

From TPN to Full Feeds: Best Practices in Transition Nutrition

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

Jonathan R. Swanson, MD, Msc, MBA, faculty for this educational activity, has the following relevant financial relationships with ineligible companies to disclose: Speakers Bureau-Prolacta Bioscience, Inc; Grant or research support-Aerogen Pharma Limited; Radiometer Medical ApS (Relationship has ended); Gravitas Medical, Inc. *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

Current NICU practice shows significant variability in how clinicians initiate feeds, wean TPN, and implement fortification, leading to inconsistent nutrient delivery and preventable growth deficits during the transition to full enteral feeds. The ideal state is a standardized, evidence-based approach that ensures timely, safe progression while maintaining adequate calories and protein. At the conclusion of the activity, learners will assess operational best practices including standardized feeding algorithms, multidisciplinary team approaches, and bundled nutritional care protocols to determine if any changes are needed in their own unit 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 evidence-based strategies for safely transitioning infants from parenteral to enteral nutrition to prevent nutritional deficits during this high-risk period.
- Identify key physiological and metabolic changes that occur during the transition from parenteral to enteral nutrition and integrate this knowledge into clinical decision-making to improve feeding progression and safety.

ACGME/ABMS Competencies

- Patient Care
- Medical Knowledge
- Systems-Based Practice

IOM Competencies

- Provide Patient-Centered Care
- Employ Evidence-based Practice
- Work in Interdisciplinary Teams
- Apply Quality Improvement

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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Contact

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