rounds series on December 3, 2025.*

### ***Accreditation***

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### ***Time to Complete***

The estimated time for completion of this Internet Enduring Material is 65 minutes.

### ***Target Audience***

This presentation is intended for physicians, advanced practice providers, and other clinicians practicing within the Neonatology specialty.

### ***Mitigation of Relevant Financial Relationships***

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### ***Disclosure of Relevant Financial Relationships***

**Sara Ramel, MD**, faculty for this educational activity, has no relevant financial relationships with ineligible companies to disclose. *FDA Disclosure(s)*: none to report.

**Timothy Biela, MD, Nicole Brenson and Jaya Sariga, NNP-BC**, planners of this educational activity, have no relevant financial relationships with ineligible companies to disclose.

### ***Commercial Support***

There is no commercial support for this educational activity.

**Overview**

Optimized growth, especially while in the NICU, is associated with improved neurodevelopmental and metabolic outcomes later in life for preterm infants. There is an emphasis on weight gain as a surrogate for appropriate growth; however linear growth, head growth and body composition assessment and optimization may allow clinicians to further improve outcomes for this vulnerable population. At the conclusion of the activity, learners will critically evaluate current interventions in their own units to determine if changes to nutrition protocols and/or body composition measurement tools are merited and if so, implement at least one strategy, new technique(s), or intervention(s) to assist in clinical decision-making.

**Objectives**

*At the conclusion of this activity, the participant will be able to:*

- Describe associations between various growth parameters and long-term outcomes.
- Identify critical periods of growth in relation to optimized neurodevelopment and metabolic health.

**ACGME/ABMS Competencies**

- Medical Knowledge

**IOM Competencies**

- Employ Evidence-based Practice

**Participation and Credit**

Participants are expected to review all content in the video, access reference materials as needed for additional self-directed learning, take and score 75% or greater correct on the post-test, and complete the evaluation in order to earn *AMA PRA Category 1 Credit(s)*<sup>™</sup>, or nursing contact hour(s).

There are no fees for participating in or receiving credit for this online educational activity. For information on the applicability and acceptance of credit for this activity, please consult your professional licensing board.

**Contact**

Should you have any questions or concerns, please contact us at [continuing.education@pediatrix.com](mailto:continuing.education@pediatrix.com)