

Therapeutic Hypothermia for HIE: Putting Updated Guidance into Practice

Internet Enduring Material

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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.

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Disclosure of Relevant Financial Relationships

Ashley Lucke, 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

This educational activity reviews the updated American Academy of Pediatrics Committee on Fetus and Newborn (COFN) clinical report on therapeutic hypothermia (TH) for neonatal hypoxic-ischemic encephalopathy (HIE). Participants will examine the evidence base that established TH as a standard of care for term and near-term infants with moderate-to-severe HIE and review key studies published since the original 2014 report that informed the most recent recommendations. The presentation highlights areas of resolved uncertainty, including depth and duration of cooling, timing of initiation, and the safety of TH during transport, while also addressing ongoing areas of debate such as late cooling, use in late preterm infants, and management of mild HIE.

In addition, the session discusses important updates in supportive care during TH, including avoidance of hyperthermia, pharmacologic considerations, enteral feeding, and family-centered practices such as parental holding. The presentation concludes with a summary of current guideline recommendations and standards for TH centers, with an emphasis on shared decision-making, documentation, and multidisciplinary collaboration to optimize outcomes for infants with HIE and their families.

Objectives

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

- Describe the history and context surrounding the original therapeutic hypothermia (TH) statement.
- Evaluate emerging evidence and key studies published since the original statement, leading to the 2025 update.
- Identify current knowledge gaps regarding the use of TH in hypoxic-ischemic encephalopathy.
- Evaluate changes in practice needed regarding the recognition, evaluation and selection of patients for therapeutic hypothermia.

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)*[™], 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