

NAVA and NIV-NAVA: What Every Neonatologist Should Know

Internet Enduring Material

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Content was originally presented as part of NEO: The Conference for Neonatology on February 27, 2026.

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Time to Complete

The estimated time for completion of this Internet Enduring Material is 60 minutes.

Target Audience

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

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Disclosure of Relevant Financial Relationships

Howard Stein, MD, faculty for this educational activity, has the following relevant financial relationships with ineligible companies to disclose: Speakers Bureau-MAQUET GmbH and Co. KG. *FDA Disclosure(s)*: none reported.

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 enduring educational activity. *Please note: the content of this activity was originally presented at NEO: The Conference for Neonatology on February 27, 2026, which was supported in part, through a medical education grant from Mead Johnson Nutrition.*

Overview

This presentation will explain current research on neurally adjusted ventilatory assist (NAVA) and non-invasive NAVA (NIV-NAVA). Physiological principles, neural triggering, setup, titration, troubleshooting, and safety considerations will be discussed. At the conclusion of the activity, learners will assess whether changes in ventilation therapy are needed 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 the use of the neural trigger.
- Identify the basics of NAVA ventilation including the NAVA level, peak inspiratory pressure limit, and apnea time.
- Discuss the evaluation of an infant on NAVA ventilation and the tools to troubleshoot, escalate and wean on this mode of ventilation.

ACGME/ABMS Competencies

- Medical Knowledge

IOM Competencies

- Employ Evidence-based Practice
- Work in Interdisciplinary Teams

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)*[™], or nursing contact hour(s).

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